



Press Release – For Immediate Release

To: Assignment Editor/Editor of Education and Local News Sections

22 April 2026

HSUHK launches “Wellathon” campaign to help students and staff recharge and restore balance

With the arrival of the exam season, maintaining a healthy balance between mental and physical well-being is essential for both students and staff. To support the University community, the Student Affairs Office, the Human Resources Office, Centre for Teaching and Learning, and the Library of The Hang Seng University of Hong Kong (HSUHK) have jointly launched the “HSUHK Wellathon” campaign. This month-long initiative features a diverse range of activities designed to alleviate stress, promote holistic wellness, and strengthen care and connection across the University community.

The programme offers a balanced mix of active and restorative experiences, allowing participants to unwind in ways that best suit their preferences. Highlights include a virtual reality cycling experience that blends technology with physical activity. Participants can challenge themselves on a 1.5-kilometre virtual route across Tsing Ma Bridge or explore iconic scenic destinations such as Mount Fuji in Japan and the Eiffel Tower in France through immersive virtual rides.

The campaign also features the “Emo Rover” project, conceived and designed by HSUHK students. This initiative encourages participants to step away from their phones, explore campus spaces, and enjoy moments of respite amid their busy schedules. Opportunities to relax—whether by enjoying a picnic or taking a quiet break— are also part of the experience.

The HSUHK Wellathon also features a variety of DIY workshops, interactive exhibitions, and pop-up booths, all aimed at helping students and staff restore balance and recharge their energy amid the demands of the academic term.

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Photos:



Photo 1: Students and staff enjoy a virtual reality cycling experience across Tsing Ma Bridge.



Photo 2: The “Emo Rover” project encourages the University community to find moments of respite across campus.

Photos Download: [Link](#)



香港恒生大學
THE HANG SENG UNIVERSITY
OF HONG KONG

About The Hang Seng University of Hong Kong

The Hang Seng University of Hong Kong (HSUHK) is a non-profit private liberal-arts-oriented university with six Schools (Business, Communication, Decision Sciences, Humanities and Social Science, Translation and Foreign Languages, and Transdisciplinary Studies), and over 7,000 full-time undergraduate and postgraduate students. With its unique “Liberal + Professional” education model, HSUHK nurtures young talent with critical thinking, innovative minds, caring attitudes, moral values and social responsibility.

Aspiring to be a leading private university in the region, HSUHK prioritises stellar undergraduate education, top-quality faculty members, award-winning green campus facilities, innovative degree programmes, a unique residential college system that combines living and learning, interactive small-class teaching, close student-teacher relationships, impactful research, and excellent student development and support services.

HSUHK has earned various international recognitions. In the AppliedHE’s ALL ASIA Private University Ranking 2026, it secured 7th place in China. HSUHK ranked 22nd in Social Sciences and Humanities and 23rd in both Business and Management and Economics and Finance among China’s top universities in the Research.com Top Universities and Top Scientists Rankings 2026. The MSc in Global Supply Chain Management programme achieved 84th place globally in the QS International Trade Rankings 2025. Additionally, HSUHK’s School of Business obtained AACSB International accreditation in 2023, a mark of excellence held by only 6% of the world’s leading business schools. HSUHK was also ranked among the top 200 worldwide on “Quality Education” and “Decent Work and Economic Growth” in the Times Higher Education University Impact Rankings 2021.