The Sunny Weekly

12th Oct 26

伍宜孫書院 WU YEE SUN COLLEGE

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Sunny Review

1. Sunny Living Week 2026

Following the success of previous years, *Sunny Living Week* returned in October with a rich array of activities designed to *train students' body, mind and spirit*, while encouraging them to *contribute to the environment and society*.



The week commenced with the much-anticipated Rowing Challenge on 5th Oct 2026(Mon). Students formed teams to compete on rowing machines, demonstrating their endurance, teamwork, and determination. We were honoured to have Professor Anthony T.C. Chan (陳德章教授), College Master, and Professor Kelvin K.F. Tsoi (蔡錦輝教授), Chairperson of the Sunny Sports Committee and Dean of Students, deliver opening remarks, encouraging students to embrace values of lifelong fitness, holistic well-being, and environmental responsibility. A total of 31 student teams took part in the challenge. We also extend our gratitude to the College Rowing Team for their demonstration before the competition, which helped participants gain a clear understanding of how to row safely and skilfully.



The challenge once again served as a reminder of the importance of maintaining an active and healthy lifestyle.



On the following evening, participants embraced healthy eating in the ***Healthy Bear Steamed Bun Workshop***. Guided by **Ms. Mable Wong (黃可喬女士)**, students learned to craft adorable bear-shaped steamed buns by hand using low-fat and low-sugar ingredients. The workshop provided a relaxing and enjoyable atmosphere, allowing participants to unwind and express their creativity while appreciating healthy living.

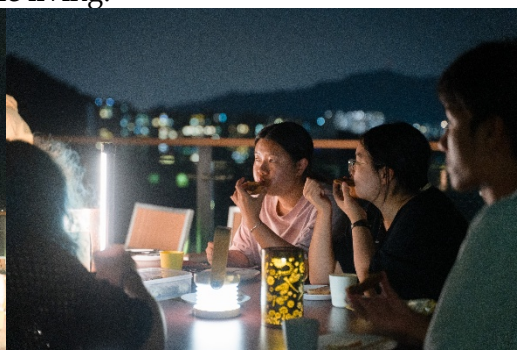





Creativity continued to flourish at the ***3D Bear Latte Art Workshop***, on 7th Oct 2026(Wed), where students explored the art of transforming a simple cup of coffee into an imaginative creation. Under the guidance of Ms. Touei Yip (葉曉彤女士) from Lov Lov Coffee Cafe, participants learned techniques for crafting three-dimensional bear designs using milk foam in a relaxing and enjoyable environment.




At ***Farm-to-Picnic & Weaving Experience***, students enjoyed a meaningful and hands-on sustainability experience co-organized by The Picnic Club, co-founded by our alumnus Mr. Cheuk-fung Lau (劉卓峰先生), on 8th Oct 2026(Thu). The participants created their own unique coasters by weaving recycled fabric straps. It demonstrated how handicrafts can give new life to used materials and promote sustainable living.

Another special experience for the participants was enjoying a farm-to-picnic at Terrace of Dreams. Using fresh organic produce sourced locally, participants enjoyed a four-course menu while learning about the local organic farms in Hong Kong. They gained insights into both the benefits of organic farming and the challenges faced by farmers today.




Promoting a sunny lifestyle is a collective effort, and the *Sunny Market* on 9th Oct 2026 served as a vibrant showcase of wellness, sustainability, and community engagement. Students explored a variety of interactive booths, including the **Herb Identification & Natural Cleaner Making Workshop**, organized by the Green Team, and **Sweat & Smash**, hosted by the Sports Association. At the **Icelandic Wool Experience** by c!ab, participants crafted their own wool bags, enjoying a relaxing and hands-on creative experience. Other participants created their own **Stress-relief Herbal Sachets**, while some put their fitness and endurance to the test in the **Power-Generating Bike Experience**.









In addition, students and staff members purchased fresh organic vegetables at the **Farmer's Fair** and enjoyed a refreshing **Lemon Winter Melon Tea with Grass Jelly** after exploring the booths.




At *Discovering the Science Behind Hakka Culture*, students embarked on a fascinating journey to discover the science, history, and culture behind Hakka communities on 10th Oct 2026(Sat), led by Professor Kwai-cheong Chau (鄒桂昌教授), College Campus Environment Committee Member, and Ms. Miko H.Y. Tse (謝愷忻小姐), College alumna and founder of The Heirages (蹟蹟復識識).

Through visits to Sheung Wo Hang Village (上禾坑村) and the declared monument Kang Yung Study Hall (鏡蓉書屋), participants gained insights into the distinctive features of Hakka culture.

