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You can also contact Mr. William Mak at info.wys@cuhk.edu.hk or 3943 3989 for technical support.



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Sunny Review 上周回顧

1. College Student Interview Featured in of CUHK Newsletter



(Source: CUHK Newsletter Issue No. 504)

Hanniel H. N. Chow (周漢聶) is a Psychology student of our College and the recipient of the HSBC Overseas Scholarship. He is also Hong Kong's Youth Record Holder of the Men's 3,000-Metre Steeplechase and 4x1,500 Metres relay. In this article, he shares his perspective towards failure and the transformation from monkeying around to serving the society. He believes failure is necessary. It can direct him to go down a more suitable path, or drive him to perfection. He thanks the College for its support and is proud of being one of the College members. His new goals is to learn more about running a business - setting up his own music therapy centre to serve the people in need. Let's read the story of "The Amazing Hanniel Chow" through the following link of CUHK Newsletter (中大通訊): http://www.iso.cuhk.edu.hk/english/publications/CUHKUPDates/article.aspx?articleid=2008&utm_source=Mass_mailing&utm_medium=ISO_email_staff_student&utm_campaign=ns1504

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2. Learning through Natural Approach (Speaker: Mr. Wing-ching Shih) 書院論壇「從絕學無憂到自然學習法」(講者：施永青先生)



The College Forum entitled "Learning through Natural Approach (從絕學無憂到自然學習法)" was conducted by Mr. Wing-ching Shih (施永青先生), Founder of Centaline Property, last Friday. He went through his experience in learning, and shared with students how one can acquire knowledge which best fits their personality and strength.

We were grateful to have Prof. Hin-wah Wong, Senior College Tutor and Adjunct Professor, Department of Curriculum and Instruction and Hong Kong Institute of Educational Research, moderating the Forum.

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3. Hop Wai Art and Cultural Programme: Opening Ceremony of "How I Work" - An Art Exhibition by Professor Hon-ching Lee 洽蕙藝文計劃：「我點工作」—利漢楨教授作品展開幕典禮



Thanks to the generous support of Hop Wai Tong (洽蕙堂), Wu Yee Sun College, Chung Chi College and United College have jointly organized "How I Work" - An Art Exhibition by Professor Hon Ching Lee (「我點工作」—利漢楨教授作品展). The sculpture titled 風韻 placed at the Terrace of Dreams (圓夢台) of the College is one of the highlights in the exhibition. We were honoured to have Professor Lee Hon-ching (利漢楨教授), a renowned artist based in the US and Art Advisor of three Colleges, Professor Anthony T.C. Chan (陳德章教授), Master of Wu Yee Sun College, Professor Wing-ping Fong (方永平教授), Head of Chung Chi College, Professor Jimmy C.M. Yu (余濟美教授), Head of United College, Professor Yuen-sang Leung (梁元生教授), Director of Institute of Chinese Studies and Professor Rance P.L. Lee (李沛良教授), Founding Master of Wu Yee Sun College and Former Head of Chung Chi College, to serve as officiating guests of the opening ceremony held on 3rd Oct. The Pipa performance of Professor Fung Tung (馮通教授), Professor at the Department of Geography and Resource Management and Former Associate Vice-President, added much to the spirit of the pleasant afternoon.

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4. Zentangle Workshop



A group of Sunnies joined the Zentangle Workshop conducted by Certified Zentangle Teachers, Miss Molly Chan(陳慕寧小姐) and Miss Meko Ng (伍佩華小姐) on 3rd Oct. Students not only enjoyed the peaceful, comfortable and silent moment when drawing zentangle, but also got to know more about one's character when comparing the drawing pace with others. The beautiful images created by repeated simple patterns also provide them with artistic satisfaction.

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5. Open House Party with Hostel Wardens



Professor K.P. Pun and Ms. Sandy P.S. Lee, Wardens of West and East Block of student hostel, hosted a group of resident students at the Warden's Quarter to celebrate the Mid-autumn festival with mooncakes, snacks and the spectacular view of the Tolo Harbour. At the festival of reunion, resident students, resident tutors and the two Wardens had a relaxing time getting to know each other. Some foreign students learnt about the traditions of the festival and tasted the first mooncake in their lives!

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6. Trip to Victoria Park with International Team



On 5th Oct, the International Team organized a trip to Victoria Park for mainland, international, and incoming exchange students to see its famous lantern displays. The students then headed down to Tai Hang to watch its Fire Dragon Dance before having dinner together. The event provided a wonderful opportunity for all participants to celebrate the Mid-Autumn Festival, especially for non-local students to experience local culture. Everyone found the event enjoyable.

