The Sunny Weekly

2nd Nov 26

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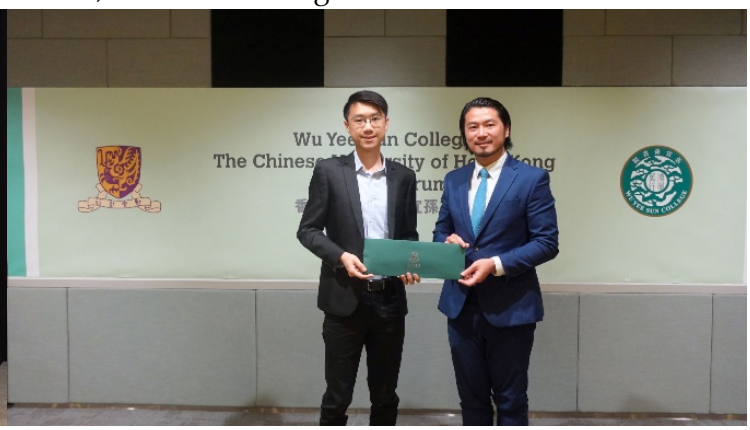
Sunny Review

1. College Forum - Unveil the buried – A Touch of Exhumation, Tombstones and Traditions of Funerals



The third College forum, "Unveil the Buried – A Touch of Exhumation, Tombstones and Traditions of Funerals 參悟幽明·觀照死生——探秘執骨、修碑與喪葬禮俗", was held last Friday, offering an opportunity for students to learn about the customs and values surrounding Chinese funerals. It was our pleasure to welcome Mr. Ka-lok CHUNG (鍾家樂院士), CEO of Peace of Mind Funeral Services and a funeral director, to share his insights with our students.





We also extend our sincere thanks to Dr. Lai-ling LAM (林麗玲博士), member of the General Education and Academic Affairs Committee, for serving as moderator, and to Prof. Terry C.F. Yip (葉卓風教授), Associate Dean of General Education, for presenting a souvenir to Mr. Chung.





With years of experience in exhumation, tombstone restoration and funeral arrangements, Mr. Chung shared professional insights and addressed common misunderstandings about funeral practices. His talk explored life and

death education, funeral rites and filial piety, highlighting how these traditions embody enduring Chinese values. The forum invited students to reflect on honouring ancestors, cherishing life, and contributing to society.

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2. Congratulations to Sunnies for being awarded the CUHK Fenghuang Excellence Awards 2026

The College is delighted to share that 9 College freshmen have been awarded the University's newly established CUHK Fenghuang Excellence Awards in 2026 in recognition of their outstanding performance in public examinations. These awards provide a full tuition waiver throughout the awardees' normative study period and support their participation in local and overseas exchange programmes, fostering diversity and holistic development.

Professor Joan Z. ZUO (左中教授), College Associate Master, congratulated the award recipients at the Presentation Ceremony held on 30th Oct 2026(Fri). Awardee CHAN Chi Tung Giselle (陳芓橦同學) also shared experiences on stage during the ceremony.





Our heartfelt congratulations to all awardees listed below, and we wish them continued success in the years to come.

Name	**Academic Programme**
CHAN Chi Tung Giselle (陳芓橦)	M.B., Ch.B.
KWACK Minkyu	Biotechnology, Entrepreneurship and Healthcare Management
LAU Sum Laam (劉心嵐)	M.B., Ch.B.
LI Yilin (李溢琳)	Integrated BBA Programme
LIU Zitian (劉子湉)	M.B., Ch.B.
NGUYEN Xuan Tue Minh	Integrated BBA Programme
SHRESTHA Rajavi	Information Engineering
WANG Yitong (王奕潼)	Psychology
WONG Ling Yu Jordan (王令瑜)	Integrated BBA Programme

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3. Pre-Screening Sharing Session and Exclusive Movie Screening of "We Are Born Good" for Wu Yee Sun College 電影《善男信女》- 伍宜孫書院映前分享會暨專屬放映場



