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



6 November 2017

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Sunny Review

上周回顧

1. College Anniversary - Round Campus Run 環校跑





10th College Anniversary Celebration began with a healthy start. Round Campus Run (環校跑) gathered more than 280 participants on 4th Nov to run along United College, New Asia College and returned to our College. Professor Anthony T.C. Chan (陳德章教授), College Master, Professor Kelvin K.F. Tsoi (蔡錦輝教授), Chairperson of Sunny Sports Committee, Professor Albert Lee (李大拔教授), Chairperson of Health and Spiritual Well-being Committee and Associate Dean of General Education, and Dr. Lancelot W.H. Mui (梅維浩博士), Associate Dean of General Education also ran together with students. It was our great honour to have the support from the athletic teams of Chung Chi College, New Asia College, Shaw College, S.H. Ho College and Lee Woo Sing College in joining our Inter-collegiate session. Our College won the Champion among the keen competition!

The tree-planting ceremony in recognition of Professor Rance P.L. Lee (李沛良教授), College Founding Master took place on the same day as well. Professor Kwai-cheong Chau (鄒桂昌教授), Chairperson of Campus Environment Committee, explained why he selected this tree species and shared with us the stories behind.

To celebrate the special moment, we took an iconic photo with the logo “10” of which the “0” is like sunlight radiating. The birthday cake matched with our College Anniversary Celebration Organizing Committee’s theme “Yeegyptsun”, with pyramids and oasis as decorations. Our College will continue to be the fertile soil for various talents just like the Ancient Egypt.

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2. Visit of Mount Allison University Delegation



The delegation of Mount Allison University, including Dr. Robert Campbell, President and Vice-Chancellor, Dr. Gloria Jollymore, Vice-president (university advancement), and Dr. Christl Verduyn, Professor, English and Canadian Studies, visited our College with the accompany of Dr. and Mrs. Michael Wu (伍步高博士伉儷) on 6th Nov.

Professor Anthony T.C. Chan (陳德章教授), College Master and Ms. Sandy P.S. Lee (李珮珊女士), College Secretary welcomed and introduced to the delegation our College as well as the collegiate system of CUHK. A campus tour was led to show them the beautiful scene and facilities of our College.

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3. College Students Co-authoring the Book 《低碳·好行》 on Low-Carbon Trips



College students Chung Sum-yue (鍾芯豫, GRM/3), Li Suet-young (李雪瑩, CHL/4), Lui Wai-shan (呂瑋珊, CHL/3), Yeung Tsz-chun (楊子雋, GRM/2017), key members of [V'air](#)—an online platform that encourages local travel in a bid to reduce the environmental impact of air travel, have recently co-authored a book titled 《低碳·好行》. It introduces readers to local sight-seeing points from a low-carbon emission perspective, and provides knowledge on ecology and environmental tips. The book can be purchased at any major book stores. Feel free to read the book description from the publisher [here!](#)

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4. Drama Performance: Three Kingdoms 三國



The drama performance “Three Kingdoms” (三國) was on show on 31st Oct and 1st Nov 2017 at Shaw College Theatre. It is an adaptation of one of the four great classical novels of Chinese literature. Mr. Hardy S.C. Tsoi (蔡錫昌先生), our Senior College Tutor and Former Arts Administrator and Manager of Sir Run Run Shaw Hall, directed the performance and offered an entertaining and inspiring drama to the audience. The play was co-organized by our College, Chung Chi College, United College and Shaw College.

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5. Exercise Your Own Way – Yoga and Cardio Training





One of the key parts in establishing healthy lifestyle is doing exercises. It could be mild or intensive. It could be about flexibility or strength. It doesn't matter! Just set your own pace! Some of you may feel more comfortable to pay attention to your inner self in yoga class. Some of you may find it exciting to train your endurance through cardio. Your body will tell you how much you have achieved!

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College Activities 書院活動

1. Brainstorming Session on College Café



The open tender exercise of our College Canteen will be conducted next year. On top of the daily breakfast, lunch and dinner services, we have received queries on the possibility of exploring more options for the College Café operation.

To collect opinions from all WYS members, we would like to organize a Brainstorming Session on Wu Yee Sun College Café with details as follows:

Date: 10th Nov 2017 (Fri)

Time: 4:30pm - 6:00pm

Venue: Wu Yee Sun College Student Canteen

Enrollment link:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4180040>

All WYS members are welcome!

