The Sunny Weekly

16th Nov 26

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Sunny Review

1. The 11th Wu Yee Sun College Graduation Ceremony for Class 2026



The 11th Graduation Ceremony, held on 12 Nov (Thu), marked a significant milestone for our graduates. The event brought together graduates, College members, family members, and friends to celebrate the achievements of the Class of 2026.





Our Guest of Honour, Mr. Richard TSANG Lap-ki (曾立基先生), shared six virtues with the graduates: "wisdom, benevolence, courage, integrity, hope, and love (智、仁、勇、信、望、愛)". He reminded graduates that, despite the rapid advancement of artificial intelligence (AI), it is essential to possess the ability to distinguish truth from falsehood in the information provided by AI and to uphold social responsibility and ethical judgment, qualities that technology cannot replace.




Graduate representative Ms. Yoey LAW (羅玉兒小姐) reflected on her enriching experiences at the College. She encouraged her fellow graduates to pursue their aspirations with courage, listen to different perspectives, and never give up in the face of challenges.





The future is full of new challenges and opportunities. May our graduates continue to uphold our College motto, "Scholarship and Perseverance" — striving for lifelong learning to broaden your horizons, putting knowledge into practice, and embracing your social responsibility to give back to the community.

Congratulations to the Graduating Class of 2026!



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2. College 19th Anniversary: Adventure Night

The 19th Anniversary celebration was wrapped up with the Adventure Night (歷奇) last Tuesday. More than 270 students took part in a series of physical challenges, pushing their limits and embracing the spirit of perseverance. The campus came alive with energy, determination, and the joyful laughter of participants, creating a vibrant and memorable atmosphere throughout the event.



Thank you once again for the support from College Members and students, and the dedicated efforts from the College Anniversary Organizing Committee to make the College's 19th Anniversary Celebration a memorable and meaningful occasion.

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3. College Forum - Tragedy Vs Comedy



The fourth College forum, entitled "Tragedy Vs Comedy 悲喜交集," was held last Friday. Mr. Hardy Tsoi (蔡錫昌先生), playwright, theatre director and College senior tutor, explored how these two dramatic forms offer contrasting perspectives on the world and human nature.



We were pleased to have Dr. Lancelot W.H. Mui (梅維浩博士), Associate Dean of General Education, moderate the forum. Prof. Rance P.L. Lee (李沛良教授), Founding Master, presented a souvenir to Hardy.




The discussion examined how tragedy portrays people confronting fate, suffering and irreversible choices, prompting reflection on human weakness, responsibility and morality. Comedy, by contrast, uses humour to reveal life's absurdities and suggest the possibility of change and hope. Though different in tone, both forms reflect the complexities of real life. We also thank Hardy for generously gifting students the books and DVDs of plays he wrote.

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4. Delegation Visit from Huitong College, Beijing Normal University



Last Friday, a delegation led by Professor Yu Lihong (虞立红教授), Executive Dean of Huitong College, Beijing Normal University (北京師範大學會同書院) visited our College.



During the meeting, Professor Ming-kay Poon (潘銘基教授), College Associate Master and Dean of General Education, introduced the CUHK collegiate system and highlighted the College's initiatives across various areas. Together with Ms. Yolinda Wong (黃翠欣女士), College Secretary, they engaged with the delegation in an exchange of experiences and perspectives on College development and student education.

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5. Rance Lee Mentorship Programme – "The modern use of AI: From chatbot to AI agent" Workshop



Alumni mentors Mr. Bacary Tang (鄧建達先生) and Mr. Marco Chan (陳霆軒先生) led an engaging AI workshop on the afternoon of 14 Nov (Sat), bringing together mentors and mentees of the Rance Lee Mentorship Programme for an inspiring afternoon of learning and exchange.

Held at Flow in San Po Kong, the workshop provided a relaxed and interactive setting for participants to explore the growing impact of artificial intelligence in the workplace. Drawing on their personal experiences and professional expertise, Mr. Tang and Mr. Chan shared valuable insights into the rapid development of AI in recent years and posed a thought-provoking question: "Will AI replace us all, or will it free us to focus on more meaningful work?" Their perspectives encouraged mentees to reflect on the opportunities and challenges that AI presents for their future careers.