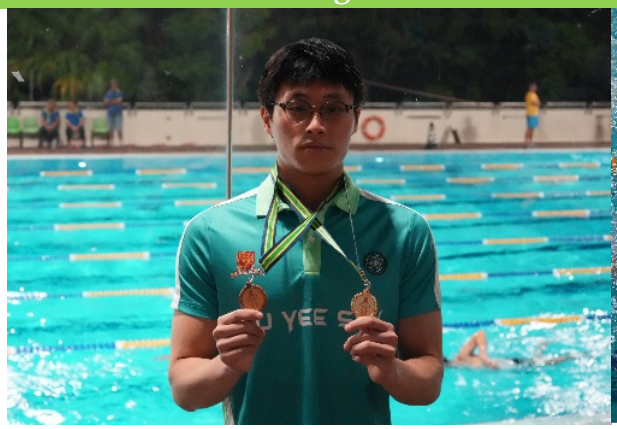
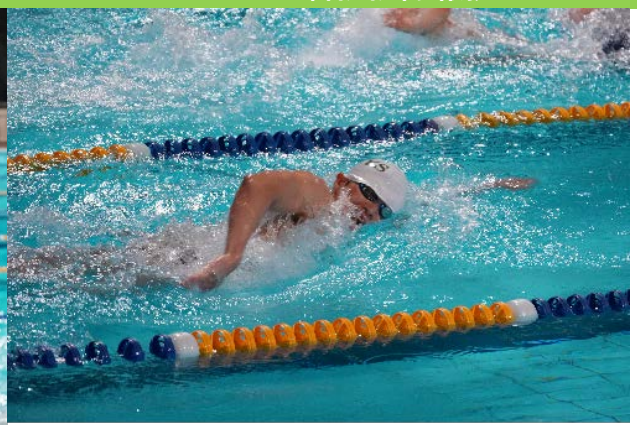



Another highlight was the visit to Shung Him Tong Church, where participants explored its unique Hakka Christian heritage. They also learned about the close connections between Shung Him Tong Village and CUHK.

Through its rich variety of activities, ***Sunny Living Week*** successfully brought Sunnies together to pursue physical and mental wellness and embrace sustainable values. With the spirit of ***Sunny Living*** in mind, we hope our Sunnies will continue to thrive throughout their university journey, remaining healthy, energetic, and positive. With this mindset, they will be ready to take on life's challenges with confidence, resilience, and optimism.

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2. College Teams Achieve Remarkable Results 書院院隊報捷

The College Swimming Team delivered an outstanding performance at the **CUHK Aquatic Meet 2026** held on 9th Oct 2026(Fri). Chan Chi Kiu 陳梓翹 (HTMGB /2) captured the **Championship in the Men's 100m Freestyle** and secured **Second Runner-up in the Men's 50m Freestyle**, demonstrating exceptional skill and determination.




Meanwhile, the College Basketball, Volleyball, and Football Teams participated actively in the preliminary rounds of the **Inter-collegiate Competitions** over the past week.




Congratulations to the **Men's Basketball Team** on advancing to the final round, which will be held at 7:30 pm on 14th Oct 2026(Wed) at the **Yeung Ming Biu Indoor Sports Centre**. Let us cheer them on and wish them continued success!




Our heartfelt thanks also go to all team members for their dedication and commitment to training and competition. Your hard work, sportsmanship, and team spirit have made the College proud.

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College Activities

1. 🪄 🕯 ✨ Mysteryee Forest 招募冒險者中！✨ 🕯 🪄



🪄 🕯 ✨ Mysteryee Forest is Recruiting Adventurers! ✨ 🕯 🪄

A legendary magical forest is arriving at Wu Yee Sun this November! 💀 🍄 To celebrate the 19th Anniversary of Wu Yee Sun College, we are inviting all adventurers to join our College Anniversary EC family and uncover the mysteries hidden within Mysteryee Forest! 🧚 🌿

As an EC member, not only will you get the chance to organise exciting anniversary events with an amazing team, but you will also receive an exclusive OC/EC hoodie 👕 ✨, join our O-Night 🍕 🎲, and meet lots of like-minded friends along the way!

Which team suits you best? 👀

Want to unleash your creativity, decorate our magical forest, and help bring the world of Mysteryee Forest to life? 🎨

Join the Promotion Team! If you'd like to work closely with guests and performers while helping to organise an unforgettable banquet night, then the Banquet Team 🍽 is perfect for you! Love vibrant atmospheres, event planning, and game booths? Join the Sunny Festival Team 🎪 and help transform our forest fair into the grandest celebration of the year! Want to design challenges and lead participants on an exciting journey through the forest? The Adventure Team 🗺 is definitely your stage!

Whether you're a wizard 🧙, fairy 🧚, adventurer ⚔, or guardian of the forest 🌳, there's a place for you in Mysteryee Forest!

Join us now and create magical memories for the 19th Anniversary of Wu Yee Sun College together! Check out our booth at Welcoming Tea Gathering tomorrow! 💚✨

🔗 Sign up here
📩 Contact / Enquiries: IG: @wysanni26

傳說中嘅魔法森林即將喺 11 月降臨宜孫！🧙‍♀️🍄 為咗慶祝伍宜孫書院第⑲週年生日，我哋誠邀各位冒險者加入院慶 EC 大家庭，一齊揭開 Mysteryee Forest 嘅神秘面紗！🧚🌿

作為 EC，除咗可以同一班朋友仔一齊籌備精彩活動之外，仲會獲得 OC/EC 限定 Hoodie👕✨，參加 Onight 🍕🎲，識到一班志同道合嘅新朋友！

究竟邊個部門最適合你？👀

想發揮創意、揀下 dec🎨、打造屬於 Mysteryee Forest 嘅魔法世界就快啲加入我哋嘅宣傳部啦！想近距離接觸嘉賓同表演者，籌辦一個難忘嘅人宴之夜，就可以考慮加入人宴部🍽！鍾意熱鬧氣氛、活動統籌同攤位遊戲？加入大笪地，一齊將森林市集變成最精彩嘅慶典啦🎪！想親手設計挑戰、帶領參加者展開刺激歷險旅程？歷奇部絕對係你嘅舞台🗺！

