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Sunny Review
上周回顧

1. The first College Forum of 2017/18 Term 1: "Mental Health Forum - Mental Wellness in CUHK" (Speaker: Ms. Erica K.M. Lam) 2016/17 年度第一學期首次書院論壇: 心理健康在中大 (講者: 林桂銘女士)



Ms. Erica K.M. Lam (林桂銘女士), Student Development Counsellor from Wellness and Counselling Centre, Office of Student Affairs, conducted a mental health forum entitled "Mental Wellness in CUHK (心理健康在中大)" on Friday, 15th September. She shared with students different degree of mental illness and taught students how to manage stress in University life. Students also completed a survey to better understand their mental wellness and gained information on how to seek support from CUHK if needed.

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2. SU Orientation Tea Gathering 迎新茶聚



The College Student Union, REASUN, hosted the Orientation Tea Gathering on 13th September in the Courtyard. Various College student organizations set up booths to introduce their organizations and recruit new members. College Dean of Students, Professor Man-hong Lai (黎萬紅教授) visited the participating students at their booths to show her support for their efforts.

clab (創意實驗室), Green Team (環保小組), Drama Club (宜孫劇社), Sports Association (體育學會), Music Team (音樂小組), Wu Yee Cell (福音團契), Student Union Executive Committee (Reasun 因宜), Judiciary Committee (司法事務會), College Anniversary Organizing Committee (Yeegyptsun 宜想天埃), Dessert Society (Suntella 甜入 sun 頭), Resident Association (Suncity 伍義峻), Rotaract Club (Sundiation 伍火純青), Nursing Society (Nurssenger 護理宣言), YSBA (Yantras 伍澄皓熙), Non-resident Hall Association (Sternasun 伍走高飛), and Student Publication Committee - Sunzine (Wyslogue 伍二三錄) were all there to introduce their organizations to students. Students may check out more details of student bodies at <http://www.wys.cuhk.edu.hk/student-organizations.php> or even initiate a new one!

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3. College Student Bodies Promotion in CUHK Art Fair 書院學生團體於中大藝墟宣傳



The College Rotaract Club (扶輪青年服務團), Dessert Society (甜品學會), and Toastmaster Club (英文演講學會) set up booths in the CUHK Art Fair on 14th and 15th September. They shared their value and activities to CUHK students to promote their clubs.

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4. College Student Advisor Scheme Gathering 師生茶聚 - 聚會



To help the new students settling in College life, we match the students with a College member who serves as their advisor. The first gathering was held on 15th September with three groups. Some of the groups were small groups of College Orientation Camp which facilitated the communications among themselves. Even though some of them have not joined the Orientation Camp, students are very eager to know more about College life. We look forward to more meetings in coming weeks.

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College Activities 書院活動

1. The Way To Success Course (TWTS) 成功之道 (Introduction Session to be held TOMORROW, 19th Sep)



The Way To Success Course (TWTS) teaches students how to be **successful leaders** and focuses on **students' holistic development**. Seasoned business executives and experts in international education collaborate to build the TWTS curriculum and teach TWTS courses, resulting in a program rich in **practical experience, real-world professional skills and mentorship opportunities**. Students will have a solid understanding of themselves as significant and responsible individuals, and understand their personal and corporate responsibility to others. They become positive influencers in their daily lives and chosen professions, and are recognized for their **personal character, employability, social responsibility, and cross-cultural skills**.

Course Description

The Way To Success introduces students to the concepts of **servanthood, integrity and soft skills leadership** in both theory and practice. The curriculum focuses on the identification and integration of soft skills and how these can be utilized to impact the student personally and their spheres of influence.

Objectives

At the completion of this course, students will have obtained:

- An increased ability to manage adversity and overcome life's challenges.
- A positive outlook on themselves and the world around them.
- Soft skills for interacting effectively and harmoniously with other people.
- Inspiration and strategies to make a positive contribution to their community.
- Increased focus on serving others' needs.

Prospective Students

This course is for students who want to better equip themselves to achieve their personal and professional goals. In particular, students who aspire to leadership will benefit greatly from this course.

Course Details

Date	Module
7 Oct 2017 (Sat)	The Way to Success
14 Oct 2017 (Sat)	Communication with Impact
4 Nov 2017 (Sat)	Life Management
11 Nov 2017 (Sat)	Trust & Integrity
18 Nov 2017 (Sat)	Servant Leadership
25 Nov 2017 (Sat)	Failing Forward

Venue: W112, Wu Yee Sun College

Time : 9:45am-12:45pm

Language : English

Course Fee : **Free** for students attending at least 5 lessons

Refundable deposit : \$850

Application deadline : 26th Sep 2017

***Students are required to attend an interview on 28th Sep 2017 afternoon.**

****A certificate will be issued by CEO Global to students who have attended at least 5 lessons**

Course Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3422756>

Please click [here](#) to view the details of teachers and mentors and [here](#) to view students' reflection.

Introduction Session:

You are most welcome to join the course introduction session to meet the mentors and get a better understanding on the course content.

Date : 19th Sep 2017

Venue: W112, Wu Yee Sun College

Time : 6:30pm-7:30pm

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3423397>

Enquiries : Miss Valentina Tsang (valentinatsang@cuhk.edu.hk/3943 3988)

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2. GPS Career Development Facilitation Scheme 職涯 GPS

GPS Career Development Facilitation Scheme is jointly organized by Wu Yee Sun College and School of Continuing and Professional Studies of CUHK (CUSCS). The Scheme aims at enriching students self-understanding for planning or embarking on their career development through face-to-face consultation and assessment by Global Career Development Facilitator (GCDF).

What is GCDF?

GCDF are experienced professionals from various fields including education, administration and management, human resources and training, social work and helping professions. The GCDF credential is certified by the Center for Credentialing and Education (CCE) of the National Board for Certified Counselors (NBCC), USA.

Programme Content

Period: Oct 2017 - Feb 2018

What to do: Students will prepare questions/ issues they concern about their career planning. GCDF will guide the students accordingly with professional insights.

Matching: 1 student will be matched with 1 GCDF. CUSCS will match the appropriate GCDF in accordance to your background and application information. The results will be announced in the Briefing cum Kick-off Ceremony.

Meeting: 4 face-to-face meeting (around 1 hour each time) at WYS

Quota: 10

Programme Leaflet: http://www.wys.cuhk.edu.hk/cms/wp-content/uploads/2017/09/GPS_Wu-Yee-Sun-College-leaflet_2017-v5.pdf

Briefing cum Kick-off Ceremony (MANDATORY)

Date: 18th Oct (Wed)

Time: 7:00pm

Venue: College Theatre, Wu Yee Sun College

Application

Complete online application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3854529> and submit \$400 deposit to Dean of Students' Office (UG09) on or before 22nd Sep, 5:30pm (Deposit is refundable upon completing the Briefing cum Kick-off Ceremony, 4 meetings and evaluation survey).