The event was a wonderful reflection of the spirit of the Rance Lee Mentorship Programme, which seeks to connect students with experienced professionals in a supportive and enriching environment. Mentees left the workshop not only with practical knowledge and career insights, but also with cherished memories and meaningful new connections.

We look forward to more inspiring and enriching activities from the Rance Lee Mentorship Programme in the days ahead!

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6. Congratulations to Track and Field Team! 恭喜田徑隊再奪佳績!





The College Track and Field Team achieved an outstanding result at the CUHK Athletic Meet 2026, held on Wednesday, 11th Nov (Wed) 2026. Mr. HON, Chi Kwong 韓智光 (FNSCN /4) delivered an excellent performance and was awarded the Bronze Medal in the Men's Discus Throw event.




This achievement is a testament to his dedication, perseverance, and athletic excellence. We extend our heartfelt congratulations to him on this remarkable accomplishment and wish him continued success in future competitions.

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7. 3 on 3 Basketball Cup



Our basketball enthusiasts took part in the 3 on 3 Basketball Cup, organized by the College Sports Association last Saturday, 14th Nov (Sat), taking the opportunity to sharpen their skills and showcase their teamwork on the court. The event provided a fun and energetic platform for students to stay active, promote physical well-being, and embrace a healthy lifestyle.




We were also delighted to have the support of Prof. Kelvin K.F. Tsoi (蔡錦輝教授), Dean of Students and Vice-Chairman of the Sunny Sports Committee, and Dr. Sharon S.Y. Wong (黃倩影女士), Associate Dean of Students and Chairman of the Sunny Sports Committee, whose presence and encouragement greatly inspired the student participants.

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8. College Team Claims 2nd Runner-up at the United College 70th Anniversary "Run to New Heights" 4K Run (College Cup)



Our College team delivered an outstanding performance at the United College 70th Anniversary "Run to New Heights" 4K Run (College Cup) on Saturday, 14th Nov (Sat) 2026, securing 2nd Runner-up among strong competition.

Representing the College were LO, Man Ka Meagan 羅曼珈 (MEDUN/3), GUO, Qiyang 郭企洋 (MAEGN/1), and SHU, Cheng Peng 舒成鵬 (MEDUN/1). Through their hard work, resilience, and teamwork, they achieved a remarkable result and brought pride to the College.

Congratulations to the team on this excellent accomplishment!

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9. The Secret World of Wild Animals @ Kadoorie Farm & Botanic Garden 動物覓趣




A group of College staff and students engaged in an enjoyable and inspiring wildlife experience at Kadoorie Farm & Botanic Garden (嘉道理農場暨植物園) on 14th Nov (Sat). Participants enjoyed a unique and enriching wildlife experience, including an up-close encounter with the Giant Prickly Stick Insect (幽靈竹節蟲) and the opportunity to observe a diverse range of animals, such as barking deer, owls, parrots, crocodiles, and flamingos. The programme enhanced their understanding of the unique characteristics of different wildlife species and the importance of conserving native species.




Participants also gained valuable insights into the processes involved in caring for and rehabilitating rescued animals. The hands-on workshops further enriched their experience, which allowed them to create enrichment toys for birds and monkeys that would provide mental stimulation, encourage natural behaviours, and promote the well-being of animals under human care.




Overall, this journey fostered a deeper appreciation of wildlife conservation and equipped participants with practical knowledge on how individuals can contribute to the protection and welfare of wild animals.

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College Activities

1. c!ab 3D Printed Mahjong Tile Keychain Workshop



3D 打印麻雀吊飾工作坊 🎈

平時鑽研麻雀學嘅你，有冇唸過整一隻獨屬於自己嘅麻雀🀄？ c!ab 今次活動將結合傳統與科技，俾參加者以 3D 打印技術整一個獨一無二嘅麻雀吊飾💫 有得落手整，同埋攞走自己嘅成品，有興趣就快啲報名參加啦🙌 ~

日期：30/11/2026（一）
時間：19:00 - 20:30
地點：創意實驗室 Creativity Lab - c!ab
費用：全免
報名方式：https://forms.gle/8UcKutyzNyKPaa52A

如有查詢，請致電 9274 9440 與 Million Ma 聯絡。

3D Printed Mahjong Tile Keychain Workshop 🎈

Have you ever thought of creating your own mahjong tile keychain? 🀄 This c!ab workshop combines tradition and technology, allowing participants to create a unique keychain by 3D printing 💫. Participants will gain hands-on experience and take their own product away. Let's sign up now! 🙌

Date: 30th Nov 2026(Mon)
Time: 7:00pm - 9:30pm

Location: Creativity Lab - c!ab
Fee: Free
Registration: https://forms.gle/8UcKutyzNyKPaa52A

For further inquiries, please contact Million Ma at 9274 9440.