無論你係魔法師🧙、精靈🧚、冒險家⚔定係森林守護者🌳， Mysteryee Forest 都有你嘅位置！

快啲報名加入我哋，一齊創造屬於宜孫 19 週年嘅奇幻回憶！想了解多啲就聽日嚟迎新茶聚同我哋傾下計啦！💚✨

🔗 EC 報名傳送門
📩 聯絡／查詢： IG：@wysanni26

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2. Campus Run



The annual Campus Run is back 🏃‍♂️ make sure to register with your friends ! 🫶

WYS Campus Run
Date: 6th Nov 2026(Fri)
Time: 11:00am – 1:00pm
Gathering Venue: Wu Yee Sun College Gallery
Eligible participants: WYS students, staff and alumni
Quota: 200 (including male & female)
Fee: Free of Charge
Application Deadline : 30th Oct 2026(Fri)

- The total length is 2.6km, with options of Full Route & Leisure Route
- 5 PE marks will be awarded to participants (For Full Route)
- Trophies for the top 3 male and female runners 🏆 and medals for 4th and 5th places 🥉 (For Full Route)
- Recommended dress code: WYS Go Green Tee

Click here to revisit last year's video and get a sense of the experience 📽️

Click the link below to register and find the detailed regulations here

Registration: https://docs.google.com/forms/d/e/1FAIpQLSezbDoYegECNsDiN4OjL5CuMR4YIjTN4_AmQDC8LATdUG4OUQ/viewform?usp=dialog

If you have any enquiries, please feel free to pm @wys.sports.asso IG

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3. 你的 MBTI 是什麼？——職涯未來，由你規劃 What's Your MBTI? Plan Your Future Career



Choosing a career path is one of the most stressful decisions a student faces. What if the answer starts with understanding yourself?

In collaboration with the Youth Pastoral Psychotherapy Centre, we are excited to invite you to our MBTI Workshop on Career Development to help you decode your personality traits, understand your natural strengths, and align your career choices with your intrinsic motivations.

Key Takeaways:

- What are the 4 letters in MBTI?
- What is my personality type and strengths?
- How to relate my personality traits to my career choices?
- How can I apply the theories to entrepreneurship and career development?

Event Details:

- Date: 20th Nov 2026(Fri)
- Time: 7:00(pm) – 9:00(pm)
- Venue: c!ab
- Language: Cantonese
- No. of Participants: 15
- Deposit: $50 (fully refundable upon workshop completion)

Application Deadline: 18th Nov 2026(Wed), 5:00pm

👉 **Apply now!** https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13743927

For enquiries, please contact Ms. Carrie Zeng (carriezeng@cuhk.edu.hk / 3943 3934)

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4. Intra-hostel Air-conditioning Usage Reduction Competition



We are excited to announce the **Intra-hostel Air-conditioning Usage Reduction Competition**! This is a fantastic opportunity to contribute to a greener environment and win prizes.

Eligibility	All resident students of Wu Yee Sun College student hostels
Enrolment	All residents are automatically enrolled
Competition Period	**Round 1:** October 2026 **Round 2:** November 2026
Competition Rules	● Top 3 hostel rooms of East Block and West Block with the lowest air-conditioning usage during the competition period will be awarded. In case of a tie, winners will be selected through a random draw. ● Data retrieved from the College database will be considered final. College reserves the right to make the final decision.
Prizes	Each resident of a winning hostel room will receive **one complimentary meal set** at the College Café *(one food item valued at HK$42 or below and one drink valued at HK$30 or below)*.
Result Announcement	Round 1: First week of November 2026 Round 2: First week of December 2026

Energy-saving tips: CLP (HERE) | Energy Saving for All (HERE)

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5. Badminton Doubles Challenge



The Resident Tutors are excited to invite you to our **Badminton Doubles Challenge** – a fun and friendly competition open to ALL skill levels!

Date: 28th Oct 2026(Wed)
Time: 6:00pm – 9:00pm
Venue: New Asia Gymnasium
(Refreshment will be served in College after the event)

Format: Form your own **doubles team**: Men's, Women's, or Mixed Doubles
Prizes: A gift will be prepared for all participants. Extra prizes will be awarded to the top 6 players.
Rules & Regulations:

- One-set match to 31 points (with a twist: each additional male player concedes 6 points!)
- Depending on the number of teams, some may play a preliminary round

- All participants must complete an online Physical Activity Readiness Questionnaire (sent with your confirmation email)
- Please inform the Resident Tutors if you feel unwell at any point during the event
- Final rules will be explained on-site by Resident Tutor John and may be adjusted based on registration numbers

Don't miss out on this exciting event! Rally your partner and sign up now!

Registration: https://forms.gle/jHQbCcwcaeiBcSYJ7

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6. German Cultural Workshop



Whether you are a complete beginner or simply curious about Germany, the **German Cultural Workshop** offers a fun way to immerse yourself in a new language and culture. Come learn, taste, and experience Germany with us!

Host: Mr Bernd ESCH, German Lecturer from the Department of Linguistics and Modern Languages
Date: 27th Oct 2026 (Tue)
Time: 6:45pm – 8:45pm
Venue: W112-113, Wu Yee Sun College
Contents:

- Learn essential phrases, greetings, and expressions
- Savor authentic German bites and drinks

Deposit: $50*
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13741728

Deadline: 12th Oct 2026(Mon)
**Refundable upon completion of the activity; Please submit to the Dean of Students Office on UG/F by deadline*

Join our German Cultural Workshop to discover Germany through language, culture and food!

