Sunny Review 上周回顧



1. College 19th Anniversary: Sunny Festival, 523 Banquet, Adventure Night and Campus Run
2. College Forum - Resilience of the Soul: Chinese Culture and Life Values
3. The Second Round Table Dinner (Term 1) 第二場書院圓桌晚宴 (上學期)
4. Mental Health First Aid Standard Course

College Activities 書院活動

1. Call for Student Energy Ambassadors 2026/27 - Energy Conservation Incentive Scheme for Student Hostels<New>
2. Resident Tutor Activity – Music Chill Night<New>
3. WYS 3 on 3 Basketball Cup 2026
4. 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
5. Energy Conservation Incentive Scheme for Student Hostels 學生宿舍節約能源獎勵計劃
6. 你的 MBTI 是什麼？——職涯未來，由你規劃 What's Your MBTI? Plan Your Future Career
7. Intra-hostel Air-conditioning Usage Reduction Competition
8. Fitness Consultation Sessions<Updated>

College Announcements 宣佈事項

1. Consultation on Expected Qualities of the Next College Master 諮詢下任院長所應具備的條件 <New>
2. Special Arrangements of Opening Hour of College Office and Dean of Students' Office on 12th Nov 2026<New>
3. Special Arrangement of Catering Service at Wu Yee Sun College Student Canteen on 12th Nov 2062 <New>
4. Reservation of Rowing Machines for Rowing Team Training
5. Booking Guidelines for c!ab Venue, Equipment & Machinery
6. Opening Hours for College Gymnasium
7. 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
8. Rance Lee Mentorship Programme 李沛良亦師亦友計劃
9. Visitor Policy in College Student Hostels
10. Membership and ExCo Recruitment—WYS Alumni Association 伍宜孫校友會會員及幹事會招募
11. Student Pastoral Care
12. WYS's Got Talents – Photography, Poster Design, MC and a lot more!

College Funding & Award Schemes (Year-round Application) 書院資助及獎勵計劃 (全年可供申請)	Other Activities & Announcements 其他活動及宣佈事項
1. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃 2. Sunny Passion Programme (愛陽光計劃) 2026/27 Now Open for Applications<New> 3. Global Learning Award Scheme 4. Self-Motivation Fund for Health and Well-being Activities 5. Self-Motivation Fund for Sports Activities 6. Self-Motivation Fund for Sustainability Activities 7. Mingle Fund 8. Service-learning Project Funding Scheme 服務學習項目資助計劃	1. Discover Summer 2027: Cambridge & Leeds Information Sessions<New> 2. Global Citizenship (GC) is now available! 3. Community Resources for Emotional Support 4. Independent Learning Centre (ILC) Services for Students 5. Guided Imagery videos are now available on Sunshine At CUHK's YouTube and Mobile App 意象鬆弛法影片現已登陸中大有晴 YouTube 及 手機應用程式

Sunny Review

1. College 19th Anniversary: Sunny Festival, 523 Banquet, Adventure Night and Campus Run



Thanks to the dedicated College Anniversary Organizing Committee, last week's festivities featured the Sunny Festival (大笪地) and 523 Banquet (523 人宴), under the theme of "Mysteryee Forest". The celebrations culminated with the energizing Campus Run (環校跑) coordinated by the College Sports Association (體育學會). Tomorrow evening, the anniversary celebration will conclude with the exciting Adventure Night (歷奇).

Sunny Festival (大笪地)

On 3rd Nov (Tue), Sunny Festival featured 25 booths selling handcraft, clothes, food and drinks at the Terrace of Dreams. College Members and students enjoyed the evening along with the music, dancing and football freestyle performances at the Central Courtyard.







523 Banquet (523 人宴)

On 4th Nov (Wed), around 100 College Members and students joined the 523 Banquet as they enjoyed the mouth-watering chicken hotpot and pepper pork tripe hotpot.