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7. 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 third gathering was held on 6th Oct with six groups. Advisors shared with students their interesting stories in academic and business world, which inspired students about their College life.

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8. Staff-student Hiking with HKPASEA - 秋日師生遠足



Led by Prof. Kam-Fai Wong (黃錦輝教授), College Associate Master, a group of 38 students, College members and Hong Kong Professionals and Senior Executives Association (香港專業及資深行政人員協會) [HKPASEA] members went hiking in Sai Kung on 7th Oct. They enjoyed the scenery of mariculture raft in Yung Shue O and challenged themselves to go uphill towards Pak Tam Road.

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9. CUHK Aquatic Meet 2017 - 中大游泳精英比賽 2017



Our College Swimming Team took part in CUHK Aquatic Meet 2017 (中大游泳精英比賽 2017) held on 6th Oct. All team members delivered their best in every race they joined. Their strong team spirit will surely motivate them to overcome the challenges. Our hearty thanks to each and every one of them!

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College Activities 書院活動

1. Service-Learning Trip to Cambodia 2017 Winter 2017年冬季柬埔寨服務學習之旅



**Service-Learning Trip to Cambodia 2017 Winter
2017年冬季柬埔寨服務學習之旅**

Serve with Love and Respect

Design and organize activities for local children, youth and the elderly.

Homestay - Taste Khmer Cultures

Stay with local families for a few days to experience the way of local living

Date: 27 Dec 2017 to 5 Jan 2018 (10 Days)

Venue: Phnom Penh and adjacent areas in Cambodia

Quota: 18-20 students

Fee: HK\$1,500

Deposit: HK\$500*

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3965678>

(Deadline: 5:00pm on 16 Oct 2017)

Pre-trip Meetings

9 Nov (7:00pm-9:00pm)

16 Nov (7:00pm-9:30pm)

28 Nov (7:00pm-9:30pm)

21 Dec (7:00pm-9:00pm)

Post-trip Meeting: 11 Jan 2018 (7:00pm-9:30pm)

* To receive deposit refund, participants MUST have at least 80% attendance, including pre-trip meetings AND evaluation meeting.

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

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2. 防癌秘笈：中西醫面面觀



“我得過十幾歲，應該吾會關我事掛？”

咁你就錯啦，世界衛生組織已於 2015 年宣佈，將加工肉例如香腸、火腿及煙肉列為最高風險致癌物，即 1 級致癌物，與煙酒睇齊；紅肉也可能致癌，列為 2A 級致癌物。世衛解釋，眾多研究證實加工肉會導致大腸癌，並與胃癌有關；紅肉則與大腸癌、胰臟癌及前列腺癌有關連。若果大家想知道更多關於癌症的成因及防癌方法，那就萬勿錯過是次健康講座。

活動內容:

日期：2017 年 11 月 9 日 (星期四)

時間：下午 12:30 至 2:00

講者：書院健康生活委員會成員 及 中大醫學院腫瘤學系 陳林教授

書院健康生活委員會成員 及 中大中醫學院 張保亭教授

第一部份：防癌之概念和方法

第二部份：討論環節：中醫好定西醫勁？

費用：全免

講座後設有小食招待

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=3584555>

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

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3. A Taste on Wine: English through Wine Appreciation



Aroma, Round, Thin.....Do you understand Wines? Do you know how to order wines at restaurants? Come and join our workshop to learn more about wine selection through interactive role play!

Date: 14th Nov 2017 (Tue)

Time: 7:00pm-9:00pm
Venue: W112, Wu Yee Sun College
Speakers: Ms. Anna Tam & Mr. Tank Tan
Biography of Speakers:

Ms. Anna Tam has a few identities, that's why she is busy: a boutique wines importer, marketing solution provider, food and wine writer, WSET course tutor and wine judge for hotel wine sommelier cup, and she is not sure if she will take more roles in the future. Enjoying her happy hectic life and taking the WSET Diploma course, she never forgets to dance like there's no tomorrow and save the water like there's no tomorrow too. Pay attention to your radio when you drive, you may hear her voice sharing her opinions on wines and travelling. Take a look at the Food and Beverages magazines when you are in hotel lobby, you may find her articles introducing wine and cheese stories and pairing techniques.