Professor Rance P.L. LEE (李沛良教授), Founding Master, together with senior mentors including Mr. Philip LI (李永權先生), Mr. Raymond WONG (黃志新先生), and Mr. George LEUNG (梁俊業先生), joined nearly 60 College alumni, mentors and mentees at Premiere Elements for an exclusive screening of "We Are Born Good"《善男信女》, organized by the Alumni Association of Wu Yee Sun College. Nominated for nine Golden Horse Awards, the thought-provoking film offers a unique perspective on the pressures of Hong Kong society while encouraging reflection on personal balance and self-awareness.



Before the screening, one of the screenwriters, Wong Wai-man (黃惠敏「火車」) (2020, Journalism and Communication), a proud Wu Yee Sun College alumna, along with other members of the film team, shared their insights and behind-the-scenes stories from the production, which added depth to the audience's understanding.

The movie resonated strongly with the audience, evoking deep emotions and reflecting many aspects of life in Hong Kong society. The evening also inspired thoughtful discussions and meaningful conversations on social issues.

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4. Resident Tutor Activity: Badminton Doubles Challenge





The Badminton Doubles Challenge brought together 30 resident students for an energetic and engaging evening on 28th Oct. The event encouraged residents to stay active, embrace a healthy lifestyle, and build friendships through friendly competition on the badminton court. All participants received souvenirs, while outstanding teams were presented with medals and prizes in recognition of their achievements. Our hearty appreciation for the efforts made by the Resident Tutors and the warm presence of Professor Kong-pang Pun (潘江鵬教授), Warden of West Block in making this event a success.



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



Following last year's workshop for English-speaking students, we were pleased to have Ms. Kelly K.Y. SHUM (沈嘉儀女士), an instructor at the Yale-China Chinese Language Academy, back to lead the four-session Social Cantonese Workshop for Putonghua-speaking students this year.





The workshop was practice-oriented and aimed to equip students with useful language skills that they can learn and apply immediately in their daily campus life. Through interactive games and scenario-based activities, students made steady improvement in both their pronunciation and understanding of local cultural practices. We hope students will carry their newfound confidence through daily conversations and integrate more fully into campus life.

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6. German Cultural Workshop





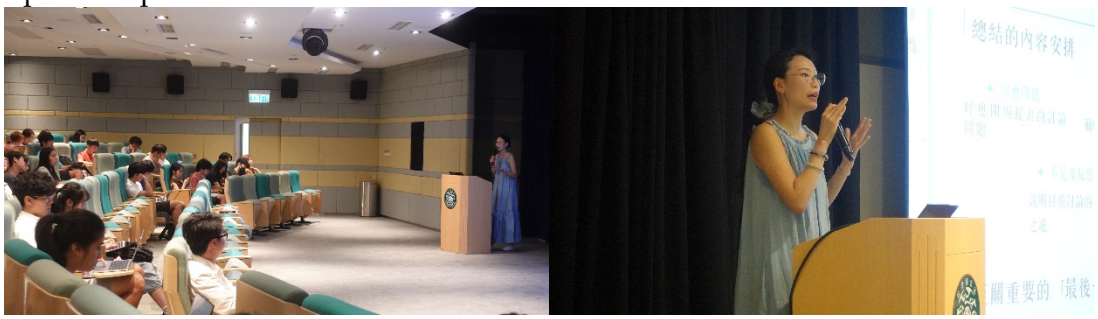
Hosted by Mr Bernd Esch, German Lecturer from the Department of Linguistics and Modern Languages, the German Cultural Workshop offered Sunnies an engaging introduction to the German language and culture through a series of interactive activities. Accompanied by German music, participants also savoured a selection of signature German dishes and beverages, immersing themselves in an authentic German cultural experience.