With College Members sponsoring the gifts, the participants also had a great time with a lucky draw along with the amazing performances by WYS Music Society (音樂學會) Harmonyee, Shaw Band and local indie band The Hertz.





Campus Run (環校跑)

Another signature event of the College Anniversary Celebration is Campus Run (環校跑), organized by the College Sports Association (體育學會). This year's event took place on 6th Nov (Fri). We were honoured to have College Master, Professor Anthony T.C. Chan (陳德章教授), and Associate Dean of Students and Chairperson of the Sunny Sports

Committee, Dr. Sharon S.Y. Wong (黃倩影博士), deliver opening remarks to encourage our runners. Following the cake-cutting ceremony in the Central Courtyard, the participants headed to the College entrance and got ready for the Run.





Two routes were available for the runners this year. The "Full Route" started at the College entrance and the turning point was set at the Lo Kwee-Seong Integrated Biomedical Sciences Building. The "Leisure Route," with the turning point at Shaw College, gave participants another way to enjoy the cheerful and sportive atmosphere. All the participants had a fantastic time in the Run and created unforgettable memories with their peers.






Our hearty appreciation again to all the participating students and College members. Please click HERE to view the results.





(Back to top)

2. College Forum - Resilience of the Soul: Chinese Culture and Life Values



The third session of the Hok Hoi Lectures featured Professor Heung-wing Tse (謝向榮教授), Dean of the Faculty of Arts and Centre Director of the Research Centre for Traditional Chinese Culture at the Hong Kong Nang Yan College of Higher Education, sharing on "Resilience of the Soul: Chinese Culture and Life Values (心靈的韌力: 中華文化與生命價值)." Professor Tse explored how Chinese culture can inspire core values such as perseverance, integrity, responsibility, and a sense of national identity. He also examined the close relationship between values education and life education, emphasizing that the latter should extend beyond discussions of life and death to foster a positive outlook and resilience.

(Back to top)

3. The Second Round Table Dinner (Term 1) 第二場書院圓桌晚宴 (上學期)



The second College Round Table Dinner was held on 5th Nov 2026 (Thu), at the College Staff Canteen. We were delighted to have Professor Joan Z. Zuo (左中教授), Associate Master and Warden of East Block, Dr. Lancelot W.H. Mui (梅維浩博士), Associate Dean of General Education, and Dr. Esther W.Y. Wong (黃穎瑜博士), Member of the General Education and Academic Affairs Committee, host the dinner.



College members warmly welcomed the students and encouraged them to make the most of the Round Table Dinner as an opportunity to meet new friends and interact with College members. They also wished the students an enjoyable and fulfilling College life.

(Back to top)

4. Mental Health First Aid Standard Course




The College invited the Mental Health Association of Hong Kong to conduct a 4-session Mental Health First Aid Standard Course this term. The programme enhanced participants' understanding of common mental health conditions, such as depression, anxiety disorders, substance misuse, and psychosis, together with appropriate responses to related crisis situations.





Through interactive group discussions and sharing sessions, participants learn how to encourage persons in need to seek professional help or utilize appropriate community resources. Upon successful completion of the course, participants were awarded a certificate issued by the Mental Health Association of Hong Kong.

(Back to top)

College Activities

1. Call for Student Energy Ambassadors 2026/27 - Energy Conservation Incentive Scheme for Student Hostels

Excitement surrounds the launch of a new round of the **Energy Conservation Incentive Scheme for Student Hostels (ECIS-SH)** for the 2026–27 academic year! 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–11:30 am
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	Email soniayu@cuhk.edu.hk

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**!

Two teams of our Student Energy Ambassadors have been awarded the **Engagement Award** and **Innovation Award** in 2025 for their respective projects, **"Yee Lighten"** on the promotion of solar energy via a DIY solar lamp and **"The Eco-Pedalers"** on the promotion of kinetic energy via a power-generating bike with a desk all-in-one. Interested students who wish to seek the College's support on planning and implementation may contact Ms. Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937).