Enquiries: Miss Karen Sham (karensham@cuhk.edu.hk /T: 3943 3935)
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7. c!ab - Your City, needs You「你」想城市需要你



During College, we take different majors. After graduation, we have our own pursuits and lives. But our community and our city 🌆 are shared after all. We might think all of the work is done by the professionals, but how a city is shaped, and how it changes, is actually the result of the communication and cooperation between us 🤝, the general public

This simulation game will allow you to feel the potential conflicts and cooperation during a town development process, and to take a glimpse of how we can participate in it in real life. Or, last but not least, allowing you to heat up your mind!

Date：15th Oct 2026(Thu)
Time：7:00pm-8:30pm
Fee： Free
Venue：c!ab
Deposit: $50 (Returned upon attendance)

*If you're interested, please fill in the Google Form below before **14th Oct 2026(Wed)**:
https://docs.google.com/forms/d/e/1FAIpQLSfgSH5Rp-I4pZXYhYPjtWyv0rBZ1pSRCXpuzqDlbOzcFgE7HA/viewform?usp=header
For inquiries, please contact Kent Law at 6188 1218.

喺大學，大家有自己嘅 major；出到社會，大家有自己嘅職業同生活。但我哋生活嘅社區以至城市🌆，係大家共同享有嘅地方。一個社區點樣發展、點樣變化，其實係我地--市民大眾共同合作🤝嘅成果。

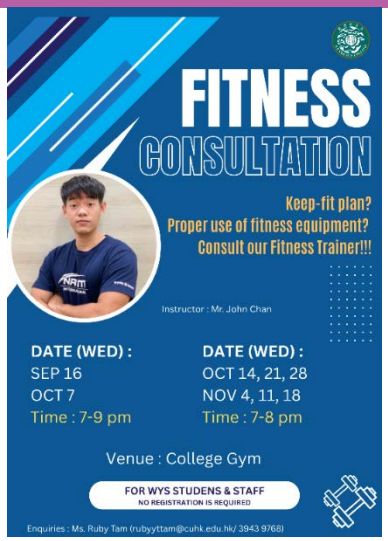
呢個模擬遊戲可以畀大家感受下城市發展中唔同持分者之間嘅矛盾同合作，了解下自己可以點樣參與發展其中。最後最後，亦都可以係一個練腦小活動～

日期：2026 年 10 月 15 日(星期四)
時間： 晚上 7:00 - 晚上 8:30
費用：免費
活動地點：創意實驗室
按金：$50（出席後退還）

*如果有興趣參加，就記得喺 **10 月 14 日前**填以下 Google Form：
https://docs.google.com/forms/d/e/1FAIpQLSfgSH5Rp-I4pZXYhYPjtWyv0rBZ1pSRCXpuzqDlbOzcFgE7HA/viewform?usp=header

如有查詢，請致電 6188 1218 與 Kent Law 聯絡。
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8. 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) :
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 / 3943 9768)

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College Announcements

1. College Students Receive General Education Award for Best Expository Writing 2023/24 and 2024/25



The College is delighted to congratulate two students on their outstanding achievements in the 2023/24 and 2024/25 General Education Award for Best Expository Writing:-

- Silver Award: XU Shiyang 許世揚 (Year 3, Interdisciplinary Data Analytics and X Double Major Programme)
- Bronze Award: CHAN Yuk Pui 陳沃蓓 (Translation, Class of 2026)

The awards recognize students who have demonstrated excellence in expository writing through insightful analysis and clear argumentation. The winning papers underwent two rounds of adjudication before the final selection.

The award presentation took place at the Student Seminar cum Presentation Ceremony held on 10th Oct 2026(Sat). During the seminar, the awardees presented their winning papers, followed by the award presentation ceremony officiated by Professor Irwin King Kuo-chin, Pro-Vice-Chancellor/Vice-President (Education).

The College extends its warmest congratulations to both awardees and wishes them continued success in their future academic and professional pursuits.

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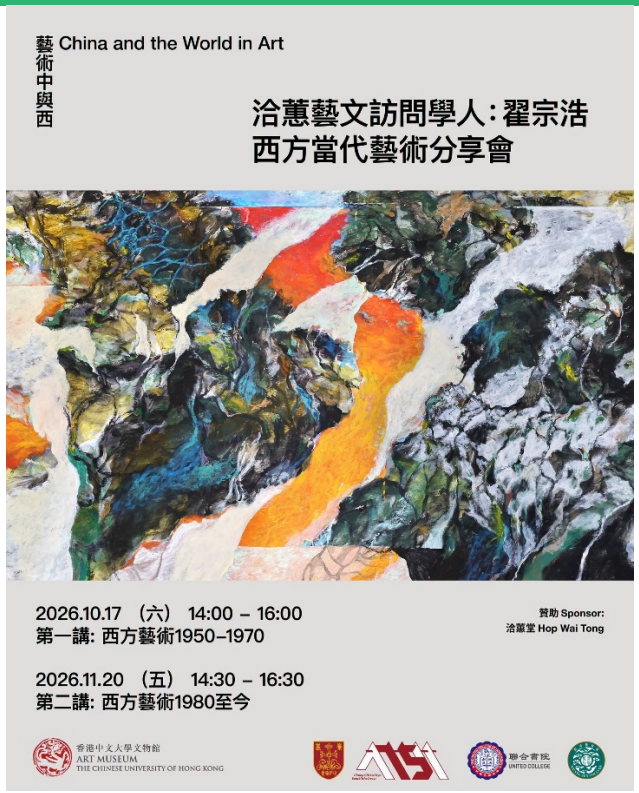
2. Acting Appointment 署理職務