Enquiries: Kathy (kathyfong@cuhk.edu.hk / 3943-3942)

More details:

www.cuscs.hk/gcdf

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3. Staff-Student Hiking with HKPASEA 秋日師生遠足 x 香港專業及資深行政人員協會



Let's enjoy the autumn breeze and explore the natural scenery!

Date: 7th Oct, 2017 (Sat)

Gathering Time: 10:00 (please be punctual)

Gathering Point: University Piazza

Hiking Route: Sai Kung: Shui Long Wo - Yung Shue O - Tsak Yue Wu (西貢: 水浪窩 - 榕樹澳 - 鯽魚湖)

Level of Difficulty: 2 stars (maximum: 5 stars)

**Participants should put on suitable sportswear and sports shoes, bring water, mosquito repellent, sunblock and other personal sports gear.

Application for Students: Register at College Dean of Students' Office and submit \$100 deposit (refundable upon completion of the

activity) on or before 29th Sep, 5:30pm.

Application for College Staff Members: email kiki.chan@cuhk.edu.hk with your full name, contact phone and contact email on or before 29th Sep, 5:30pm

Enquiries: Miss Kiki Chan (3943-3934/ kiki.chan@cuhk.edu.hk)

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4. c!ab Orientation Month! Check Out the Upcoming Four major events! c!ab 迎新月！四種活動任你玩！

<The content is prepared by c!ab student conveners 內容由創意實驗室幹事會撰寫>

【c!ab 迎新月！四種活動任你玩！】



木工藍染廢物利用絲印寫 code 玩音樂講政治學創作不在話下，只要你敢想，我們便敢做。創意的夢工場，悶蛋的墳墓：c!ab，迎新 X 招莊，震撼登場！唔上莊都黎得架！

- 迎新 | O Night 音樂夜：21/9 (Thu) - PM 7:00 - 10:00
 - 傾一 | 頹 T 活化 (絲印、縫紉、畫畫、upcycle)：20/9 (Wed) – PM 7:30-9:30
 - 傾二 | Done 燈燈凳 (創意燈籠製作)：25/9 (Mon) – PM 7:30-9:30
 - 傾三 | 震佬請注視幕前的我 (惡搞影片製作)：28/9 (Thu) – PM 7:30-9:30
- *欲上莊者須至少出席兩次傾莊
聯絡 | Jay (67319685)、Johnson (67338256) 或火車 (66871919)

【c!ab Orientation Month! Check Out the Upcoming Four major events!】

c!ab - a place where genius lunatics roam free.
We are currently looking for the next generation of c!ab conveners, interested? Join our orientation X recruitment activities to know more!

- Orientation | Music Night：21/9 (Thu) – PM 7:00-10:00
 - 1st Recruitment | Ugly BadTee (Silk-screening, sewing, illustrating, upcycling Workshop)：20/9 (Wed) – PM 7:30-9:30
 - 2nd Recruitment | Done Done Done Done (Translate Server Error Lantern Workshop)：25/9 (Mon) – PM 7:30-9:30
 - 3rd Recruitment | Gimme an Oscar (Parodies Filming Workshop)：28/9 (Thu) – PM 7:30-9:30
- (* One must attend at least twice recruitment activities in order to apply for convenor)
Contact | Jay (67319685)、Johnson (67338256) or Train (66871919)

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5. Sports Activities Series I



Dart Class @W116
Sep 26, 27, Oct 3, 4 (Tue & Wed)
19:00-21:00

Tennis Training Programme @ CUHK Tennis Court No.3 & 4
Sep 28, Oct 12 - Nov 26 (Thu)
20:00-22:00

Application:
Limited quotas of Darts Training Class, and Tennis Training Programme (Intermediate) are still available. If you still wish to join the activities, please enquire the vacancies by e-mail at kathyfong@cuhk.edu.hk

More Details: <http://www.wys.cuhk.edu.hk/news-details.php?id=5353>

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6. Hop Wai Art and Cultural Programme: How I Work - An Art Exhibition by Professor Hon-ching Lee, Meeting with the Artist and Introductory Workshop: Printmaking and Sculpture

洽蕙藝文計劃：我點工作——利漢楨教授作品展、藝術家對談及版畫和雕塑入門工作坊



Jointly organized by Wu Yee Sun College, Chung Chi College and United College and co-organized by the Art Museum, "How I Work - An Art Exhibition by Professor Hon Ching Lee" will be staged in October 2017.

A renowned artist based in the US, Professor Hon-ching Lee is specialized in sculpture and printmaking (雕塑及版畫). Early in the sixties, Professor Lee went to America to pursue his studies in architecture and art in different universities, and then received the Master of Fine Arts (sculpture) with honors from the University of Oregon in 1967. After that, he has been working in the art field for many years, including teaching art at University of Oregon and Rockford College, serving as the Director of the Clark Arts Center Gallery, etc.

The exhibition will feature more than twenty art pieces, including prints, sculptures, as well as images showing the process of the art creations. Besides, two related activities will be organized along with the exhibition with details as follows:

"How I Work" - An Art Exhibition by Professor Hon Ching Lee 「我點工作」—利漢楨教授作品展

Exhibition Period: 3rd - 20th Oct 2017

Time: 9:00 am - 5:00 pm, Monday to Friday

Venue: Chung Chi College Administration Building Lobby Gallery

*Opening Ceremony will be held at 4:30pm on 3rd Oct 2017 (Tuesday)

Meeting with the Artist 藝術家對談

Date: 19th Oct 2017 (Thursday)

Time: 7:30-9:30 pm

Venue: Room G4, G/F Chung Chi College Administration Building

Language: Cantonese

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3882738>

(all CUHK students, staff members and alumni welcome)

Introductory Workshop: Printmaking and Sculpture 版畫和雕塑入門工作坊

Date: 11th and 18th Oct 2017 (Wednesdays)

Time: 7:00 - 9:30 pm

Venue: Alumni Room, L/G Chung Chi College Administration Building

Language: Cantonese

Fees:

Deposit --- HK\$100 (refundable to participants with 100% attendance)

Class materials --- HK\$20

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3889800>

(first-come first-served; 8 seats available; open to College students)

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7. 靜觀禪繞體驗工作坊 Zentangle Workshop



你有多久沒有純粹安坐下來，但不知道為什麼？

你希望透過禪繞，來一趟「心的瑜伽」嗎？

透過禪繞(Zentangle)及靜觀(Mindfulness)練習，讓你在忙碌的生活中，來個心靈小旅行，並發揮你的獨特性，體驗慢生活之美。

內容：

- 介紹禪繞(Zentangle)的基本概念及元素
- 親身體驗禪繞及靜觀練習
- 靜觀練習於日常生活的運用
- 靜心分享 及 在家練習

To wipe away the day's stress and bring with it inner peace through Zentangle and mindfulness.