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

(Back to top)

2. Resident Tutor Activity – Music Chill Night



🎤BUSKING IN WYS🎹
Resident Tutors and WYS Music Society will be hosting busking at the College Gallery on 23/11~ Welcome WYS students to join and enjoy the music together 👂🎧. Free-jamming is also welcome 🎙️🕺💃~

No need to be good at music. Take your friends 👭 👭 come and have fun~~ 🤗🤗

Date: 23rd Nov 2026 (Mon)
Time: 7:30pm - 9:30pm
Location: WYS College Gallery
*Instruments provided (guitar, keyboard, cajon, and microphones)

If you have any enquiries, feel free to contact Resident Tutor Ella through WhatsApp (62033965).

(Back to top)

3. 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

(Back to top)

4. 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)
(Back to top)

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)

(Back to top)

6. 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)

(Back to top)

7. 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)

(Back to top)

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) :
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)

(Back to top)

College Announcements

1. Consultation on Expected Qualities of the Next College Master 諮詢下任院長所應具備的條件

Dear Staff, Students and Alumni of Wu Yee Sun College,

The current term of office of Professor Anthony T.C. Chan as College Master will expire on 31 July 2027. In accordance with the University's revised procedures, a Search Committee under the Chairmanship of Dr. Joseph Y.W. PANG, Chairperson of the College Committee of Overseers, has been set up to recommend to the University Council the appointment of the next Master of the College. Members in the Committee include Professor Chu Ming-chung, Mrs. Ann Kung Yeung Yun-chi, Professor Patrick W.L. Leung, Dr. Benedict N.Y. Sin, Professor Wong Kam-bo and Mr. Arthur Wu.

You are welcome to express your views on the expected qualities of the next College Master by submitting online form: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13746289 during the period from 4 to 23 November 2026 and/or attending the **Consultation Forum to be held at 6:30pm - 7:30pm on 23 November 2026 (Monday) in College Theatre**. Your opinions are very much appreciated.

With best regards,
Joseph Pang, Chu Ming-chung, Ann Kung Yeung Yun-chi, Patrick Leung, Benedict Sin, Wong Kam-bo & Arthur Wu
Search Committee for the Appointment of Next College Master

4 November 2026

各位伍宜孫書院教職員、同學及校友:

現任書院院長陳德章教授之任期將於 2027 年 7 月 31 日屆滿。按照大學的修訂程序，書院已成立「遴選委員會」，並由書院院監會主席彭玉榮博士擔任主席，向大學校董會推薦下任書院院長人選。委員會成員包括朱明中教授、龔楊恩慈女士、梁永亮教授、冼雅恩博士、黃錦波教授及伍尚宗先生。

歡迎所有書院教職員、同學及校友於 2026 年 11 月 4 日至 23 日透過遞交網上諮詢表 (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13746289) 及/或出席於 **2026 年 11 月 23 日(星期一) 晚上 6 時 30 分至 7 時 30 分於書院演藝廳舉行之諮詢會**，就期望下任院長所應具備的條件提出意見。

「遴選委員會」
彭玉榮、朱明中、龔楊恩慈、梁永亮、冼雅恩、黃錦波、伍尚宗

2026 年 11 月 4 日

(Back to top)

2. Special Arrangements of Opening Hour of College Office and Dean of Students' Office on 12th Nov 2026

Kindly note below the special arrangements of opening hour for College Graduation Ceremony on **12th Nov 2026 (Thu)**. Please contact 3943 3983 for urgent assistance.

Facilities	Opening Hour	Temporary Closure
College Office (G03) & Dean of Students' Office (UG09)	9:00am-10:00am & 3:00pm-5:30pm	10:00am-3:00pm

Thank you for your attention.