College Master Professor Anthony T. C. Chan (陳德章教授) will be out of town from 18th Oct 2026(Sun)–20th Oct 2026(Tue) and 24th Oct 2026(Sat)–28th Oct 2026(Wed). The Acting Master arrangements are as follows:

18 Oct 2026(Sun)(am) and 24th Oct 2026(Sat) – 28th Oct 2026(Wed): Professor Kong-pang Pun (潘江鵬教授), Warden of West Block
18th Oct 2026(Sun)(pm) – 20th Oct 2026(Tue): Professor Joan Z. Zuo (左中教授), Associate College Master and Warden of East Block

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3. "China and the World in Art" 2026 "Hop Wai Arts and Culture Visiting Scholar: Chung H. Chak on Contemporary Western Art" 「藝術中與西」2026【洽蕙藝文訪問學人：翟宗浩．西方當代藝術分享會】



Since 2007, the late Professor Lee Hon-ching had spearheaded China and the World in Art Series, through the Hop Wai Tong, with the aim of guiding members of The Chinese University of Hong Kong (CUHK) and the wider public in appreciating and understanding the unique appeal of Chinese and Western art. Over the years, distinguished artists, experts, and scholars have been invited to lead lectures and cultural activities, which have been warmly received. In 2026, the CUHK Art Museum will organise the programme, along with the support of Chung Chi College, United College, and Wu Yee Sun College. Through sharing sessions, workshops, and a pop-up display, integrated with general education, the programme seeks to enhance public understanding of Chinese and Western artistic traditions, cultural characteristics, creative techniques, and historical development.

This year, the renowned painter and art critic Chak Chung Ho is invited to serve as the "Hop Wai Arts and Culture Visiting Scholar", leading thematic sharing sessions and painting workshops. At the same time, the Art Museum will also present the display CHAK @ CUHK 2026, featuring works donated by the artist, showing how he integrates Western painting techniques with his interpretation of Hong Kong's natural landscapes, and exploring the innovative possibilities arising from the fusion of Eastern and Western art.

Sharing session 1 | Western Art, 1950–1970
Speaker: Chak Chung Ho; Moderator: Dr Raymond Tang Man-leung, Deputy Director of the Art Museum
Date: 17th Oct 2026 (Saturday)
Time: 14:00–16:00
Language: Cantonese
Venue: Lee Hysan Atrium, Art Museum, CUHK

Sharing session 2 | Western Art from the 1980s to the Present
Speaker: Chak Chung Ho; Moderator: Dr Raymond Tang Man-leung, Deputy Director of the Art Museum
Date: 20th Nov 2026 (Friday)
Time: 14:30–16:30
Language: Cantonese
Venue: Lee Hysan Atrium, Art Museum, CUHK

Registration and details: **https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13742594**

"CHAK @ CUHK 2026" Pop-up Display
Date: From 16th Oct to 22 Nov 2026
Venue: Lee Hysan Atrium, Art Museum, CUHK
Opening Hours: Following the Art Museum opening hours

About the Artist
Chak Chung Ho graduated from the Department of Fine Arts at the Chinese University of Hong Kong in 1981. After graduation, he was awarded a Monbusho Scholarship to continue his education at the Tokyo National University of Fine Arts. Chak then went on to study in the United States, completing an MA from Ball State University in 1986, an MFA from Queens College in New York, a residency at the Skowhegan School of Painting and Sculpture in Maine and the National Artists Program at the P.S.1 in New York City. Throughout the 1980s and early '90s, Chak's work was shown widely in Hong Kong, New York, Tokyo and Taipei. After living in New York for over 20 years, he returned to Hong Kong in 2009 and had taught and held exhibition at The University of Hong Kong.

Enquiries: 曾小姐 Ms. Irene Tsang (irenetsang@cuhk.edu.hk /3943 3936)
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4. Reservation of Rowing Machines for Rowing Team Training

Please note that rowing machines will be reserved for Rowing Team Training from 6th Oct 2026(Tue) to 31st Dec 2026 (Thu):

Date	Time
Monday, Tuesday, Thursday, Friday	6:00pm - 8:00pm
Wednesday	6:00pm - 7:30pm

We are sorry for any inconvenience caused.
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5. Mysteryee Forest Annual Carnival Booth Recruitment is Now Open!