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2. 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.

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)

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3. 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).

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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)
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5. 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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6. 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) :
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. 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

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2. "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 2 | Western Art from the 1980s to the Present (Reminder)
Speaker: Chak Chung Ho; Moderator: Dr Raymond Tang Man-leung, Deputy Director of the Art Museum
Date: 20th Nov 2026 (Friday)
Time: 2:30pm–4:30pm
Language: Cantonese
Venue: Lee Hysan Atrium, Art Museum, CUHK
Remarks: Interested College students are welcome to join the sharing session at the venue directly.

"CHAK @ CUHK 2026" Pop-up Display
Date: From 16th Oct 2026(Fri) to 22nd Nov 2026(Sun)
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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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. 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)

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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

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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)

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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)

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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)

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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)

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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)

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Other Activities & Announcements

1.「今天國際杯」第四屆香港中文大學（深圳）"神仙湖" 國際創新創業大賽



Event Date: 23th Sep 2026(Wed) 12:00pm - 04 Dec 2026(Fri) 11:59pm
Type: Competition
Organizer: Others - 香港中文大學（深圳）、龍崗區人民政府、香港中文大學深圳研究院
Coordinator: Knowledge Transfer Events Management Team

"神仙湖"國際創新創業大賽是香港中文大學（深圳）傾力打造的標志性品牌賽事，賽事自創辦以來，已逐步成長為粵港澳大灣區具有國際影響力的創新創業平台，共計 800+個項目從這里出發，2992 名參賽成員在此集結，785 所高校的目光匯集於此，參賽項目覆蓋 29 個國家和地區。「今天國際杯」第四屆香港中文大學（深圳）"神仙湖"國際創新創業大賽現已正式啟動報名！

【大賽亮點】
- 種子基金直投機會：獲獎項目可獲得"港中深松禾種子基金"投資，最高可達人民幣 500 萬元。
- 國家級孵化器入駐：獲獎可入駐國家級科技企業孵化器，最長 12 個月免費辦公空間及配套設施。
- 深圳鯤鵬入庫資格：作為深圳鯤鵬青年創新創業項目合作賽事，獲獎項目可獲直接入庫資格，最高可申請 100 萬元研發資助，同步享受人才、場地、科技金融等支持。
- 百萬獎金池：真金白銀助力早期硬科技項目成長。

*上述投資權益為投資意向資格，不構成投資承諾，最終是否投資、投資金額、估值、股權比例、交割條件等，以投委會決策及正式投資協議為準。

【參賽條件】
參賽主體須為在本屆大賽報名截止前尚未注冊企業的團隊，或已注冊但融資階段未超過兩輪（即種子輪、天使輪）的初創企業。

【行業領域】
大數據和人工智能、高端智能制造和半導體、新材料和新能源、生物醫藥和醫療器械

【賽程信息】
2026 年 09 月 23 日開啟報名
2026 年 12 月 04 日截止報名
2026 年 12 月 08 日初賽評審
2026 年 12 月 20 日複賽評審
2027 年 01 月 10 日決賽路演及頒獎典禮
*注：以上賽程及時間安排根據實際情況有調整的可能，請及時關注大賽平台和交流群通知。

【線上宣講會】
日期：2026 年 11 月 12 日
時間：19:00 – 21:00
對象：已報名或準備報名參賽的項目核心成員
語言：普通話
詳細及預約： 按此

【報名方式及相關連結】
報名方式：請通過大賽官方報名網頁在線填寫參賽基本信息並提交材料 (按此)
詳細資料：請參閱官方網站 (按此)

For further enquiries, please feel free to contact
Dr. Gene Man at 39431453 (geneman@cuhk.edu.hk) or
Ms. Tracy Wong at 39430636 (tracyhwwong@cuhk.edu.hk).

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2. 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
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!

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3. 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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4. 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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5. 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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6. 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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