

# The Sunny Weekly

02 May 2017

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### 1. Farewell Lunch for Incoming Exchange Students 2016/17 Term 2 and Year 2016-17 年度下學期及全年交換生歡送午宴



Coming to the end of the semester, the International Team and the College organized a lunch to farewell our exchange students coming from different countries on 26<sup>th</sup> April. Professor Rance P.L. Lee (李沛良教授), College Master, Professor Annisa C.H. Lee (李賴俊卿教授), Dean of Students, Professor Chu Ming-chung (朱明中教授), Chairperson of Student Exchange Committee (學生交流委員會), various Committee members and some local College students had a great lunch with the students!



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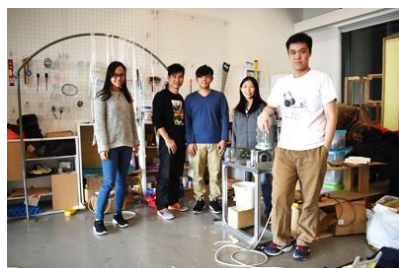
### 2. Lunch Gathering with the Founding Members of College Student Union



College Master, Professor Rance P.L. Lee (李沛良教授), had a lunch gathering with the founding members of the College Student Union in the Staff Dining Room on 29<sup>th</sup> April. The catch up was full of fun and laughter and everyone shared their life on study and work lately with others.

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### 3. College Students' Green Projects Reported on Sustainable Campus



Two group of Sunnies have initiated projects which echo with our College spirit to promote environmental protection and their stories have been recently reported on [Sustainable Campus \(續綠中大\) No. 16](#) issued by the Campus Planning and Sustainability Office of CUHK.

The group "Precious Plastic" built a plastic upcycling machines to shred, melt and remold plastic items into new objects with the support of the College [Be Entrepreneurial! Funding Scheme](#). While focusing on the upcycling part, the team members would also want to raise the awareness of reducing use of plastics products by building the machine.



Instead of creating more waste, the convenors of the Creativity Lab (c!ab) upcycled abandoned materials, such as bottle cap and wood, into some fascinating decorations to celebrate our College Photo Day in late March 2017 to promote the concept of "Green Photo Day".

All students are also welcome to initiate your own projects with creative ideas and positive social impacts by seeking support from various College Programmes!

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### 1. Freecycling Scheme at Hostel Check-out 退宿回收



**College Green Team** and **"CU X Rubbish"** are co-organizing a **freecycling scheme** at hostel check-out from 21 April to 29 May. Collection boxes have been placed at the G/F lift lobby of East Block and West Block. Items collected will be distributed to resident students of next year or donated to charities. Please join and contribute to a green environment!

一年一度的退宿時間即將到了！書院環保小組將聯同「免廢讀中大」於在4月21日至5月29日舉行退宿回收活動，東西座宿舍電梯大堂已放置回收箱，讓各位宿生將有用的物品分類回收再用，供下年宿生使用或捐贈予慈善機構。請大家積極參與，為環保出一分力。

#### Reminders 注意事項:

- 1) Please make sure the stuff is clean 請清潔乾淨所有物資
- 2) Food is not accepted, just share with your friends or share at the pantries 恕不接受食物，請找三五知己分享或放在樓層 pantry 共享
- 3) Boarders are welcome to take stuff they want during the collection period 歡迎宿生們在回收期間將有用的物資取走

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### 1. New College Members 新增書院成員

The following CUHK staff members have recently joined Wu Yee Sun College as teacher affiliates. Warm welcome from all the Sunnies!



**Dr. EJMONT Sylwia Dorota**  
BA (Ill.); MA (Loyola); PhD (Mich.)

*Dr Ejmont obtained her PhD in Comparative Literature from the University of Michigan. She has taught Humanities foundational courses and English in the United States, Poland and Turkey, and specializes in academic writing. She joined the CUHK in 2015 and serves as Lecturer at the English Language Teaching Unit. Her current research interest include English Across the Curriculum, literacy in the digital age, and e-learning.*



**Mr. ESCH Bernd**  
MA (Trier)

Mr. Esch obtained his Master's degree in German and English studies from the University of Trier in Germany. He passed his first and second state examinations (teaching degree) for teachers of grammar schools in German and English from the University of Trier and University of Würzburg respectively. He worked as a Lecturer at Hankuk University of Foreign Studies in Seoul, South Korea, and taught German and German as a foreign language in Germany and Taiwan before joining CUHK in 2016. His research interests include second language acquisition and linguistic interference.