導師 Instructor：陳慕寧小姐 Miss Molly Chan & 伍佩華小姐 Miss Meko Ng (Certified Zentangle Teachers)

Molly 及 Meko 是美國禪繞認證導師(CZT). Molly 亦是香港大學社會工作學系學士及中大家庭輔導及家庭教育碩士及已修畢英國牛津靜觀中心及香港靜觀中心合辦之靜觀認知治療導師基礎課程。Molly 現職醫院管理局病人資源中心社工，她亦擅於融合靜觀修習於輔導工作中。Meko 乃香港中文大學社會工作系碩士，她現職危機介入及支援中心社工，並多次獲邀擔任本地及國外的表達藝術治療導師及分享者。

日期 Date：3/10/2017 (星期二 Tuesday)

時間 Time: 7:00 - 9:00pm

地點 Venue：W112, Wu Yee Sun College 伍宜孫書院

按金 Deposit：HK\$100 (完成活動後退回 Refundable after completion of the activity)

截止報名日期 Registration Deadline：27/9/2017

*名額有限，先到先得。報名次序以遞交按金先後次序為準。請將按金交至書院辦公室。

* Place is limited. First-come, first-served. Please submit the deposit in cash to the College Office before the application deadline for successful registration and seat reservation. Time of deposit payment will be the determinant.

報名 Registration：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3430993>

查詢 Enquiries：Valentina (valentinatsang@cuhk.edu.hk/3943 3988)

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8. 中國繪畫班



宗旨：本課程為中國繪畫基礎班，教授寫意畫，旨在透過學習中國繪畫之不同門類和技法，提高學員對中國繪畫之認識，奠定基礎，培養對中國文化之興趣。

導師：蔡德怡女士

導師簡介：蔡德怡，畢業於香港中文大學藝術系，獲文學士（2011）及藝術碩士（2015），主修中國畫，期間赴浙江大學藝術學系、北京畫院交流進修。曾獲康本國際交流獎學金、出爐 2011 傑出藝術新秀獎、詹雲白夫人紀念中國書畫獎、香港當代藝術獎 2012（入選）、才藝發展獎學金 2014（香港特別行政區政府獎學基金），亦為香港藝術館 2017“賽馬會藝術館出動”教育外展”受邀藝術家等。蔡氏曾於香港舉辦三次個人展覽，亦同時積極參與多個香港及海外藝術聯展，作品為香港藝術館、本地與海外藏家及機構等收藏。同時在不同學校及公眾機構教授中國繪畫，推廣中國藝術。

日期：2017 年 10 月 9、16、23、30 日 及 11 月 13、20 日（逢星期一，共六堂）

時間：晚上 7:00 至 9:00

地點：伍宜孫書院西座 112 室

語言：粵語/普通話

人數：最多 20 人

按金：港幣\$500 (出席四堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3419309>

截止日期：9月28日

*名額有限，先到先得，欲報從速。報名次序以遞交按金先後次序為準。請將按金交至書院辦公室。

查詢：曾煒婷小姐 (valentinatsang@cuhk.edu.hk / 3943 3988)

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9. 鄭素素《跑步時，我孤獨，但不寂寞》讀書會 Reading Club



「我們跨過了別人的眼光，孤獨地去跑自己認為對的路。
或許我們曾經迷失，但我們始終會在路上遇見。
寂寞的感覺消失了，因為我知道你們就在我心深處。」

作者透過親身經歷，分享她如何由一個酒精上癮的 marketer 減掉 20 磅，跑進健康人生。她亦會分享如何透過長跑發現內心恐懼，從而克服心理障礙，挑戰自己，突破底線！除此之外，作者更會跟大家分享她在法國、日本、韓國、台灣等海外馬拉松賽事的參賽心得，透過跑步展示更大的世界，並分享別人的經歷，讓大家從中得到更多正能量！

主講：鄭素素 (作者)

鄭素素，自知平凡小女子，卻願意為了夢想窮追猛打，幾近遍體鱗傷。全職品牌市場營銷、跑資六年的跑者；三年前開始自由寫作副業，現為《am730》報紙、《GoOut》、《Sportihealth》、《體路》、《Fitz.hk》跑步專欄作者及《運動筆記（香港）》特約記者。

日期：2017年10月17日（星期二）

時間：晚上 7:00 至 8:30

地點：伍宜孫書院如日坊 The Lounge

費用：全免

歡迎同學、教職員及教職員家屬參加

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3569313>

查詢：Valentina (valentinatsang@cuhk.edu.hk / 3943 3988)

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10. 語文文化桌：從《孫子兵法》看大學生活



《孫子兵法》為先秦重要兵書，其中的兵學理論對中國文化、人的思考方式影響甚巨，至今不衰。現代著名學者李零教授在《〈孫子〉十三篇綜合研究·導言》曾說：「如果有人要問《孫子兵法》到底給我們留下了什麼樣的精神財富，那麼我們的回答是：它留給我們的與其說是實用的指導，倒不如說是智慧的啟發。」故此，若從《孫子兵法》的理論去思考大學生活，或許對我們的人生有所啟迪。本講將簡明地介紹《孫子兵法》的核心理論，並從這些理論切入，談談《兵法》對我們大學生活的啟發。

講者：梁德華博士

梁博士畢業於香港中文大學中國語言及文學系，現職本校中文系講師，並兼任中大中國文化研究所劉殿爵中國古籍研究中心名譽副研究員，主要教授中國古代文獻科目，如古籍導讀、荀子、古代文獻經典選讀等，曾於 2014-15 年度獲「校長模範教學獎」。

日期：10月24日(星期二)

時間：晚上 6:30 至 8:30

地點: 伍宜孫書院教職員飯堂
語言: 粵語
按金: \$80 (準時出席可獲退回全部按金)
報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2657681>
截止日期: 10月17日(星期二)

*名額有限，先到先得。報名次序以遞交按金先後次序為準。請將按金交至書院辦公室。

查詢: 曾焯婷小姐 (valentinatsang@cuhk.edu.hk / 3943 3988)

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11. WYS Music Team : Pop Music Workshop 流行樂創作工作坊

<內容由書院音樂小組撰寫>



作曲 X 填詞 X 表演 X Busking 有興趣又想了解多啲?
WYS Music Team : 流行樂創作工作坊 Pop Music Workshop
由本地音樂人帶領 輕鬆隨意帶你探索創作世界

內容:
- 表演
- 分享創作及表演經驗
- 創作指導
(非必要 但同學有音樂底子更佳)

講者: 本地 unplug 組合 SweeTone
曾被邀請到新城電台 busking live 及新春花車巡遊等表演, 亦曾被邀為短片《左手》作曲及演出。作為本地 unplug 及 busking 組合, 以編排和聲及清新風格為人所知。
FaceBook: @SweeToneMusic

詳情:
日期: 26/9/2017
時間: 19:30
地點: Gallery
無須報名 歡迎 walk in 期待當日見到你!