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7. Language Enhancement Series (語文提昇活動 - 系列講座)



Co-organized by the Department of Chinese Language and Literature and Wu Yee Sun College, the Language Enhancement Series (語文提昇活動 - 系列講座) provided students with opportunities to strengthen their academic and professional communication skills. Two sessions were hosted by Dr. Xiuwei Zeng (曾綉薇博士), who guided students through the principles and practices of effective communication..



In the first session, From Questions to Manuscript: Interviewing and Writing Workshop (從提問到成稿：訪問與撰稿技巧工作坊), participants learned how to prepare meaningful interview questions, gather insights effectively, and transform conversations into engaging and well-structured articles. The second session, Oral Presentation Strategies Workshop (口頭報告策略工作坊), focused on practical techniques for organizing content, delivering presentations with confidence, and responding to questions professionally. Through different case studies, both workshops enhanced students' ability to communicate with clarity and accuracy, benefiting their coursework and future development.

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College Activities

1. WYS 3 on 3 Basketball Cup 2026



Tired of sitting in lectures and staring at screens? It's time to dust off those sneakers and hoop it up! 🔥 The WYS Sports Association is calling all ballers for the ultimate 3on3 Basketball Cup. Don't hide your talents—assemble your dream team, hit the court, and let your game do the talking! 🏀🤓

🗓️ Date: 14th Nov 2026(Sat)

📍 Venue: UC gym
⏰ Time: 3:00pm - 6:00pm
👥 Quota: 12 Teams of Boys, 8 Teams of Girls (Limited quota; first come, first served)
💰 Fee: $80 per team (FPS / PayMe)

⚠️ Team Forming Requirements:
🔺 3-4 people in a team with at least 3 WYS students.
🔺 At most 2 College basketball team members / 1 U-team member allowed in the same team.
🔺 Special remarks: Participants can obtain 5 PE marks! ✨

🏆 Prizes: (per group) 🏆
🥇 Champion: 1 × JBL Compact Bluetooth Speaker + Medals
🥈 1st Runner-up: 4 × $100 Decathlon Gift Cards + Medals
🥉 2nd Runner-up: 4 × $50 Decathlon Gift Cards + Medals
🔗 Registration Form:
https://docs.google.com/forms/d/e/1FAIpQLSc8Mp1tfQga_jRNxUEe2J970SMulTfDpeJORjuOm5f17qBZSw/viewform

See you there! 💪 🏀

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

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2. 語文文化桌 - 反認他鄉是故鄉？——朱自清《歐遊雜記》的跨文化體驗



1931 年，朱自清漫遊歐洲五國，後將見聞感受寫成遊記，輯錄為《歐遊雜記》，其中展現了他對異國的獨特觀察視角。他將「海中的城」威尼斯看作「江南水鄉」，因柏林一片疏林想到「倪雲林的畫本」，而巴黎杜樂麗花園卻好像「北平的叭兒狗」。這究竟是以故鄉的眼睛親切地理解他鄉，還是以己度人，不自覺地「反認他鄉是故鄉」？講者將以《歐遊雜記》為引，邀請同學一同思辨「跨文化體驗」中那道幽微的分界線。

講者：蔡佳茵博士
講者簡介：香港浸會大學語文中心中文講師，畢業於香港浸會大學，從事文學研究，講授大學中文及通識課程。

日期：2026 年 12 月 1 日 (二)
時間：晚上 6:30 至 8:30
地點：伍宜孫書院教職員飯堂
語言：普通話，輔以廣東話
按金：港幣$50 (完成活動後全數退回)

報名：https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13744567
截止日期：11 月 24 日
*名額有限，先到先得。
報名次序以繳交按金先後次序為準，請將按金交至書院辦公室(G03)。

查詢：Ms Aka Chan (wanhungchan@cuhk.edu.hk / 3943 9772)
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3. 523 Banquet - 19th College Anniversary



🪄🕯✨ Registration for the Mysteryee Forest 523 Banquet is Now Open! ✨🕯🪄

As part of the 19th Anniversary Celebration of Wu Yee Sun College, our annual highlight event, the 523 Banquet, is finally here! 🍽💗