🪄🎄✨ **Mysteryee Forest Annual Carnival Booth Recruitment is Now Open!** ✨🎄🪄

Rumour has it that the magical forest is filled with treasures and opportunities! 💰🍄

Want to earn some extra money? 💵 Dream of becoming a business owner for a night with your friends? 👑 Or hoping to unleash your creativity and create a unique booth? 🎨
Then don't miss this year's Sunny Festival at the Wu Yee Sun College 19th Anniversary! 🎪 ✨
Whether you'd like to sell delicious food 🍡, handmade crafts 🫧, or design an exciting game booth 🎯, you are more than welcome to join the magical marketplace of Mysteryee Forest! 🌿

🎪 Sunny Festival Details
🗓️ Date: 3rd Nov 2026 (Tue)
🕐 Time: 6:00pm - 11:00pm (Please start tidying up at 10:00pm)
📍 Venue: Wu Yee Sun College Terrace of Dreams and UG/F Outdoor Platform
Fee:
CUHK Students: $180 (Without Electricity); $230 (With Electricity); $250 (Game Booth Without Electricity*)
Non-CUHK Personnel: $260 (Without Electricity); $310 (With Electricity); $350(Game Booth Without Electricity*)
Additional Deposit: $200 (to be returned after the event)
Payment Method: FPS/PayMe/AlipayHK

*Extra space will be allocated to game booths 🎯

🎈 Application Deadline: 18th Oct 2026(Sun) 11:59pm
‼️ Application Result Announcement: 21st Oct 2026(Wed)

Interested participants, please submit the Google Form before the deadline! 📝

📩 For enquiries: IG: @wysanni26

🪄🎄✨ **Mysteryee Forest 大笪地招攤啦！** ✨🎄🪄

聽聞魔法森林入面藏住無數寶藏同機遇？ 💰 🍄 想賺返筆零用錢💵？ 想同朋友一齊開檔做老闆👑？ 想發揮創意整個獨一無二嘅攤位🎨？
咁就快啲嚟參加今年宜孫院慶嘅大笪地啦！ 🎪 ✨
無論你想賣美食🍡、手作精品🫧，定係設計刺激好玩嘅遊戲攤位🎯，我哋都歡迎你加入宜孫大笪地！ 🌿
機會難得，仲唔快啲報名加入森林市集？ 🍄 ✨

🎪 大笪地詳情如下：
🗓️ 日期：3/11/2026（二）
🕐 時間：18:00 - 23:00（22:00 開始清場）
📍 地點：伍宜孫書院圓夢臺及 UG/F 平台

收費：
中大學生：$180（不帶電）；$230（帶電）；$250（遊戲攤位不帶電*）
非中大人士：$260（不帶電）；$310（帶電）；$350（遊戲攤位不帶電*）
另收按金：$200 （活動後退還）
付款方式：FPS/PayMe/Alipay

*遊戲攤位將獲分配更大空間 🎯

🎈 投攤截止日期：18/10/2026 23:59
‼️ 投攤結果公佈日期：21/10/2026

有興趣嘅朋友記得喺截止日期前填妥 Google Form！ 📝

📩 如有任何查詢，歡迎聯絡：
IG：@wysanni26

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6. College Team Tryouts (2026-27 Term 1) 書院院隊選拔 (2026-27 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 & Women's Athletic	15th Oct 2026(Thu)	6:00pm – 8:00pm	Sir Philip Haddon-Cave Sports Field

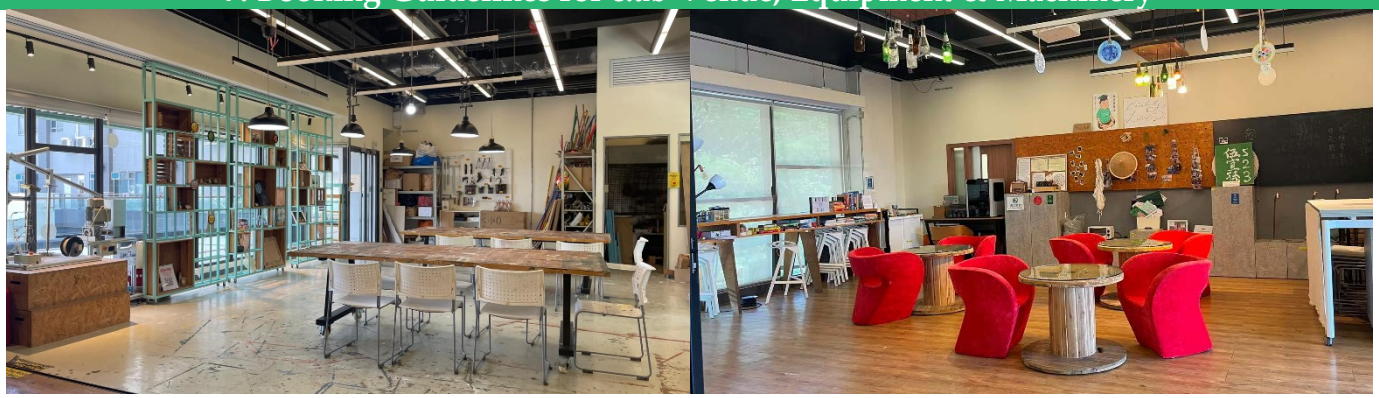
Registration : https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13737338

Enquiries :

Swimming, Basketball, Rowing, Athletics
Mr. Ka-kit Hui (kakithui@cuhk.edu.hk / 3943 3986)

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7. Booking Guidelines for c!ab Venue, Equipment & Machinery



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

Application Forms:

- Booking of Venue & Equipment at c!ab

- 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 (elishayting@cuhk.edu.hk / 3943 9767)

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8. 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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9. 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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10. 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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11. 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 – 11:00pm.*
   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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12. 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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13. 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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14. 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, first date of the trip shall determine the application period)	**Application period**
Winter	1st Nov 2026(Sun) – 30th Apr 2027(Fri)	1st May 2026(Fri) – 31st Oct 2026(Sat)