Being a mysterious Scorpio, **Mr. Tank Tan** is considered to be the hottest sommelier in town even he drinks 2 cans of beers every night before he sleeps. He is a holder of Wine and Spirit Education Trust Advance Certificate and Court of Master Sommeliers. This young man currently works as a hotel sommelier and restaurant manager at Westin Shenzhen. Before he joins the Starwood group, he spent 6 years in Shangri-la Hotel Ningbo. If you would like to hang out with Tank, remember to update your google map and GPS, since it is his daily routine to get lost no matter where he is. Surprisingly, he never gets lost in the world of wine aromas. If you would like to see his wild side, give him Pu'er tea and take him to the dance floor. If you would like to see a charming gentleman, go to his restaurant and order a glass of wine, you will be definitely impressed by his perfect serving skills and smart advice on food and wine pairing.

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3769349>
Eligibility: Students aged 18 or above
Deadline: 7th Nov 2017
Deposit: \$100 (Refundable with completion of the activity)
 *Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation.
Enquiries: Valentina Tsang (valentinatsang@cuhk.edu.hk / 3943 3988)

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4. Hop Wai Art and Cultural Programme: Meeting with the Artist and Introductory Workshop: Printmaking and Sculpture
 洽蕙藝文計劃：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

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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5. 鄭素素《跑步時，我孤獨，但不寂寞》讀書會 Reading Club - Join us next Tuesday!!!



「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

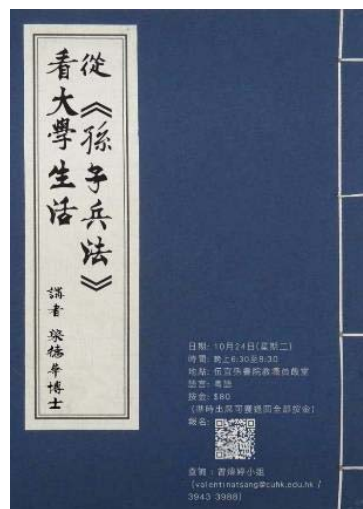
歡迎同學、教職員及教職員家屬參加

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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6. 語文文化桌: 從《孫子兵法》看大學生活 - 下星期二截止報名!!!



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

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7. Fitness Consultation Sessions 健身訓練諮詢



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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College Announcements 宣佈事項

1. The "Sunny" Award & Admission Scholarship for Outstanding Artistic Achievements 2017/18 - Applications Close this Friday

- 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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2. College Hostel Grant 2017/18 - Applications Close this Friday

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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3. College Student Grant/Loan 2017/18 (for Non-Freshmen ONLY) - Applications Close this Friday

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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4. 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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5. “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)

“Meet the Dean” Tea Gathering

Any thoughts about College life? Join the afternoon tea and share with our Dean of Students and Associate Deans of Students.

Date: 25th Oct, 15th Nov

Time: 4:30 – 5:30pm

Venue: College Staff Dining Room

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4050386>

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6. 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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7. 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 & Women's Rowing	Sept., 28 (Thu)	6:30 – 8:30 p.m.	Grand Stand,	Mr. Nelson LAM 39433987
	Oct., 3 (Thu)	6:30 – 8:30 p.m.	Sir Philip Haddon-Cave Sports Field	

Men's & Women's Athletic	For the tryout of Athletic Team (Men and Women), please contact Mr. Nelson LAM (nelsonlam@cuhk.edu.hk / 39433987) to arrange according to Field/ Track Events before 27/10.	Mr. Nelson LAM 39433987
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8. 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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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

WU YEE SUN COLLEGE
SPORTS FOR LIFE
AWARD SCHEME
體育運動參與獎勵計劃

Sports for Everyone!

- Exercise your bodies!
- Healthy lifestyle!!

Earn points by participating College's sports activities and gain prizes!
Points will accumulate till graduation!
通過參與書院體育活動儲分, 換領獎品!
獎分更可一直累積至你畢業為止!

Prize 獎品

- Water Bottle 水樽 - 40 points
- Sports Towel 運動毛巾 - 30 points

Prize Redemption 獎品換領

Step 1 Check your points: <http://bit.ly/WYSSportsForLife>
Step 2: Redeem the prize at Dean of Students' Office at the end of semester (Exact period will be notified via email)
學期末到學生輔導處換領獎品 (確切換領日期經電郵通知)

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

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:

Please stay tuned for second round of activities in Term 1.