Looking for a chance to reunite with your Ocamp friends? 👫 Want to have a gathering with your teammates or college mates? 🤝 Or simply enjoy a night of great food, live performances, and exciting lucky draws with your friends? 🎁✨ You definitely don't want to miss this year's 523 Banquet!
That night, we will be serving a hearty Chicken Hotpot 🐔 and Pepper Pork Tripe Hotpot 🐷 to keep everyone warm and satisfied on this autumn evening! 😋 Besides the feast, we have an amazing lineup of performances waiting for you ✨: 🎤 The Hertz 🤘 Shaw Band 🎼 Wu Yee Sun Music Society 🎶 Join us to celebrate the 19th birthday of Wu Yee Sun College and light up the night together! 🥳🎂

Of course, the thrilling Lucky Draw Session 🎁💧 is here! Exciting prizes are waiting for lucky winners, and everyone has a chance to win! 😎

Date: 4 November 2026 (Wednesday)
Time: 18:30–22:00
Venue: Wu Yee Sun College Student Canteen

Ticket Prices:
EC Member: $160
Non-EC Member: $210
Group Ticket: $1,920/table (12 people)
Payment Methods: FPS / PayMe / AlipayHK
🔗 Registration Link:
https://docs.google.com/forms/d/e/1FAIpQLSfcnkYE8hhCYeSN4N4Z3rUS39dbmgTGabb5rPawqgy16ALWHw/viewform

📩 For any enquiries, feel free to contact us:

IG: @wysanni26

🪄 🎄 ✨Mysteryee Forest 523 人宴開始報名啦！✨ 🎄 🪄

傳說每逢森林慶典來臨，來自四方八面嘅冒險者都會聚首一堂，共享美食、美妙音樂同難忘回憶！🔮 🍄

今年伍宜孫書院 19 週年院慶，當然唔少得一年一度嘅 523 人宴 啦！🍽 💚 想同 Ocamp 朋友 reu？ 👫 想同莊員莊聚？🤝 又或者想約埋一班 friend 一齊食好西、睇表演、抽大獎？🎁 ✨咁就千祈唔好錯過今年嘅 523 人宴！

當晚我哋準備咗暖笠笠嘅 雞煲🐔 同 胡椒豬肚火鍋🍲 ，陪大家喺秋夜入面大飽口福！😋除咗有豐富晚宴之外，仲有精彩表演等緊大家🎶 ✨ ！ 今年邀請到： 🎤 The Hertz 🎺 Shaw Band 🎼 宜孫 Music Society 同大家一齊炒熱全場氣氛，慶祝宜孫 19 歲生日！🥳 🎂

當然仲少不了最刺激嘅抽獎環節啦🎁 🔥 ！ 豐富獎品等緊幸運兒帶返屋企，人人都有機會中獎！🤩

日期：4/11/2026（三）
時間：18:30-22:00
地點：伍宜孫書院學生飯堂

收費：
EC：$160
非 EC：$210
團購票：$1,920/臺（12 人）
付款方式：FPS / Payme / AlipayHK
🔗 報名連結：
https://docs.google.com/forms/d/e/1FAIpQLSfcnkYE8hhCYeSN4N4Z3rUS39dbmgTGabb5rPawqgy16ALWHw/viewform

📩 如有任何疑問／查詢，歡迎聯絡我哋：
IG：@wysanni26

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4. The Secret World of Wild Animals @ Kadoorie Farm and Botanic Garden
動物覓趣



Through guided exploration and close-up encounters with animals, participants will learn about local wildlife, their habitats, and the challenges they face in a rapidly changing environment in the field. Whether you are a wildlife enthusiast or a curious beginner, it is a valuable opportunity for participants to reflect on how humans and animals can coexist harmoniously.