(Back to top)

3. Special Arrangement of Catering Service at Wu Yee Sun College Student Canteen on 12th Nov 2026 伍宜孫書院學生飯堂於 11 月 12 日之特別安排

Kindly note that Wu Yee Sun College Student Canteen will be temporarily closed from **1:30pm to 4:00pm** on **12th Nov 2026 (Thu)** for College Graduation Ceremony. Thank you for your kind attention.

由於書院舉行畢業典禮，伍宜孫書院學生飯堂於 2026 年 11 月 12 日（星期四）下午 1 時 30 分至 4 時正將暫停營業，敬希垂注。

(Back to top)

4. Reservation of Rowing Machines for Rowing Team Training

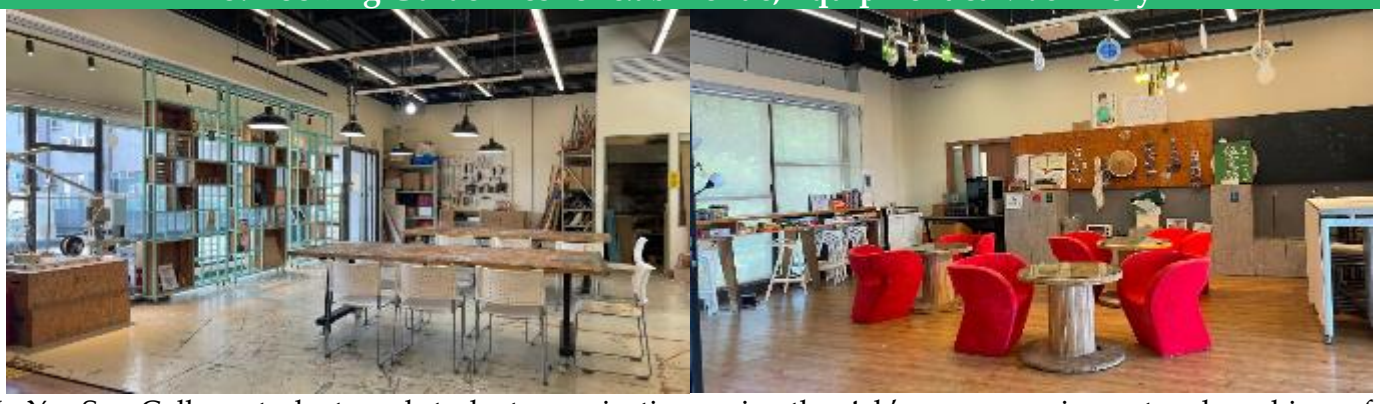
Please note that rowing machines will be reserved for Rowing Team Training from 6th Oct 2026(Tue) to 31st Dec 2026 (Thu):

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

We are sorry for any inconvenience caused.

(Back to top)

5. 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)

(Back to top)

6. 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.

(Back to top)

7. 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)

(Back to top)

8. 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

(Back to top)

9. Visitor Policy in College Student Hostels

Visiting Hour:

CUHK Student Visitors *(i.e. CUHK current undergraduate and postgraduate students who do not have a hostel place at Wu Yee Sun College)*	**Same-sex** CUHK Student Visitors: 8:00 am – 12:00 am daily **Opposite-sex** CUHK student visitors: 10:00 am – 11:00 pm daily
Non-CUHK Student Visitors	Saturdays, Sundays and public holidays 10:00am – 11:00pm
Visitors and Residents of Opposite Sex	Aside from the visiting hours stated in Student Hostels Regulations, no persons (including residents) are allowed to enter the floor of the opposite sex, and no residents are allowed to receive visitors of the opposite sex unless prior permission is granted by the Wardens

Overnight Visitor:
Under special circumstances, when a visitor (who must be a CUHK student of the same sex) is invited to stay overnight, the host resident must, after obtaining the consent of his/her roommate, accompany the visitor to purchase the '**Overnight Visitor Ticket**' (HK$60 per head per night).