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2. 10th College Anniversary 十周年院慶



一年容易又院慶~ 又來到一年一度的伍宜孫書院院慶，今年我們為大家預備了一系列精彩活動:

6/11 6-11p.m. : 523 人宴 @ Canteen

7-8/11 7-10p.m. : 迷離宜孫 (鬼屋) @ W112-114

9/11 7-11p.m. : 法老的夜市(大笪地) Sunny Fest @ Courtyard

13-14/11 7-10p.m. : 迷城 @ Canteen

希望大家可以一同投入其中，在十一月中上旬慶祝書院十週年院慶！大家齊來踴躍參與！

Wu Yee Sun College Anniversary Celebration is coming! We have prepared a series of events:

6/11 6-11p.m. : 523 Banquet @ WYS Canteen

7-8/11 7-10p.m. : Haunted House @ W112-114

9/11 7-11p.m. : Sunny Fest @ Courtyard

13-14/11 7-10p.m. : The Maze @ WYS Canteen

We sincerely invite all of you to join us and celebrate Wu Yee Sun College 10th Anniversary together! See you there!

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3. 周保松教授《在乎》讀書會



在乎，意味著你將生命全心全意投入其中，意味著有些事有些人，對你至關重要。既然重要，也就意味著背後有理由在支持，而非隨意而為，無可無不可。這些理由，往往是你相信的價值。而價值，可以公開言說，可以嚴肅論證，因此也就有可能被質疑，甚至被推翻。

換言之，在乎，是情感，是關心，也是反思和實踐。只有通過反思和實踐，我們才能知道，自己所在乎的，為甚麼是對的和有價值的。本書許多文章，都在嘗試解釋和論證，我在乎人，在乎教育，在乎我城的初衷和理由。

在乎，也意味著你有可能受傷。當你為所在乎的投入感情和傾注心力，自然有所期待，一旦期待落空，難免痛苦失落，甚至承受巨大創傷。既然如此，為甚麼明知前路艱難，明知同行者稀，還是有許多人義無反顧地堅持極度在乎之事？

周保松教授簡介

書院院務委員；香港中文大學政治與行政學系副教授；英國倫敦政治經濟學院哲學博士。著作包括《小王子的領悟》、《政治的道德》、《自由人的平等政治》、《走進生命的學問》、《相遇》、《政治哲學對話錄》等。曾獲中文大學校長模範教學獎及通識教育模範教學獎。

日期：2017年11月21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

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4027154>

註：周保松教授鼓勵參加者於活動前閱讀書籍，有意訂購書籍者請詳閱報名表格內容。

截止報名日期：2017年11月6日（今天）

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

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4. Stress Reduction before Examination 試前鬆一鬆

溫書溫到腦都實埋，想分享考試心得及學習放鬆方法？那就萬勿錯過由健康生活委員會舉辦的試前放鬆分享活動，跟經驗人士分享他們如何在年輕時如何處理考試的壓力及學習減壓方法。

日期：29/11/2017 (星期三)

時間：4:30 - 6:00pm

地點：伍宜孫書院如日坊

內容:

(1) 講解壓力的影響及教授減壓方法

主講: 中大學生事務處 學生發展輔導主任 林桂銘女士

(2) 分享如何處理考試壓力

主講: 健康生活委員會會員及學生

每位參加者可獲減壓禮品一份!

Stress-busting gift is given to each participant!

報名 Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3939147>

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5. Japanese Archery Class 日本弓道體驗

Kyūdō is practiced as sports but its aesthetic and spiritual nature has always been placed higher than just hitting the target. Experience the shooting with courtesy and propriety!

This event is enlisted in Japanese Autumn Festival in Hong Kong (日本秋祭 IN 香港).

Date: 28th Nov

Time: 19:30-21:30

Venue: Central Courtyard, Wu Yee Sun College

Quota: 20

Fee: \$400 (\$300 refundable upon completion of the whole activity)

Instructor: Instructors of Hong Kong Kyudo Association

Application and Deposit Submission: <https://goo.gl/qQUEmg> (Deadline: 17:30, 10th Nov)

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

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6. Fat-burn Training 消脂攻略



Losing fat probably strikes people's minds every day when they look at the mirror. Fat-burn Training will introduce you to effective workout plans.

Date: 16th/23rd/30th Nov

Time: 19:30-20:30

Venue: Wu Yee Sun College Gymnasium

Quota: 12

Fee: \$200 (refundable upon completing at least 2 lessons)

Instructor: Ms. Ka-cheuk Leung

Application and Deposit Submission: <https://goo.gl/qQUEmg> (Deadline: 17:30, 10th Nov)

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

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7. Meet with Dean Tea Gathering 輔導長茶聚



Any thoughts, comments, suggestions about College life, or even your personal development, our Deans of Students are more than happy to listen and talk to you.

Share with us and enjoy afternoon tea together!