查詢及聯絡: Miko (6044-7006)

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12. Get to know about College Music Team

<內容由書院音樂小組撰寫>

(Content is prepared by the College Music Team)



你: 我都未聽過 WYS Music Team, 咩嘢架?
WYS Music Team : Music Team 係由書院一班熱愛音樂嘅同學所組成嘅組織, 喺書院嘅支持下已經舉行過唔少活動, 例如 concert、briefing 等, 佢地仲會協助書院安排借用樂器嘅事宜!

你: 書院琴房唔係拍卡就入得咩? 仲有其他樂器?

WYS Music Team：無錯！書院仲有 amp、drum set、keyboard 等樂器俾同學借用，想知多啲就去填張 form（傳送門：<http://goo.gl/AMzk0z>），或者 walk in 我地定期嘅 briefing 啦～

你：但係我唔識玩樂器，只係有興趣咋...

WYS Music Team：唔緊要架！我地需要嘅係有興趣嘅你！除咗借用樂器之外，你可以嚟做我地 concert 嘅表演者/聽眾，同埋參加唔同 workshop，梗有一樣啱你嘅～

你：咁你地嚟緊有啲咩做啊？

WYS Music Team：打頭陣就有九月二十六號晚創作坊，我地搵咗本地 unplug 組合分享同指導創作經驗，之後我地都會搞下表演咁～咦你有無意見提供下想玩咩啊？

你：好正啊我想上莊！！想問下點樣上架？！

WYS Music Team：我地而家唔係一枝莊嚟架[®] 如果你有興趣一齊搞活動或者起莊，歡迎聯絡 Miko(6044 7006)或者書院職員 Sonia(3943 3937)一齊傾下計～

我地都會去 13/9 嘅迎新茶聚，希望見到你啦！☺

You: I haven't heard "WYS Music Team". What is it about?

WYS Music Team: WYS Music Team is grouped by WYS musicolics. With the support of college, different activities such as concerts, briefings were held. Moreover, WYS Music Team help college arrange the booking of music equipment!

You: But music room is welcome to walk in. Is there any other music equipment in WYS?

WYS Music Team: YES! Besides pianos, we also have keyboard, drum set, amplifiers for students to book. To know more, please register the online form (magic door: <http://goo.gl/AMzk0z>) or participate our regular briefing.

You: But I don't know how to play any music equipment... I only interested...

WYS Music Team: Never mind! Besides booking music equipment, you can also be one of our audiences or join our workshops and other activities.

You: What you guys going to have?

WYS Music Team: We firstly have a pop music workshop at night on 26th September. A local unplug music group will perform and share with us! We are going to have concerts as well. Emmm... Do you have any idea to share with us?

You: I want to join your society!! How can I "sheung jong"?!?

WYS Music Team: Oops sorry we are not affiliated society (jong) yet[®]. But if you have any ideas or want to join with us, please feel free to contact Miko (6044 7006) or Katie, College Administrative Staff (3943 3935). Oh more!! We will join the College welcoming tea party on 13th September. Come and chat with us!!:)

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13. Fitness Consultation Sessions 健身訓練諮詢



The poster for the Fitness Consultation Session features the CUHK logo at the top. Below it, the title 'Fitness Consultation Session' is written in English and Chinese. The main text reads: 'Fitness Trainer is at our College Gymnasium!!!', 'Keep-fit plan?', 'Proper use of fitness equipment?', and 'Consult our Certified Fitness Trainer! Ms. LEUNG Ka Cheuk'. There is a small photo of Ms. Leung. At the bottom, the following details are listed: 'Period: 7th Sep - 30th Nov 2017 (Every Thursday, except Public Holidays)', 'Time: Thursday 6:30-8:30pm', 'Venue: College Gymnasium', 'Target: Wu Yee Sun students and staff (no prior application is required)', and 'Enquiries: Miss Kathy Fong (3943-3942/ kathyfong@cuhk.edu.hk)'.

If you want to keep fit or build up your body, join us in the College's Gymnasium! Fitness consultation sessions are NOW available. You can seek instructor's advice on the use of fitness equipment, body fitness or other health-related issues during the sessions. The details are as follows:

Period: 7th Sep - 30th Nov (**Every Thursday, except Public Holidays**)

Time: Thursday 6:30-8:30pm

Venue: College Gymnasium



Instructor: Ms. Ka-cheuk Leung (Thursday)

Target: Wu Yee Sun students and staff (no prior application is required)

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

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14. Open House Party with the Wardens



Before the bright moon shines over the sea for your enjoyment with your family or friends, your Wardens would like to invite you to an open-house party **on the day of the mid-autumn festival**. Join and have a chat with them! Also, take a look at the spectacular view of the Tolo Harbour from the Warden's flat!

Date: 4th Oct 2017 (Wed)

Time: 3 - 5pm

Venue: 9/F West Block Warden's Flat

Enrollment: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3881936> (Limited seats --- first come, first served!)

Activities: Sharing mooncakes and snacks, getting to know the Wardens and making new friends!

Enquiries: Ms Polly Po (Tel: 3943 1741) / Ms Candy Shek (3943 1615)

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1. "Meet the Dean" Hours 輔導長時間

"Meet the Dean" Hours is a regular time schedule particularly for you to talk directly to the College Dean of Students on any matters you feel interested or concerned. The session is hosted by:

- Professor Man-hong Lai (黎萬紅教授), College Dean of Students and Associate Professor of Department of Educational Administration and Policy
- Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor of Department of Chinese Language and Literature
- 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

Every Sunnie is welcome!

Academic Year 2017-18

Date: Every Wednesday

Time: 4:30 - 5:30pm

Venue: Dean of Students Office, Room UG09, Wu Yee Sun College

If you would like to register or have any questions, please feel free to contact Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937) or Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935)

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2. 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 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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3. Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman 2017/18 黃學斌紀念獎學金(優異新生)

Acknowledge local freshmen of respective faculty with Level 5** in 2 subjects or above in HKDSE and proven leadership in social services or shown talents in creativity or innovation.