- Animal trace exploration (specimen contact)
- Visit local wildlife and listen to their stories
- Animal encounters
- Visits to exotic wildlife and understanding how animals adapt to different environments
- Gifts for animals – Handmade environmental enrichment toys

Event Details
Date: 14th Nov 2026(Sat)
Time: 8:45am – 3:45pm *(Round-trip shuttle bus provided)*
Venue: Kadoorie Farm and Botanic Garden 嘉道理農場暨植物園
Language: Cantonese (supplemented with English)

Round-trip Shuttle Bus
Pick-up: 8:45am @ University Station Piazza | 9:00am @ Wu Yee Sun College
Drop-off: 3:30pm @ University Station Piazza | 3:45pm @ Wu Yee Sun College

Lunch: Please bring your own lunch or enjoy a self-paying vegetarian lunch at KFBG.

Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13744985
Deposit: HK$100 (Refundable upon completion of whole activity)
Deadline: 5:30pm, 4th Nov 2026(Wed)

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

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5. Energy Conservation Incentive Scheme for Student Hostels 學生宿舍節約能源獎勵計劃

This initiative features engaging competitions and dynamic educational programmes designed to inspire responsible energy consumption among the vibrant student community.

Empowering Training Webinar
All hostel residents—including dedicated Student Energy Ambassadors, wardens, and tutors—are invited to a webinar on **Responsible and Smart Energy Consumption in Student Hostels**:

Date	10th Nov 2026(Tue)
Time	10:30am–11:30am
Platform	Zoom
Speakers	• Ms Andrea Leung, a strategist and programme director with over 20 years of experience in the areas of net-zero, climate change and environmental sustainability • Representatives from the Social Responsibility and Sustainable Development Office
Language	Cantonese / English
Registration	Complete the Online Application Form by 5th Nov 2026(Thu)

Call for Applications for Student Energy Ambassador Projects

Student Energy Ambassadors are invited to apply for funding from ECIS-SH to create and execute innovative publicity, education, and engagement projects in their hostels. This is a chance to compete for the prestigious **Innovation and Engagement Awards**—each winner will receive an e-certificate and a cash prize of up to **$4,000**!

- Funding Guidelines: click here
- Application Deadline: 20th Nov 2026(Fri)

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6. 🪄 🕯 ✨ 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1️⃣9️⃣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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7. 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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8. 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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9. 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) :
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. Special Arrangement of Catering Service at Wu Yee Sun College Student Canteen on 4 November 2026

For preparation of College Anniversary, please note below the special arrangement of student canteen:

4 November 2026 (Wednesday)	**Dine-in service will be suspended from 5:00pm.** Only takeaway service will be available. (Last order for dine-in service will be **4:30pm)**

Thank you for your kind attention.

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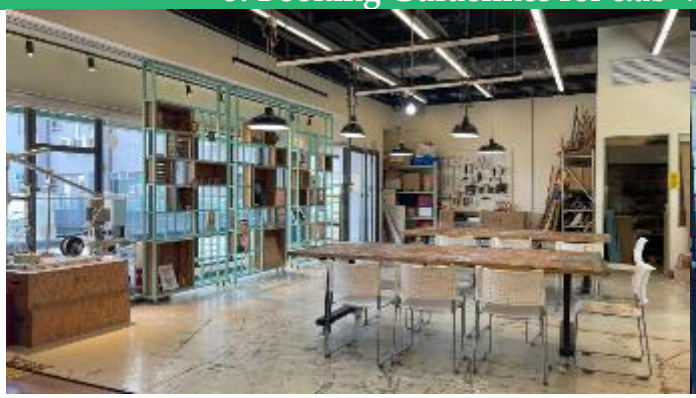
2. Reservation of Rowing Machines for Rowing Team Training

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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3. 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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4. 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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5. 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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6. 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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7. 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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8. 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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9. 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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10. 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	Application period
Summer	1st May 2027 (Sat) - 31st Oct 2027 (Sun)	1st Nov 2026 (Sun) - 30th Apr 2027 (Fri)

Application: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13746072

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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. 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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2. Community Resources for Emotional Support

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



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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3. Independent Learning Centre (ILC) Services for Students

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

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

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

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

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

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



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

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

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

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