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### 2. Hostel Check-out for Term 2, 2016-17

The College hostel check-out deadline for the academic year 2016-17 is **Wednesday, 17 May 2017**. Please download the Hostel Check-out Form and complete the check-out procedure before the deadline. **Hostel deposit of those who do not complete the check-out procedure by the designated check-out deadline will be forfeited.**

#### Note of Hostel Check-out:

[http://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1489647492WYS\\_Hostel\\_Checkout\\_SummerHostel2017\\_Note.pdf](http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1489647492WYS_Hostel_Checkout_SummerHostel2017_Note.pdf)

#### Hostel Check-out Form:

[http://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1477536355WYS\\_Hostel\\_CheckoutForm\\_Sep2016.pdf](http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1477536355WYS_Hostel_CheckoutForm_Sep2016.pdf)

#### Enquiries:

Ms. Polly Po (3943 1741 / [polly@cuhk.edu.hk](mailto:polly@cuhk.edu.hk))

Ms. Candy Shek (3943 1615 / [candyshek@cuhk.edu.hk](mailto:candyshek@cuhk.edu.hk))

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### 3. Complimentary Fruit at College Student Canteen 書院學生飯堂免費送水果

To show their support to students during the examination period, the caterer will offer complimentary fruit to Wu Yee Sun College students who purchase any meal (drinks excluded) from 26<sup>th</sup> April to 12<sup>th</sup> May 2017 (Monday to Friday; Dinner session only) at the Wu Yee Sun College Student Canteen. Please present your CU Link Card as verification. Offers limited to 40 fruits per day and first-come first-served.

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### 4. Wu Yee Sun College Most Popular Canteen Staff Award Presentation 伍宜孫書院飯堂最受歡迎員工頒獎禮

Thank you very much for voting the Most Popular Canteen Staff. The Award Presentation will be conducted on Thursday, 4<sup>th</sup> May 2017 in College Student Canteen. You are most welcome to join us.

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### 5. Temporary Closure of College Catering Outlets at Buddha Birthday 佛誕假期書院膳堂暫停營業

All catering outlets at Wu Yee Sun College will be temporarily closed on Wednesday, 3<sup>rd</sup> May 2017 for Buddha Birthday.

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### 6. Suspension of Fresh Water Supply 暫停食水供應 (21 May 2017)

Due to the renovation work of Creativity Lab (c!ab), fresh water supply of UG/F - 5/F on College campus will be temporarily suspended from 9:00 a.m. to 6:00 p.m. on Sunday, 21<sup>st</sup> May 2017. Sorry for any inconvenience caused.

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### 7. "Meet the Dean" Hours & Lunch Gathering 輔導長時間 及午餐聚會

"Meet the Dean" Hours & Lunch will be closed during exam period and summer vacation. Any students who wish to meet Professor Annisa C.H. Lee (李賴俊卿教授), College Dean of Students and Associate Professor of School of Journalism & Communication; Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor of Department of Chinese Language and Literature; and Dr. Lancelot W.H. Mui (梅維浩博士), College Associate Dean of Students and Lecturer of The Jockey Club School of Public Health and Primary Care may email Miss Sonia Yu ([soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk)) or Miss Katie Yu ([katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk)) for arrangement.

The events will resume next semester with further notice. All the best for examination!

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### 8. Scholarships for Academic Excellence 2016/17 年度學業優異獎學金



To recognize college students with outstanding academic performance, the College is pleased to offer:-

#### Master's List - Honor Award

To acknowledge Top College student of each academic programme of each class, with year GPA not less than 3.5 in 2016/17 academic year

Quota: One student from each programme of each class will be awarded

#### Academic Excellence Scholarship - HK\$10,000 (Selection Criteria, Quota and Award Amount UPDATED)

To acknowledge students with excellent academic performance - Highest 2016/17 Year GPA in each Faculty (with not less than 3.4)

Quota: 25 [Arts(3), Business Administration(4), Education(2), Engineering(3), Law(2), Medicine(4), Science(3), Social Science(4)]

#### Academic Improvement Award - HK\$5,000

To recognize Top 3 College students who have shown the greatest improvement in terms of Term 1 & Term 2 GPA of 2016/17 academic year

Quota: 3

Application to the above scholarship is NOT required. Scholarship recipients will be notified in August and awards will be presented in the College Inauguration Assembly in Sep 2017.