- Distinguished Arts Freshman
- Distinguished Business Freshman
- Distinguished Education Freshman
- Distinguished Engineering Freshman

- Distinguished Law Freshman
- Distinguished Medical Freshman
- Distinguished Science Freshman
- Distinguished Social Science Freshman

Award Amount: HK\$25,000 – HK\$50,000 per recipient

This scholarship is eligible for students who placed Wu Yee Sun College as their 1st College Preference and is open to local freshmen admitted via JUPAS stream.

Online Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3652619>

Application Deadline: **20th September 2017 (Wednesday)**

Enquiries: Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943 3936) or Miss Yolinda Wong (yolindawong@cuhk.edu.hk / 3943 3932)

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4. Dorsett Admission Scholarship for Hospitality and Real Estate Freshman 2017/18 帝盛入學獎學金 - 酒店旅遊及房地產學系新生



Acknowledge college outstanding freshmen studying in Hospitality and Real Estate Programme based on academic performance and participation in extra-curricular activities.

Award Amount: HK\$40,000

This scholarship is eligible for students who placed Wu Yee Sun College as their 1st College Preference and is open to all local and non-local freshmen. Award recipient will be offered internship opportunity in China hotel subject to availability.

Online Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3658730>

Application Deadline: **20th September 2017 (Wednesday)**

Enquiries: Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943 3936) or Miss Yolinda Wong (yolindawong@cuhk.edu.hk / 3943 3932)

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5. Application for Deferment of Fees 2017/18

Students who have financial difficulties and would wish to defer payment on tuition and/or hostel fee, please submit application form together with supporting documents to the College Office (G03, G/F, East Block) on or before 25th September 2017 (Monday). Application form can be downloaded from http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1504143151TuitionFeeDeferment2017181.pdf. For enquiries, please contact Miss Rebecca Wong at rebecca_wong@cuhk.edu.hk / 3943 3936.

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6. The “Sunny” Award & Admission Scholarship for Outstanding Artistic Achievements 2017/18 – Now Open for Application



- The “Sunny” Award – HK\$15,000 Recognize College freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3859358>

- Admission Scholarship for Outstanding Artistic Achievements – HK\$8,000 Acknowledge College freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3681889>

Eligible for freshmen who placed Wu Yee Sun College as their 1st College Preference.

Check out below link for more details and complete the online application form on or before **Friday, 13th October 2017**.

<http://www.wys.cuhk.edu.hk/scholarships.php>

Enquiries: Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943 3936)

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7. College Hostel Grant 2017/18 - Application Now Open

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2017/18 will be maximum \$3,830 per year.

Application is now open **until Friday, 13th Oct**. Students with Term 1 or whole year residence are eligible to apply. Please download the application form from the following link and submit the completed form with supporting documents to the College Office (G03, G/F, East Block) before the application deadline.

http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1502790205HostelGrantApplicationForm201718_final.pdf

Enquiries: Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943 3936)

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8. College Student Grant/Loan 2017/18 – Application Now Open (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2017/18. There will be two rounds of applications: the September round is open to non-freshmen ONLY while the January round will be open to freshmen ONLY. Students who have financial difficulties are reminded to first apply for Government financial aid (Tertiary Student Financial Scheme).

Application is now open for non-freshmen **until Friday, 13th Oct**. Please download the application form from the following link and submit the completed form with supporting documents to the College Office (G03, G/F, East Block) before the deadline.

http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1502790742StudentGrantandLoan201718_final.pdf

Enquiries: Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943 3936)

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9. 書院儲物箱申請 (2017/18) Locker Application for College Students/Student Organizations (2017/18)

Lockers located at 1/F, East Block (opposite to Learning Commons) are now available for WYS College non-resident students and student organizations. Students / student organizations can apply at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3877181>. Successful applicants will be assigned ONE locker for use in the period 9th October, 2017 – 27th April, 2018.

Application Procedures

- 1) Submit application online by 12:00nn on 25th September. First come, first served.
- 2) Submit a deposit of \$50 via HSBC or Hang Seng Bank ATM to The Chinese University of Hong Kong (293-005005-018) AFTER being notified by email of the success of application.
- 3) Submit the bank-in slip / ATM advice to the Dean of Students' Office (UG09) in person on or before 6th October after receiving the confirmation email sent by the Office.
- 4) Each successful applicant will be assigned one locker.

Regulations for the Use of Lockers

1. Users should take care of their personal belongings kept in lockers. The College will not be responsible for any loss or damage.
2. Due to hygienic reasons, no food, beverages, condiments or similar items should be kept in the lockers.
3. Users are responsible for cleaning the lockers and removing all the personal belongings inside them before returning the lockers to the College. After the stipulated period of use, any leftover items inside the lockers will be disposed of without any notification (no compensation will be made for destroyed locks).
4. Deposit will be refunded by auto-pay. Students should check their bank accounts in due course.
5. Deposit will be forfeited if any damage is made or failure to clear the locker upon expiry of the period of use.
6. The College may seize the student's right to use the locker if he / she violates the regulations or misuses the locker.
7. Users are fully responsible in taking care of their lockers. To avoid any misunderstandings, users are strongly recommended to lock their lockers even if they do not leave anything inside.

Enquiries: Miss Kiki Chan (kiki.chan@cuhk.edu.hk / 3943 3934)

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10. Wu Yee Sun College Sports Teams Tryouts (1st term, 2017-2018)
2017-2018 上學期伍宜孫書院院隊選拔時間表



Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's Basketball	Sept., 12 (Tue)	6:00 – 7:00 p.m.	New Asia Gym.	Mr. Nelson LAM
	Sept., 12 (Tue)	7:00 – 8:00 p.m.		39433987
Women's Basketball	Sept., 12 (Tue)	6:00 – 7:00 p.m.	New Asia Gym.	Mr. Nelson LAM
	Sept., 12 (Tue)	7:00 – 8:00 p.m.		39433987
Men's Soccer	Sept., 14 (Thu)	6:00 – 8:00 p.m.	Lingnan Soccer Pitch	Mr. Nelson LAM 39433987
Men's Volleyball	Sept., 13 (Wed)	7:00 – 8:00 p.m.	U. C. Thomas Cheung Gym.	Dr. K. O. Lau
	Sept., 14 (Thu)	7:00 – 8:00 p.m.	Yeung Ming Bui Indoor Sports Centre	39433986
Women's Volleyball	Sept., 13 (Wed)	7:00 – 8:00 p.m.	U. C. Thomas Cheung Gym.	Dr. K. O. Lau
	Sept., 14 (Thu)	7:00 – 8:00 p.m.	Yeung Ming Bui Indoor Sports Centre	39433986
Men's & Women's Swimming	Sept., 11 (Mon)	6:00 – 8:00 p.m.	Swimming Pool	Dr. K. O. Lau
	Sept., 13 (Wed)	6:00 – 8:00 p.m.		39433986
Men's & Women's Rowing	Sept., 28 (Thu)	6:30 – 8:30 p.m.	Grand Stand,	Mr. Nelson LAM
	Oct., 3 (Thu)	6:30 – 8:30 p.m.	Sir Philip Haddon- Cave Sports Field	39433987
Men's & Women's Athletic	Please contact Mr. Nelson LAM to arrange try out according to Field/ Track Events before 27/10, e-mail: nelsonlam@cuhk.edu.hk			Mr. Nelson LAM 39433987

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11. Communication meeting with caterer

A Communication meeting with caterer will be held on 20th September, 2017 (Wednesday). College students are welcome to join the meeting to share your opinions on catering service of our canteen.