Register at **Hostel Reception / Resident Tutor / Resident Association** within the visiting hours

Other Rules:

- *The visitor must be accompanied by the corresponding host resident during the stay. Any person staying at the hostel beyond visiting hours will be regarded as an overnight visitor.*
- *Only **one** visitor is allowed per room per night. Residents of the same room should not host overnight visitors more than 2 nights per week.*

Opening Hour of College Facilities

1. *WYS non-residents can access College until 11:00pm daily. Only residents can access College building after 11:00pm.*

2. *The opening hour of College Gymnasium is adjusted to 7:00am – 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/.*

(Back to top)

10. Membership and ExCo Recruitment—WYS Alumni Association
伍宜孫書院校友會會員及幹事會招募

Want to stay in touch with your College friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just $500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the application form, and upload the deposit receipt as instructed in the form. WYSAA will keep you posted about events by email, Facebook page (伍宜孫書院校友會 WYS Alumni Association) and Instagram. Stay connected!

WYS Alumni Association is also recruiting new Executive Committee members. If you are eager to organize activities for our alumni and form a deeper and wider alumni network through collaboration with other alumni organizations, you are strongly encouraged to become an ExCo member! Reach out to the current chairperson, Bacary (9783 4356) – he will introduce you to the operation of the Alumni Association and answer any questions you may have.

(Back to top)

11. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain new perspectives! DON'T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email kikiwkchan@cuhk.edu.hk for arrangement.

2) You may also approach the **University's Wellness and Counselling Centre** at **3943 7208** for help.

3) A **24-hour Emotional Support Hotline** at **5400 2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

(Back to top)

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



The College is recruiting all sorts of talents to contribute in various College events. If you are interested in or excellent at any of the fields below, register now! Students may be invited for an interview for further discussion.

--- Photography / Video-production
--- Master of Ceremonies
--- Simultaneous Interpretation
--- Organizing workshop for College students
--- Audio-Visual Support
--- Writing (e.g. creative writing or student reporter in publications)
--- Art & Design (e.g. posters or infographics)

Let us know what you are interested in and excellent at:
https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838

Don't hide your talents, shine in the College!

Enquires: Ms Carrie Zeng (carriezeng@cuhk.edu.hk /3943 3934)
Miss Kiki Chan (kikiwkchan@cuhk.edu.hk /3943 9775)

(Back to top)

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)

(Back to top)

2. Sunny Passion Programme (愛陽光計劃) 2026/27 Now Open for Applications



The Sunny Passion Programme (愛陽光計劃) 2026/27 is now open for applications! Students who are keen on making a difference to society by generating innovative, creative, and entrepreneurial ideas for social benefits, you are welcome to submit an applications to SPP.

The winning teams will be awarded **HK$10,000**, **HK$6,000**, and **HK$4,000**, respectively, in mid-April 2027.

Eligibility:
All WYS students can apply individually or in groups (collectively referred to as a team)*. Final-year WYS students can submit their Senior Seminar course proposals if the proposals meet the purpose of the SPP. If the Senior Seminar course proposal is a group project, please be reminded to obtain consent from all members who contributed to the project before submitting the proposal.

*A team MUST comprise at least 50% WYS students. Other teammates may be students from other colleges of CUHK.

What to do:
(1) Submit the application form no more than 500 words with (2) the Business Model Canvas (please refer to Appendix 1 of the Guidelines) in one A4-page by **11:59pm, 20th Dec 2026 (Sun)** through one of the following channels –

1. e-mail the soft copy of the document to Ms. Carrie Zeng (carriezeng@cuhk.edu.hk) and/or Ms. Elisha Yting (elishayting@cuhk.edu.hk); or
2. click the following link (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13739094) and complete the online application form
3. Send the original hard copy of the documents to the College Office, Wu Yee Sun College in person

Let your passion shine bright! For more details, please refer to the College website at https://wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=sunny

Should you have any enquiries, please feel free to contact Ms. Carrie Zeng (carriezeng@cuhk.edu.hk / 3943-3934) or Ms. Elisha Yting (elishayting@cuhk.edu.hk / 3943-9767)