For more details about eligibilities, please go to <http://www.wys.cuhk.edu.hk/scholarships.php> (College Life & Support > Scholarships & Financial Aid > Sort by Type > Scholarships for Academic Excellence)

Enquiries: Ms. Carol Cheng ([carolcheng@cuhk.edu.hk](mailto:carolcheng@cuhk.edu.hk) / 3943 3936) or Miss Yolinda Wong ([yolindawong@cuhk.edu.hk](mailto:yolindawong@cuhk.edu.hk) / 3943 3932)

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## 9. Drum Set and other Music Equipment Available for Booking



To promote music atmosphere on campus, the College recently arranged a drum set and other music equipment at College Theatre and made available for booking. You can come for practice, rehearsal or performance! Be a Music Team member and enjoy all the fun!



<b>Booking Period:</b>	Monday 19:00-22:00; Wednesday 14:00-17:00 (except public holidays & special situations) <i>*Other than the time specified above, please consult College Dean of Students' Office <b>ONE working day</b> prior to the proposed booking time.</i>
<b>Registration:</b>	<b>BEFORE</b> submitting booking request to College Dean of Students' Office, applicants must 1) be Wu Yee Sun College Students; 2) register as a member of Music Team via <a href="https://goo.gl/AMzk0z">https://goo.gl/AMzk0z</a> ; 3) attend a briefing about the proper use of music equipment; and 4) read through the " <a href="#">Rules &amp; Regulations For Music Equipment</a> " and complete the <a href="#">booking form</a> <i>*For other student bodies' bookings, please follow the rules and procedures stated in the "Rules &amp; Regulations For Music Equipment".</i>  The briefings will be organized again in the next semester. If you would like to register as music team member and use the music equipment, please contact Sonia / Kan.
<b>Enquiries:</b>	Sonia (3943-3937/ <a href="mailto:soniayu@cuhk.edu.hk">soniayu@cuhk.edu.hk</a> ) / Kan (3943-9767/ <a href="mailto:kanpoon@cuhk.edu.hk">kanpoon@cuhk.edu.hk</a> )

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## 10. Exchange and Travel Grant/Loan 2016/17

College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities/exchanges may apply for Exchange and Travel Grant/Loan.

There are different rounds of applications. **For programmes/activities held in in Jun - Sep 2017, the application is now open from 19<sup>th</sup> Apr to 14<sup>th</sup> Aug 2017.**

For programmes/activities held in Aug 2017 - Jan 2018, application will be open from 15<sup>th</sup> Aug to 14<sup>th</sup> Dec 2017.

Check out the following link for more information including eligibility:

[http://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1493026691ExchangeandTravelGrantandLoan2017181st.pdf](http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1493026691ExchangeandTravelGrantandLoan2017181st.pdf)

For enquiries, please contact Ms. Carol Cheng at [carolcheng@cuhk.edu.hk](mailto:carolcheng@cuhk.edu.hk) or Miss Yolinda Wong at [yolindawong@cuhk.edu.hk](mailto:yolindawong@cuhk.edu.hk)

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## 11. WYS's Got Talents

Are you interested in or excellent at **photography, video-production, art & design, simultaneous interpretation** or being the **Master of Ceremonies**? Or do you have any other talents to showcase?

The College is recruiting all sorts of talents to contribute in various College events including the upcoming College Opening and Anniversary Ceremony, College Forum and Assembly...etc. Registered students may be invited to assist in different occasions. Don't hide your talents, shine in the College!

*P.S. CREATIVITY COUNTS!!!*

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

Enquiries: Miss Kathy Fong (3943 3942/ [kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk))

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## 12. Student Pastoral Care

It is not uncommon for college students like all of you to encounter various academic, emotional, interpersonal or family concerns and difficulties when you adjust to university life or pursue personal growth. You may wish to know the below ways that you can seek support or advice from the College and the University when you face problems:

- 1) You are welcome to speak with our College Dean of Students when you have problems that need resolving. Please call **3943 3942** for arrangement.
- 2) You may also approach the University's Student Counselling and Development Service at **3943 7208** for help.
- 3) A 24-hour Emotional Support Hotline is also launched 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. The hotline number is **5400 2055**.