Details

Date : 20th September 2017 (Wednesday)

Time : 3:30pm

Venue : Meeting Room in College Office

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3892050>

For those who cannot join the meeting, you can also pass your opinions and suggestions to the student members of the committee (Student Union: reasun.wyssu@gmail.com) prior to the meeting. Thank you for your valuable input.

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12. Launching of Wu Yee Sun College Online Facilities Booking System



The Wu Yee Sun College Online Facilities Booking System has been in effect starting from 1st September 2017.

Please click the link below and login the system using your Student ID and CWEM Password. You can also click "User Guide" to learn how to use the online booking system.

<https://www6.cuhk.edu.hk/WYS/frs/WYSLogin.aspx>

Music Rooms and Discussion Rooms of the Learning Commons can be booked by individual students.

Other venues, equipment and promotion areas can be reserved by Student Associations registered under the College Student Union or the College. The Chairperson of the Association has to click "Registration" on the login page for registration before any booking can be made. Enquiries regarding student association registration should be made to Miss Kathy Fong at 3943 3942 or kathyfong@cuhk.edu.hk

Please read through the booking rules before making any booking.

Students can still access Music Rooms, Discussion Rooms of the Learning Commons, Seminar Rooms (W112-114), Activity Room (W116), Multi-purpose Sports Room and The Lounge without booking. However, the individual student or Student Association who/which has made a booking will have the priority in using the booked facilities.

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13. Exchange and Travel Grant/Loan 2017/18

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 Oct 2017 - Jan 2018, the application is now open until to 14th Dec 2017.**

For programmes/activities held in Feb - May 2018, application will be open from 15th Dec 2017 to 14th Apr 2018.

Check out the following link for more information including eligibility:

http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1502848874ExchangeandTravelGrantandLoan2017182nd.pdf

For enquiries, please contact Miss Rebecca Wong at rebecca_wong@cuhk.edu.hk or Miss Yolinda Wong at yolindawong@cuhk.edu.hk

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14. 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)

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15. Hong Kong No Air Con Night 香港無冷氣夜



The “Hong Kong No Air Con Night (「香港無冷氣夜」)” will be held on Friday, 29 Sep 2017 this year (from 7pm to 7am the next day)! It is a territory-wide energy saving event organized by Green Sense (環保觸覺) to promote the wise use of air conditioning. You are encouraged to support this event by switching off air conditioners at home / in the student hostels during the aforesaid period whenever appropriate/feasible. Let’s take action together and reduce our carbon emission with the smart use of air-conditioning! **GO GREEN! BE SUNNY!**

Turning off the Air Con ◦ Cooling the Earth
關掉冷氣，為地球降溫

Details: <http://noaircon2017.blogspot.hk/>

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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. Mingle Fund

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?cat=others> .

For enquiries, please contact Miss Kathy Fong at kathyfong@cuhk.edu.hk or 3943 3942.

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2. 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!

How to redeem prizes? Check your accumulated points at <http://bit.ly/WYSSportsForLife>! Redemption will be arranged by the end of every semester.

Updated Activities:

Limited quotas of Darts Training Class and Tennis Training Programme (Intermediate Group) are still available. Please enquire the vacancy at kathyfong@cuhk.edu.hk if you are interested.

[Staff-Student Hiking x HKPASEA](#) (15 points)

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

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3. 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: Ms Florence Tsui (florencetsui@cuhk.edu.hk) / 3943 9767)

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4. 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
Short-term	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>)
Long-term	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 st - Apr 30 th	May 1 st - Oct 31 st
Summer	May 1 st - Oct 31 st	Nov 1 st - Apr 30 th

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

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

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5. 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 / 3943 3935)

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6. 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 (kathyfong@cuhk.edu.hk / 3943 3942)

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

1. Enactus CUHK - "Internship for Good"



Introduction to the 'Internship for Good' program

'Internship for Good' is an unprecedented initiative by Enactus CUHK to immerse university students into the environment of social entrepreneurship. Enactus CUHK hopes to adopt the approach of experiential learning of which students gain understanding of the industry through actively engaging in the daily operations of various social enterprises. This movement aims to equip students with real-world experiences in social entrepreneurship and thus, nurture their interest and capabilities in starting their own social ventures or to pursue a further career in the industry.

The 'Internship for Good' program is currently partnering with **10 organizations and 48+ job positions** are available. Please refer to the attached master list for further details on the job descriptions of each position.

Master list: <https://drive.google.com/open?id=0B29JgrLakNZoSnNFTjZjZHdHrbUk>

How can I apply for the 'Internship for Good' program?

Students from all disciplines (not only business students) are welcome to join us. We are looking for passionate and

responsible change-makers. If you are interested in joining the movement, please jot down the important dates and follow the steps below.

Important Dates

Event	Date
Recruitment Talk	19/09/2017 (19:00-20:30)
'Internship for Good' Application Deadline	23/09/2017 (12 noon)
Interview Dates	27-28/09/2017
Release of Selection Results	3/10/2017

Please fill in the online application form with the links below:

Apply for the recruitment talk: <https://goo.gl/mKde9M>
Application deadline: 12 noon on 19th September, 2017

Apply for the 'Internship for Good' Program: <https://goo.gl/HR4Hdo>
Application deadline: 12 noon on 23rd September, 2017

For more details, please visit our Facebook Page: Enactus CUHK. Should you have any enquires, please contact Tiffany Ip at enactuscuhk2017@gmail.com.