(Back to top)

3. 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

(Back to top)

4. 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)

(Back to top)

5. 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)

(Back to top)

6. 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)

(Back to top)

7. 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)

(Back to top)

8. 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)

(Back to top)

Other Activities & Announcements

1. Discover Summer 2027: Cambridge & Leeds Information Sessions



Representatives from **Girton College, University of Cambridge** and the **University of Leeds** will be visiting CUHK to share the unique opportunities their summer programmes:

- 10th Nov 2026(Tue) – Girton College, University of Cambridge
- 20th Nov 2026(Fri) – University of Leeds

This will be a great opportunity to explore how a summer abroad can enrich your academic journey and open doors for your future career.

Girton College, University of Cambridge, UK

Programme Dates:

Economics Summer Programme (28th Jun 2027(Mon)– 24th Jul 2027(Sat))
Globalisation Summer Programme (18th Jul 2027(Sun)- 14th Aug 2027(Sat))
Business Summer Programme (28th Jun 2027(Mon) – 24th Jul 2027(Sat))
Engineering Summer Programme (18th Jul 2027(Sun) – 14th Aug 2027(Sat))

Academic Programmes: link | Accommodation: link | Programme Fees: link | Application: link
Fee-paying

University of Leeds, UK

Programme Dates:

Leeds International Summer School (LISS) (3rd Jul 2027(Sat) – 31st Jul 2027(Sat))
Leeds Summer Research Programme (3rd Jul 2027(Sat) – 14th Aug 2027(Sat))

Academic Programmes: link | Accommodation: link | Programme Fees: link | Application: link
Fee-paying

Information Sessions at CUHK

Don't miss out! Join us to learn more about your summer study options at Cambridge and Leeds!

Date	Time	Venue	Institution	Registration
10th Nov 2026(Tue)	10:30am - 11:15am	Multi-purpose Area, 2/F, YIA	Girton College, University of Cambridge	Click here (Register by 8th Nov 2026(Sun))
20th Nov 2026(Fri)	10:30am - 11:15am	Multi-purpose Area, 2/F, YIA	University of Leeds	Click here (Register by 18th Nov 2026(Wed))

Limited seats for the information sessions. Please register as soon as possible!

(Back to top)

2. Global Citizenship (GC) is now available!





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

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

(Back to top)

3. Community Resources for Emotional Support

<TourHeart+ X Wellness and Counselling Centre>

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



It combines online self-help mental health support platform with in-person counselling services, offering tailored support levels based on the mental health needs and challenges faced by students in academic and personal lives.

<Jockey Club Electronic Clinic for Psychological Service (JC eClinic)>

Common mental disorders such as depression and anxiety are highly prevalent among young adults. The clinical psychological services team of New Life Psychiatric Rehabilitation Association aspires to make evidence-based psychological interventions more accessible and affordable to the public. They offer the following service to young adults free-of-charge :



Jockey Club Electronic Clinic for Psychological Service (JC eClinic) offers high-intensity psychological intervention through online platform for young adults with mixed diagnoses of depression and anxiety. It offers a hybrid mode of delivery, including an online platform with self-learning modules and live sessions meeting with therapists. The therapy delivered by JC eClinic is Transdiagnostic Cognitive Behavioral Therapy developed by Boston University.

Details : https://eclinic.hk/e_clinic/

<Samaritan Befrienders HK>
Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.
24-hour Hotline: 2389 2222 (Cantonese)
Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead

English Emotional Support Hotline: 2389 2223
An English Emotional Support Hotline has been set up to provide emotional support to English speakers
Service Hour : Monday to Friday 6:30 pm-10:00 pm

Suicide Crisis Intervention Centre: 2341 7227 for appointment
Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services

Family Helpline: 2319 1177
Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis

(Back to top)

4. Independent Learning Centre (ILC) Services for Students

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

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

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

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

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

(Back to top)

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



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

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

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

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

(Back to top)

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