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## College Funding & Award Schemes (for Year-round Application) 書院資助及獎勵計劃 (全年可供申請)

### 1. Sports for Life Award Scheme 體育運動參與獎勵計劃



Wanna move your body and get a prize in the same time?!

Sports for Life Award Scheme aims at motivating students to take part in more College's sports activities and exercising regularly for a healthy life. Students can earn award points for participating in College's sports activities and gain prizes!

**How to join?** You will be enrolled into the Scheme after joining your first sports activity!

**What are the prizes?** 30 points for Sports Towel & 40 points for Water Bottle

**How to redeem prizes?** Prize redemption will be arranged from 21<sup>st</sup> April to 12<sup>th</sup> May at College Dean of Students' Office (UG09) during office hour.

**Upcoming Sports Activities:**

Please stay tuned for updates

Check your accumulated points at <http://bit.ly/WYSSportsForLife!!>

Enquiries: Miss Sonia Yu ([soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) / 3943 3937)

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## 2. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃

Life begins at the end of your comfort zone!

A **SMALL** change can make a **BIG** difference!

If you are planning for any short-term projects containing elements of Creativity, Entrepreneurial Spirit or Social Responsibility, apply "Be Entrepreneurial!" Funding Scheme.

To provide more support to students, the maximum funding amount has been raised to **\$20,000!!!**



**Maximum Funding Amount:** HK\$20,000

### Eligibility

- ✓ All WYS undergraduate students
- ✓ Individual and Group projects (*the group must comprise of at least 50% WYS students, other 50% may be students from other Colleges*)
- ✓ Applications are welcome all year round.

What are you waiting for? Click [HERE](#) to find out more information!

**Enquiries:** Mr. Kan Poon (3943-9767 / [kanpoon@cuhk.edu.hk](mailto:kanpoon@cuhk.edu.hk))

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## 3. Global Learning Award Scheme (Winter Round) 寰宇學習獎勵計劃 (冬季)

If you are planning to expand your academic wisdom with support from the scheme, ACT NOW!

The scheme supports Wu Yee Sun College students to take part in or self-initiate academic programmes, such as academic conferences, competitions, field trips and language programmes outside Hong Kong. Last academic year, the scheme has supported students to South India, Belgium, Inner-Mongolia and so on!

Students successfully selected by the Scheme will be awarded the Global Learning Award. The maximum award amount varies for programmes of different length and nature.

	Programme Length	Programme nature	Maximum Award amount
<b>Short-term</b>	Shorter than one month	Self-initiated programmes	HK\$8,000 or 100% of particular items ( <i>whichever is lower</i> )
		#Participating in organized programmes	HK\$8,000 or 80% of particular items ( <i>whichever is lower</i> )
<b>Long-term</b>	One to six months	Self-initiated programmes	HK\$15,000 or 100% of particular items ( <i>whichever is lower</i> )
		#Participating in organized programmes	

*#Programmes organized by the College and Term-long Exchange Programmes will not be considered for this scheme.*

The sooner you submit your application, the quicker to receive feedbacks, and more time to improve the contents. Comment from College Exchange Committee members on proposal of self-initiated programmes could be sought by special request. The request shall be made at least month before application deadline together with submission of the completed proposal, budget plan and application form.

Round	Applying for trips taken during (for trips overlapping both rounds, <u>first date</u> of the trip shall determine the application period)	#Application period
Winter	Nov 1 <sup>st</sup> – Apr 30 <sup>th</sup>	May 1 <sup>st</sup> – Oct 31 <sup>st</sup>
Summer	May 1 <sup>st</sup> – Oct 31 <sup>st</sup>	Nov 1 <sup>st</sup> – Apr 30 <sup>th</sup>

*#application documents shall be submitted to DOS Office by the last working day within the application period.*

Contact Miss Katie Yu (3943 3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk)) now if you have any ideas in mind. Know more about the [details](#) and [apply](#) here!

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#### 4. 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: Katie ([katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) / 3943 3935)

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#### 5. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃



**Self-Motivation Fund for Sports Activities** encourages students to participate in various kinds of sports events or competitions, in order to live up the spirit "Sports for Everyone".

The College will subsidize the **application fee** of sports events/ competitions/ activities organized by organization(s) OTHER THAN College. *Oxfam Trailwalker, Standard Chartered Hong Kong Marathon, Totem Run, or The Nike Cup-Hong Kong Five* are some of the examples.