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

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



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

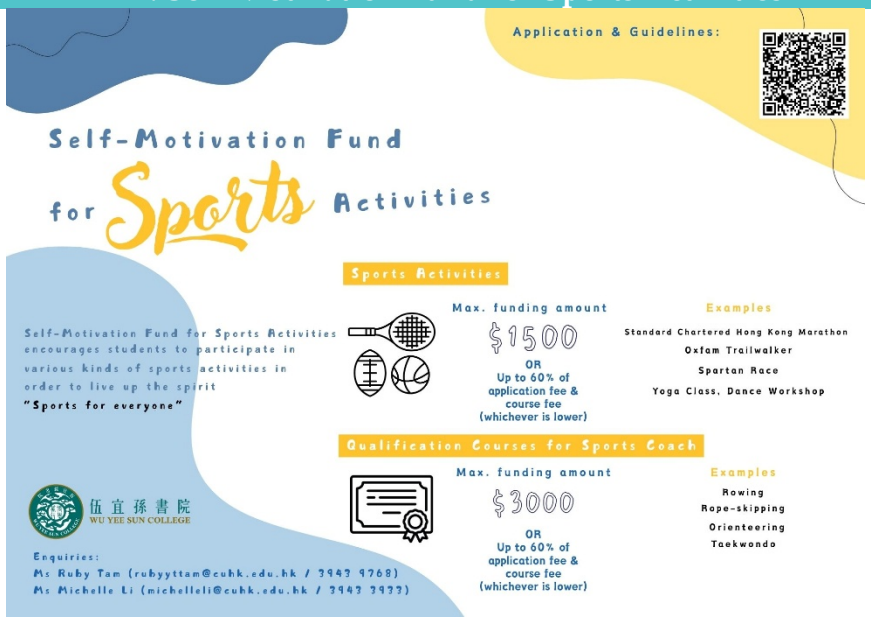
Examples :
Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art or Music Therapy Instructor Course
Funding amount : Maximum $3000 or Up to 60% of course fee (whichever is lower)

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



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. (Un)Seen | Our Moments with Loneliness 今日一起為孤獨留步



University life is filled with encounters and farewells. Amid classes, assignments, and social commitments, loneliness may quietly find its way into our lives.

Perhaps it is eating alone in the campus canteen, moving into hall by yourself, feeling empty on your birthday despite countless messages, or scrolling through your phone late at night in search of companionship.

These feelings may not always be intense, but they are real.

Loneliness often goes unseen, taking many different shapes. It quietly weaves itself into everyday life, lingering in the thoughts and emotions we rarely speak about.

(Un)Seen | Our Moments with Loneliness invites you to pause and explore the many faces of loneliness through students' stories, artworks, interactive installations, videos, and immersive experiences.

Together, we reflect:

- What does loneliness look like to you?
- How do you care for yourself when loneliness arrives?
- How might we better see and understand one another?

When unseen feelings are acknowledged, shared, and understood, loneliness can become the starting point of connection.

Today, we invite you to slow down, spend a moment with loneliness, see others and be seen. ✨

- 20th Oct 2026(Tue)–30th Oct 2026(Fri)
- G/F, Yasumoto International Academic Park
- Mon–Fri 10:00 a.m.–6:00 p.m. | Sat 10:00 a.m.–4:00 p.m.
- Free admission

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2. [OAL] CUHK Outgoing Exchange Programmes 2027-28 (Summer 2027 / Regular Term-Time 2027-28)



Introductory Video

Application and Placement Schedule

Scholarship and Financial Aid

Useful Information

Testimonials

On-campus Outreach Activities

Points-to-note for the Application

- Application for exchange in Summer 2027 / Regular Term-Time 2027-28 opens to **all** full-time undergraduate students (**including Year 1 and first year entry**) and postgraduate students.
- Students can apply for the programmes either by submitting **recommendations** from two current CUHK teaching staff or attending an **interview**.
- **IELTS or TOELF iBT test** must be taken on or after 1st Sep 2025(Mon). IELTS One Skill Retake and TOEFL MyBest Scores results are NOT acceptable.
- Students can **only accept one exchange offer** (term time/summer) from any CUHK units.

Highlights of the On-campus Outreach Activities

Date	Time	Event	Venue
5-6 Oct 2026 (Mon – Tue)	12:00 – 14:00	Information Kiosk I	Oval Area, G/F, YIA
7-8 Oct 2026(Wed - Thu)	11:00 – 15:00	Information Kiosk II	Station Piazza (near MTR Exit A)
12-13 Oct 2026(Mon - Tue)	11:00 – 15:00	Information Kiosk III	YIA Piazza (near YIA Bus Stop)
14 Oct 2026(Wed)	15:00 – 16:00	Global Explorer Briefing I (Hybrid)	Multi-Purpose Area, 2/F, YIA & Zoom **Register HERE**
16 Oct 2026(Fri)	11:00 – 11:30	Global Explorer Exhibition	Outside Lounge, Chung Chi College Chapel
22 Oct 2026(Thu)	12:30 – 13:30	Global Explorer Briefing II (Virtual)	Zoom **Register HERE**
27-28 Oct 2026(Tue - Wed)	11:00 – 15:00	Information Kiosk IV	YIA Piazza (near YIA Bus Stop)

Call for action!