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2. 博群非牟利團體實習計劃 2017 (香港) 接受報名



博群非牟利團體實習計劃 (香港)

對香港非牟利團體(NGO)工作有憧憬、想親身參與關注的議題、深入社區社群工作、為其發聲出力的同學，係時候報名申請香港非牟利團體實習計劃！你將以實習生身份參與本地 NGO 社區工作，跟隨機構工作步伐，深入社會議題發展脈絡，親身體會 NGO 工作嘅理念和手法。

計劃詳情：[Facebook.com/iCareIntern](https://www.facebook.com/iCareIntern)

2017 實習機構及工作議題

實習機構	機構工作關注議題
社區發展陣線	社區發展、社區服務、政策倡議
聖雅各福群會	社區經濟、生態家園、基層墟市
香港婦女勞工協會	婦女合作社、勞工權益、政策倡議
綠腳丫	繪本教育、親子文化、社區營造
影行者	社區藝術、社區組織
Translate for Her	少數族裔服務、社會共融、文化交流
關注草根生活聯盟	社區房屋、社區經濟、基層墟市

對象：二年級或以上中大本科生 或 由副學士升讀大學的一年級本科生

實習期：2017 年 10 月至 2017 年 1 月

實習時間：總時數不少於 100 小時，每星期實習時間約 4 至 8 小時，具體安排由機構與實習生靈活協調

網上報名：<https://goo.gl/CHQAYN>

截止日期：2017 年 9 月 24 日

簡介會

日期：9 月 18 日

時間：下午 4 時 30 分至 5 時 30 分

地點：王福元樓 502 室

簡介會登記：<https://goo.gl/cVjGsN>

查詢：

Facebook：[iCareIntern](https://www.facebook.com/iCareIntern)

電話：3943 1337

電郵：icarehkintern2017@gmail.com

主辦：

博群計劃、社會創新研究中心及香港中文大學尤努斯社會事業中心

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3. 書院同學擔任 2017 創科博覽「女太空人：我在星空追夢」座談會嘉賓



中國首位八十後女太空人王亞平，被譽為「神女二號」。2013年6月，參與升空任務，為神舟十號飛船與天宮一號飛行器進行交會對接。當中最為人稱道的，是王亞平在天宮一號太空艙，透過視頻訊號向地面中小學生作太空授課，講解無重狀態下物體運動的特點，與牛頓定律等物理知識，並與地面師生互動交流。

王亞平將與觀眾分享她如何追逐夢想，以及不一樣的飛行經驗。論壇同時邀請專家及書院學生胡曉思同學，一同討論星空奧秘，以及對探索太空的願景。歡迎同學報名及參與 <https://innotechexpo2017.ourhkfoundation.org.hk/forum/183>

日期：9月26日(星期二)

時間：18:00-19:30

主講嘉賓：王亞平女士

中國女太空人，37歲，山東烟台人。1997年8月入伍，現為解放軍航天員大隊四級航天員、中校軍銜，曾任空軍某師團某飛行大隊副大隊長，安全飛行1600小時，被評為空軍二級飛行員，現時亦是全國青聯副主席。2013年4月，入選天宮一號與神舟十號載人飛行任務航行乘組。

座談會嘉賓：

- 雷健泉先生，香港航天學會會長
- 李華白博士，香港中文大學物理系助理教授
- 胡曉思小姐，香港中文大學物理系學生

座談會主持：

邱達根先生，香港資訊科技聯會會長

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4. ICARE - "Fitness x Mentorship" Scheme



"Fitness x Mentorship" Scheme will be held from October to November 2017. The aim of this scheme is to provide a professional training in a sport to help students succeed in life and achieve their goals while improving health. Students will also become mentors of secondary school students from low-income families and develop positive relationship with them.

More details: <http://goo.gl/UW2d6s>

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5. University Bursaries and Loans 2017/18 大學助學金及免息貸款 (For eligible full-time local undergraduate students)

The University Bursaries and Loans (UBL) are now available for local students who are studying full-time undergraduate programme and cannot get sufficient financial assistance under the Government Tertiary Student Financial Scheme – Publicly-funded Programmes (TSFS) to apply.

Applicants should complete and submit the online application via CUSIS (Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "University Bursaries and Loans") during the period from 4th to 27th September 2017.

For application details, please visit <http://www.oafa.cuhk.edu.hk>

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6. Student Residence Bursary Scheme 2017/18 學生宿舍助學金計劃 2017/18

To be eligible to apply for the CUHK Student Residence Bursary 2017/18, applicants must:

- (1) be local full-time undergraduate students;
- (2) be registered residents of the hostel and have resided in hostel for at least 75% of the time of the term;
- (3) have average monthly household income (during 1st April 2016 to 31st March 2017) lower than the median of the monthly household income published in the most recent Quarterly Report on General Household Survey by the Census and Statistics Department (Please refer to the Guidelines for the monthly household income bandings);
- (4) be not able to benefit from Community Care Fund (CCF) hostel subsidy or receive less than \$1,300 per term under the CCF hostel subsidy.

Amount of Bursary

1. For eligible needy students who are not able to benefit from CCF hostel subsidy, the value of each bursary will be \$1,300 per term.
2. For eligible needy students who receive less than \$1,300 per term under CCF hostel subsidy, the value of each bursary will be the difference between \$1,300 and the approved amount of CCF hostel subsidy.
3. The maximum amount of bursary for residents of all types of shared rooms will be the same.

Application Procedures

1. Eligible students who live in hostel for the first term or the whole year should submit their online application in Chinese University Student Information System (CUSIS)
(Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "Student Residence Bursary") during the application period **from 4th September to 31st October 2017**.
2. Applicants should print out Section 7 of the online application form and submit together with the supporting documents to the College on or before the application deadline.

For enquiries, please contact the Office of Admissions and Financial Aid at 3943 1898 or 3943 7205.

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7. Helix Scholarship 2017/18

Helix System Limited (the donor) is now inviting applications from outstanding local full-time Year 2 or above undergraduate students of The Chinese University of Hong Kong for Helix Scholarship 2017/18.

Amount

HK\$10,000

Eligibility

To be eligible for the scholarship, the applicants must:

- be full-time Year 2 or above undergraduate students studying any UGC-funded bachelor's degree programme;
- be Hong Kong permanent residents with the right of abode in Hong Kong;
- have demonstrable financial need and meet at least one of the following conditions:
 - o Have received Government grant and/or loan in the academic year 2016/17 or 2017/18.
 - o Have received University bursaries and/or loan in the academic year 2016/17 or 2017/18.
 - o The family of the student is receiving Comprehensive Social Security Assistance from the HKSAR Government.
 - o The monthly family income per capita must not exceed HK\$15,000.
- have attained a Year GPA of 3.0 or above in the academic year 2016/17;
- demonstrate to contribute to the local society by their knowledge and expertise; and
- have active participation in extra-curricular activities and/or voluntary services.

Students must not receive this Scholarship before.

More details and application form can be downloaded from <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid > Open for Application). Completed application form together with all requisite documents should be submitted to College Office (G03, G/F, East Block) **on or before 3rd October 2017**.