**Funding Amount:** \$500 or 80% of application fee (whichever is lower)

**Guidelines:** <http://www.wys.cuhk.edu.hk/page.php?name=sports-health-education>

**Application:** Please submit application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1935668> at least 14 working days **BEFORE** the start date of the activity. We will notify applicants the results within two weeks.

**Enquiries:** Kathy (3943-3942/ [kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk))

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#### 6. Mingle Fund (English only)

Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College. The

Fund supports self-initiated activities with participation of both local and international/ incoming exchange students. Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

For more info, please visit: <http://www.wys.cuhk.edu.hk/exchange.php?lang=zh&cat=others>

For enquiries, please contact Miss Katie Yu at [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) or 3943 3935

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## Other Activities & Announcements 其他活動及宣佈事項

### 1. 香港中文大學賽馬會地球保源行動—「環境及氣候論壇系列：轉廢為能」論壇 CUHK Jockey Club Initiative Gaia - Environment and Climate Change Forum Series: Waste-to-energy (Chinese Only)

香港中文大學賽馬會地球保源行動獲香港賽馬會慈善信託基金捐助，籌辦「環境及氣候論壇系列」，就不同議題舉辦論壇，邀請各界專家和市民一同探討香港及全球的環境及氣候問題，希望藉此開拓環保新思維，尋求解決方法。

是次「轉廢為能」論壇由書院校園環境委員會主席鄒桂昌教授主持，並由環境保護署副署長郭黃穎琦女士擔任主講嘉賓，探討在香港發展轉廢為能的潛力。此外，馬耀華博士和容家富博士亦將分享見解。另設有問答環節，歡迎與會者發言提問。

**日期：** 2017年5月13日（星期六）  
**時間：** 下午2:00 - 下午4:00  
**地點：** 香港中文大學康本國際學術園二樓五號演講廳（港鐵大學站D出口）

論壇以廣東話主講。免費入場。如欲參與，請[按此](#)登記報名。名額有限，額滿即止。  
查詢電話: 3943 3972

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### 2. HKMA Seminar - Benchmark Your Training and Development Practices with Some of the Excellent Organizations



The seminar aims at providing more opportunities for university students to learn from reputable HR leaders.

**Date:** Tuesday, 27 June 2017

**Time:** 8:30 am (Registration)  
Morning Session  
9:00 am - 1:00 pm (Keynote Speech and Skills Training Category Final Judging)  
Lunch  
1:00 pm - 2:00 pm  
Afternoon Session  
2:00 pm - 5:45 pm (Development Category Final Judging)

**Venue:** Room N101 (Keynote Speech and Seminar)  
Bauhinia Room (Lunch)  
Hong Kong Convention and Exhibition Centre (New Wing)  
1 Expo Drive Wanchai HONG KONG

**Keynote Speaker:** Mr. Matthias Li, Chief Executive, Ocean Park Corporation (海洋公園行政總裁李繩宗先生)

**5 complimentary seats (Whole-day Seminar without Lunch)** will be offered for our students. Interested students please complete application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3234630> on or before **12<sup>th</sup> May, 2017**.

Enquiries: Miss Sonia Yu (3943-3937 / [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk))

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### 3. Information Session on The Esther Yewpick Lee Millennium Scholarship 2018

The Esther Yewpick Lee Millennium Scholarship 2018 tenable at the University of Oxford will be open for application in May 2017. This full scholarship is exclusively offered to CUHK degree graduates. Candidates should be either final-year undergraduates/postgraduates of degree programmes in the academic year 2017/18 OR graduates holding degrees awarded by CUHK; and must be under the age of 25 years on 1 October 2018.

If you are interested in this prestigious Scholarship, please join the information session during which you will learn from the scholarship recipient about the application process and selection criteria of the Scholarship. Details of the information session are as follows:

**Date: 15 May 2017 (Monday)**

**Time: 3:30 pm - 4:30pm**

**Venue: Room 205, Esther Lee Building, CUHK**

To reserve a seat for the information session, please complete and submit by 8 May 2017 an online registration form which is obtainable from our website at <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid à Open for Application). Confirmation will be sent to you by SMS and email on 9 May 2017.