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

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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 (florecetsui@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 wisdom and horizon with support from the scheme, ACT NOW! The scheme supports Wu Yee Sun College students to create, design, plan or participate in non-local academic or experiential learning programmes outside Hong Kong, in order to broaden students' international perspectives and enrich their experiences.

The quality of the proposals and applicants' track records are the main considerations in evaluating applications. This Scheme is divided into Short-term and Long-term Scheme. Successful applicants will be awarded "Global Learning Award", which is a merit-based award and 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\$12,000 or 100% of particular items (<i>whichever is lower</i>)
		*Participating in organized programmes	HK\$5,000 or 50% 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 sending request to kathyfong@cuhk.edu.hk. The request shall be made at least month before application deadline together with submission of the completed proposal, budget plan and application form.

Application is opened twice a year - Winter and Summer Round.

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

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

Know more about the details and [apply](#)! Please contact Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942) if you have any enquiries.

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5. Service-learning project Funding Scheme 服務學習項目資助計劃

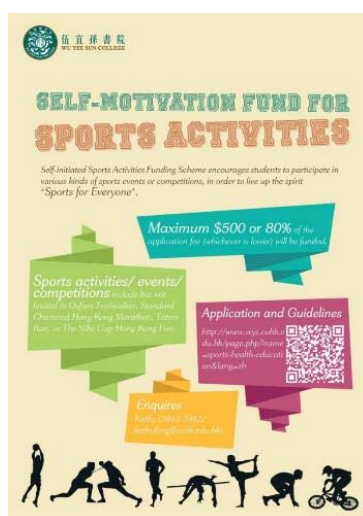


If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College's [Service-learning Project Funding Scheme](#) supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning 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. The Life of Nelson Mandela (International Festival 2017)



In collaboration with the South African Consulate-General, HKSAR/MSAR, The Chinese University of Hong Kong is launching a Mandela Exhibition. As a part of the International Festival 2017, the events will show you the lifetime of struggle of Nelson Mandela.

Mandela Exhibition
Exhibition Period: 6th – 18th Oct 2017
Venue: Foyer, G/F Yasumoto International Academic Park.

Enquiries:
ices@cuhk.edu.hk / 3943 1874

(The Movie Screening: INVICTUS has been full.)

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2. HKMA Seminar on "Changing Roles of HR"



To provide more learning opportunities to students on HR, please join the Seminar on "Changing Roles of HR" which will be held:

Date: Saturday, 21st Oct 2017
Time: 9:00am - 12:30pm
Venue: Room 201, Pico Tower, 66 Gloucester Road, Wanchai, HONG KONG

Quota: 5 complimentary seats

Application: Please complete application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4024461> **on or before 10th October 2017.**

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3. The Standard Chartered Hong Kong Marathon – CUHK Marathon Team

The Standard Chartered Hong Kong Marathon will be held on 21 January 2018 (Sunday). CUHK will form its own marathon team once again. We welcome all CUHK/CUSCS students, staff, alumni and their relatives and friends to join the team and take up the challenge together!

Each team member will be entitled to the following exclusive benefits:

- 1) A CUHK running tee-shirt or singlet specially designed for sports runners, sponsored by [Antonhill Co. Ltd.](#)
- 2) Participation in marathon seminar and training to be conducted by the professionals from the Department of Sports Science and Physical Education, the Physical Education Unit and the Department of Orthopaedics and Traumatology, CUHK.
- 3) On-field physiotherapy provided by the CUHK Sports Medicine Team on the race day.
- 4) A souvenir from the CUHK booth located at the finishing area.
- 5) Support from CUHK cheerers along the racing routes.
- 6) Taking photos along the race routes and at the CUHK booth (You are welcome to download the photos as mementos, for free, from our website).

Registration procedure is as follows:

Step 1

To be a member of the CUHK Marathon Team, a runner must be a successful registrant who has received a reference number (eg. R-12345678 / C-12345678) from the Organiser of the Standard Chartered Hong Kong Marathon in the result announcement of its public ballot system released on 21 September 2017.

Step 2

Starting from now, successful registrants of the Standard Chartered Hong Kong Marathon can then register for the CUHK Marathon Team on the [CUHK Marathon website](#). Registration will be closed on 17 November 2017.

To know more about the CUHK Marathon Team, please check out our website at www.cuhk.edu.hk/cpr/marathon. For enquiries, please email to marathon@cuhk.edu.hk, or call 3943 3173.

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4. 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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5. 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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6. 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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