For enquiries, please contact the Office of Admissions and Financial Aid at 3943-7209 / 3943-1737 or sfas@cuhk.edu.hk.

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8. Government Tertiary Student Finance Scheme (TSFS) and Non-means-tested Loan Scheme (NLSFT) 2017/18 政府資助專上課程學生資助計劃 / 全日制大專學生免入息審查貸款計劃

New College students who have financial difficulties should apply for TSFS or NLSFT. Application forms should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through "SFO E-link - My Applications" online at <http://ess.wfsfaa.gov.hk> **on or before 22nd September 2017**. Applicants are reminded to visit <http://www.oafa.cuhk.edu.hk> for application details.

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9. Bei Shan Tang Foundation Scholarship Tenable at Stanford University 2018/19

Bei Shan Tang Foundation has generously donated a scholarship tenable at Stanford Graduate School of Education for an outstanding graduate from CUHK to pursue one of the following full-time taught Master's (MA) degrees in the academic year 2018/19. **Local graduates and final-year postgraduate students in any discipline are eligible to apply even though the designated programmes are education related.**

- Curriculum Studies and Teacher Education
- International Comparative Education
- International Education Policy Analysis
- Learning, Design and Technology
- Policy, Organization and Leadership Studies
- Stanford Teacher Education Programme

The Scholarship will basically cover all of the following:

- the University composition (tuition) fee for the normative study period of the programme; and
- the cost of one return airfare between Hong Kong and the United States via the most economical route.

Details of the Scholarship and its application form are obtainable from our website at <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid → Open for Application).

Application Deadline: 4th October 2017 (Hong Kong time)

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10. Li Kwan Hung Education Fund 2017/18 李鈞洪教育基金

This Fund is intended to assist students with disabilities who are studying with their able-bodied counterparts in local educational institutes at various levels.

Criteria of Application

Applicant should meet all the following criteria:

1. Hong Kong permanent residents;
2. students with physical disabilities, mental disabilities (including autism/ attention deficit and hyperactivity disorder/ dyslexic), chronic illness, visually impairment or hearing impairment;
3. full-time student studying with their able-bodied counterparts in local educational, technical or vocational training institutes at primary, secondary, post-secondary, university or post-graduate level;
4. in need of financial assistance for educational purposes

Application is now open **until 22nd September 2017**. Application form should be submitted to the College by the deadline. Late applications will not be considered.

For more details and download of application form, please visit <http://www.oafa.cuhk.edu.hk/sfas> (Open for Application > Financial Aid)

For enquiries, please contact the Headquarters of Hong Kong PHAB Association at 2551 4161.

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11. The Rhodes Scholarship 2018 for Hong Kong

The Rhodes Scholarship is a postgraduate award supporting exceptional students from around the world to study at the University of Oxford. The Rhodes Scholarship Selection Committees seek young women and men of outstanding intellect, character, leadership, and commitment to service, and who demonstrate a strong propensity to emerge as 'leaders for the world's future'.

Value of the Scholarship

Each year, there is one Rhodes Scholar selected from Hong Kong. The basic tenure of the Scholarship is two years, subject to satisfactory academic performance and personal conduct. At the discretion of the Academic Committee of the Rhodes Trust and the Rhodes Trustees, Scholars may apply for a third year of Scholarship to complete the DPhil. A Rhodes Scholarship covers all University and College fees, University application fee, a living stipend and one economy class airfare to and from Oxford at the beginning and end of tenure.

Application Deadline

30th September 2017 (by 23:59 (Hong Kong time))

For more information, please visit https://www.oafa.cuhk.edu.hk/oafa_media/article/scholarships-financial-aid/scholarships/overseas/rhodes-2018-poster.pdf

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12. 時間管理工作坊 Time Management Workshop



日期: 2017年10月20日(五)
時間: 5:30pm - 7:00pm
地點: 龐萬倫學生中心二樓
 心理健康及輔導中心活動室
語言: 廣東話
內容: 透過分享、互動遊戲及練習, 讓同學掌握有效管理時間的竅門, 包括:
-訂位緩急先後的方法
-戰勝拖延的技巧
人數: 30人
報名: <https://webapp.itsc.cuhk.edu.hk/ras/restricted/eventlist?id=67>
查詢: 3943 7208 / wacc@cuhk.edu.hk

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13. 香港正念日 “HK Mindfulness Day” with Body · Mind · Spirit Platform



日期: 2017年10月15日(星期日)
時間: 上午場(上午10時至下午1時)及下午場(下午2時至下午5時)
地點: 康本國際學術園, 一號演講廳
對象: 中大師生及教職員, 市民
報名: <https://www.bmsp.hk/mindfulness-day/>
名額: 1000 (中大佔 25%)
費用: 全免
主辦單位: 身心靈平台、香港中文大學學生事務處
 心理健康及輔導中心合辦

截止日期: 30-9-2017

參加者需於 15/10 出席活動前, 完成以下一項正念體驗工作坊:

工作坊一

主題: 正念 - 化壓力為動力

日期: 2017年10月3日(星期二)

時間: 中午 12 時至下午 2 時

地點: 龐萬倫學生中心 3 樓 303 室

工作坊二

主題: 如何用正念快速轉化情緒

日期: 2017年10月6日(星期五)

時間: 下午 3 時至 5 時

地點: 龐萬倫學生中心 3 樓 303 室

報名: <https://webapp.itsc.cuhk.edu.hk/ras/restricted/eventlist?id=67>

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14. 遊香港, 做任務, 贏獎品! (Chinese only)

難得周末有得放鬆下, 梗係要去下香港唔同地方玩, 但又有冇諗過去多啲唔同地方, 可以認識本地嘅環境同文化之餘, 仲有機會贏到比賽, 拎獎品呢?

由一班伍宜孫同學組成嘅 V'air 低碳本地遊推出【香港遊蹤】比賽, 俾鐘意去探索香港隱世景點嘅你挑戰下自己, 喺一個月裏面去多啲地方進行唔同嘅任務, share 任務成果上 Facebook Page, 就有機會贏到比賽喇!

由 29/8 - 25/9, 留意 V'air 網頁 www.vairhk.com 同 Facebook Page www.facebook.com/vairhk 嘅景點推介進行相關任務, 任務完成越多就越高分, 認識多啲香港景點之餘, 仲可以拎走獎品添!

有關比賽細則, 獎品, 點樣參加, 都可以登上 <http://www.vairhk.com/venturehk/> 或者繼續留意我地嘅 facebook page 拎第一手資訊!

* 【香港遊蹤】比賽為書院 2016-17 年度愛陽光計劃金獎項目。

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15. 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。

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