For enquiries, please contact Scholarships and Financial Aid Section, Office of Admissions and Financial Aid at [sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk) / or 3943 7204.

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### 4. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2016/17

CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature aims to encourage and recognize the excellence of research, analysis, and writing by the students of CUHK in the use of primary sources and rare materials held by the Hong Kong Literature Collection of The Chinese University of Hong Kong Library (CUHK Library). Applicants can visit the website of CUHK Library for the information on Hong Kong Literature Collection (香港文學特藏) at <http://www.lib.cuhk.edu.hk/tc/collections/spc/theme/hklit>.

#### **Number and Value of Scholarship**

There will be two scholarships of HK\$10,000 each. The scholarship recipients should be able to demonstrate their strong competence in using the Hong Kong Literature Collection for their outstanding research papers on Hong Kong literature and related fields. No award will be granted if there is no suitable candidate.

#### **Eligibility**

Applicants must:

• be full-time students taking undergraduate / research postgraduate programmes;

• submit a research paper / thesis / dissertation \* on Hong Kong literature and related fields; and

• submit a statement in 500-800 words, written in either English or Chinese, on how to make use of the Hong Kong Literature Collection for the research paper / thesis / dissertation.

\* For research paper, thesis and dissertation written in language other than English or Chinese, applicants are required to translate the academic works into either English or Chinese for submission.

#### **Selection Criteria**

A panel will meet to review applications and take into account the following during selection:

1. The originality, quality of analysis and interpretation of the research paper.
2. The excellence of writing style and thoroughness of documentation of the paper.
3. The extent and effectiveness of the applicant's use of the Hong Kong Literature Collection in the research.

#### **Application Procedures**

Information on the Scholarship and its application form can be downloaded from the website of our Office at <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid > Open for Application).

Completed application form together with all requisite documents should be submitted **in person** to the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park during office hours (Monday - Friday 8:45 a.m. - 1:00 p.m. and 2:00 p.m. - 5:30 p.m. except Public Holidays) **on or before 30 June 2017**. **Late or incomplete applications will NOT be considered.** Please refer to Notes for Applicants attached to the application form for the requisite documents to be submitted by the applicants.

Selection results will be announced by August 2017.

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## 5. 網上心理健康計劃－《心導遊》

(由香港中文大學心理學系舉辦)



### 簡介:

在忙碌的都市生活中，你有覺得疲累、心情低落，或是不安、焦慮嗎？工作上的責任和重擔，有令你感到負荷不來嗎？你覺得沒有時間，但又想為到自己既心理健康做些什麼？《心導遊》是一個為期八至十個星期的網上心理健康研究計劃。目的旨在提升大眾生活質素及心理健康，並預防廣泛性焦慮症及抑鬱症。在心導遊這個旅程之中，我們會從旁輔助你。希望你在過程之中，學習、練習、以及反思，並預備好去面對充滿未知、驚喜以及挑戰的人生。

### 詳細內容：

- i) 對象：18 歲以上，能閱讀及理解廣東話，具高風險會患上抑鬱症或焦慮症，而未曾確診患上抑鬱症、躁狂抑鬱症、廣泛焦慮症、精神分裂症譜系疾患或有自殺傾向的人士參加。
- ii) 《心導遊》包括了三個不同的課程：思緒遊、靜觀遊、知識遊。合資格的人士將會被隨機分派到以上三個課程的其中一個，每個課程為期約六個星期。參加者只需每星期花約半小時，就能提升自己的心理健康或對心理健康的認識。
- iii) 參加者需於課前、第六節課後、完成課程後三個月及九個月後於網上填寫有關精神健康的問卷以檢討計劃成效。
- iv) 為鼓勵參與，首 180 名完成課程及課後各階段評估的參加者，可獲得港幣\$100，最高合共\$300 的答謝金（答謝金將為現金或同等金額的現金券）。答謝金將於會面評估後派發。  
有興趣參加的人士，可於網上登記（<http://www.psy.cuhk.edu.hk/tourheart/>），並填寫一份簡單問卷。我們將會預約初步合資格的參加者到香港中文大學進行簡單的會面評估，以確定符合參加條件。  
如有查詢，歡迎於辦公時間致電多元文化及全人健康研究室研究助理 黃小姐 3943-4189 或電郵 [swywong@psy.cuhk.edu.hk](mailto:swywong@psy.cuhk.edu.hk)。

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