Come and talk to us at the on-campus outreach activities and i-Centre (1/F, YIA). Submit your application through CUSIS now!

Should you have any enquiry about the programmes, please feel free to contact us at 3943-7597 or via email at iasp@cuhk.edu.hk.

We look forward to receiving your application!

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3. The Changjiang Cup 2026 Global AI Protein Design Challenge (Deadline: 31st Oct 2026(Sat))



AI is moving fast in protein design. Protein structure prediction models are developing fast, and generative models can now design protein sequences that never existed in nature. AI-designed antibodies and binders are steadily making their way from research papers into pipelines. It's an exciting moment that computational science is, for the first time, truly taking part in creating the molecules of life.

The Changjiang Cup 2026 Global AI Protein Design Challenge is officially launched. Guided by the Shanghai Municipal Commission of Economy and Informatization and the Shanghai Municipal Commission of Science and Technology, the competition is jointly initiated and hosted by Shanghai Jiao Tong University, Shanghai AI Laboratory, Lingang Laboratory, Changping Laboratory, The Chinese University of Hong Kong, Zhejiang University, Shanghai Academy of AI for Science, and Engine Community. It is organized by the Institute of Natural Sciences, Shanghai Jiao Tong University, and co-organized by the College of Chemistry and Molecular Engineering, Peking University; the Department of Chemical Engineering, Tsinghua University; the Division of Life Sciences and Medicine, University of Science and Technology of China; the Research Institute of Intelligent Complex Systems, Fudan University; School of Engineering, Westlake University; the National Supercomputer Center in Guangzhou; INESA (Group) Co., Ltd.; and the Alliance of Strategic Scientific and Technological Forces for AI for Science.

This challenge focuses on de novo protein design and real wet-lab validation. Participants will design nanobodies or minibinders against different targets. The total prize pool is CNY 1,000,000, and at least 5,000 designed sequences are expected to undergo free wet-lab testing, including expression, purification, and binding assay. The challenge is open worldwide to universities, research institutes, corporate R&D teams, interdisciplinary innovation teams, independent researchers, and individuals. Registration opened on September 24 and closes on October 31.
We warmly invite researchers across AI and life sciences to join us with their models and designs. Together, let's bring AI-designed proteins into reality!

Useful Information:

Register Now: Click Here*
**Official competition page to be announced in the next phase.*

Competition Details: English Version (Click Here)/ Chinese Version (Click Here)

Contact Email: zbztzhz@sjtu.edu.cn
For any enquiries, please feel free to contact Dr Gene Man (geneman@cuhk.edu.hk) / Ms. Tracy Wong (tracyhwwong@cuhk.edu.hk).

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4. The 1st Hong Kong University Fintech Innovation Competition



ICBC (Asia) will launch its 1st Hong Kong University Fintech Innovation Competition (the "Competition"), bringing the flagship ICBC Cup National College Student Financial Technology Innovation Competition (the "ICBC Cup") to Hong Kong this year. Showcase your professional capabilities through innovative ideas and proposals, and gain access to leading resources and opportunities in the FinTech industry!

Seize the opportunity and register now: www.gonghangbei.com

Timeline
- Registration and Submission Deadline: 19th Oct 2026(Mon)/
- Entries Selection & Finalist Notification: 10th Nov 2026(Tue)
- Pre-final Training: 16th -19th Nov 2026(Mon-Thu) (Tentative)
- Final Competition: 27th Nov2026(Fri) (Tentative)
- National Finals: Dec 2026

Target
- Full-time students in Hong Kong universities
- 1-3 members per team, including 1 team leader

Awards
- Champion (1 team): HK$50,000
- First Runner-up (2 teams): HK$30,000 (per team)
- Second Runner-up (3 teams): HK$20,000 (per team)
- Meritorious Award (4 teams): HK$10,000 (per team)
- Outstanding Mentor Award: HK$10,000 (per team)
- Qualified top-performing participants will be offered an internship opportunity at ICBC (Asia)
- The Champion team will advance to the National Finals of the "ICBC Cup"

Application & Details
Official Application Website: 「工行杯」全國大學生金融科技創新大賽(www.gonghangbei.com)
WeChat Account: 工行杯大學生金融科技創新大賽

Sharing Session
Date: 24th Sep 2026(Thu)
Time: 3:00pm - 3:45pm
Venue: UGA Event Hall, InnoPort, CUHK
Speaker: Representative of ICBC (Asia)
Language: Cantonese (Putonghua and English are welcome during the Q&A session)
Rundown: Competition Briefing, Sharing of Previous Award-winning Entries, Q&A Session

ICBC Cup National College Student Financial Technology Innovation Competition Expert Masterclass (Chinese only)
First Session: Applications of Artificial Intelligence Technology in Banking
Second Session: Practices and Insights on Engaging Young Customers
Third Session: Building a Stronger Consumer Protection Framework and Enhancing Service Quality and Experience

If you are looking to enhance your CV, gain insights from a prestigious competition and build practical experience recognised by the industry, don't miss this opportunity!

For further details, please refer to the attachment or contact icbccup@yuantung.com.hk.

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5. 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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6. Global Citizenship (GC) is now available!





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

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

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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/vQCrlWhyl68
🌅 Enjoying an imaginary lake view through guided imagery and finding your inner peace.

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

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

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

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

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

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

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

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

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

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

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