Date: 15th Nov (Wed)

Time: 4:30pm

Venue: College Staff Dining Room

Registration: <https://goo.gl/gqGvAj>

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

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8. 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/39433988)

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9. A Taste on Wine: English through Wine Appreciation

ENGLISH THROUGH WINE APPRECIATION

Date: 14 November 2017 (Tue)

Time: 7:00 - 9:00pm

Venue: W112, Wu Yee Sun College

Speakers:

Ms. Anna Tam 
 (Food and wine writer, WSET course tutor)

Mr. Tank Tan 
 (Holder of Wine and Spirit Education Trust
 Advance Certificate and Court of Master Sommeliers)

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!

Eligibility: Students of 18 years old or above

Deposit: \$100 (Refundable upon completion of 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)



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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Fitness Consultation Session 健身訓練諮詢



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)
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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College Announcements 宣佈事項

1. Wu Yee Sun College The Most Popular Canteen Staff Polling (2017/18 Term 1) 伍宜孫書院飯堂最受歡迎員工選舉 (2017/18 第一學期)



Wu Yee Sun College
The Most Popular Canteen Staff Polling
伍宜孫書院飯堂
最受歡迎員工選舉
(2017-2018 Term 1)

With a view to enhancing the canteen services and strengthening the communication between canteen staff and students, Wu Yee Sun College has established "The Most Popular Canteen Staff Award" for voting.
為提升書院飯堂的服務質素，並加強與全體同學的溝通，伍宜孫書院特設此項最受歡迎員工選舉。

Please vote for the most popular canteen staff now!
立即選出你心目中最受歡迎飯堂員工！

Online voting 網上投票:
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1466224>

Voting Period: 1 to 30 November 2017
投票日期: 2017年11月1日至30日

SCAN HERE!

多謝大家對書院最受歡迎飯堂員工選舉的支持，伍宜孫書院自舉辦最受歡迎飯堂員工選舉後，飯堂服務質素不斷提升。書院於十一月份繼續舉辦最受歡迎飯堂員工，希望大家踴躍投票，為改善飯堂質素出一分力。

Thank you very much for voting the Most Popular Canteen Staff Polling in the past. Since the establishment of the Polling, the catering services have been improved largely. Another round of voting will be conducted in November. Please be reminded to give a vote. Let's work together to improve the catering service of College canteen.

請登入以下連結投票選出你心目中最受歡迎飯堂員工(每個同學/教職員最多可投三位飯堂員工)

Please click the link below to vote for the most popular canteen staff. (Each student/staff can vote for three canteen staff at most)

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3466224>

Voting period 投票日期 : 1 to 30 November 2017

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2. Change of Opening Hours of College Catering Outlets on 16 November 2017 書院膳堂於 11 月 16 日更改營業時間

Due to the College Graduation Ceremony, the opening hours of all catering outlets at Wu Yee Sun College will be changed as follows:

16 th Nov 2017	4:00pm – 8:45pm
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3. 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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4. "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 at Department of Educational Administration and Policy
- Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor at Department of Chinese Language and Literature
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at Department of Physics

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: 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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5. 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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6. 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

- Exercise your bodies!
 - Healthy lifestyle!!

Sports for Everyone!

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 (確實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:

1. [Japanese Archery Class](#) (15 points)
2. [Fat-burn Training](#) (15 points)

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 (florencetsui@cuhk.edu.hk/ 3943 9767)

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4. Global Learning Award Scheme (Summer Round) 寰宇學習獎勵計劃 (夏季)

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

*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



The poster features a collage of photos showing students engaged in various service-learning activities. The main title is '服務學習項目資助計劃' (Service-learning Project Funding Scheme) in Chinese and English. Below the title, it asks if students want to plan meaningful service-learning activities during their four-year university life and states that the scheme can help them realize their dreams by allowing them to choose their service对象, location, time, and itinerary. It highlights that the funding amount is HK\$5,000 - \$80,000. The poster also provides contact information for Miss Katie Yu and a website link for more details. At the bottom, it includes the WU TEE SUN COLLEGE logo and the slogan 'TAKE the INITIATIVE to make your service-learning projects come TRUE!'.

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



The poster is titled 'SELF-MOTIVATION FUND FOR SPORTS ACTIVITIES' and features images of students participating in sports. It encourages students to participate in various sports events or competitions to live up to the spirit of 'Sports for Everyone'. The poster lists two types of activities eligible for funding: 1) Sports activities/events/competitions organized by organizations other than the college, with a maximum funding of \$500 or 80% of the application fee (whichever is lower). 2) Qualification courses for sports coaches, with a maximum funding of \$800 or 80% of the application fee (whichever is lower). The poster also includes a QR code and contact information for Miss Kathy Fong.

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 two types of events:

1. **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)

2. **The course fee of qualification courses for sports coach.** *Rowing, Rope-skipping, Orienteering, Taekwondo* are some of the examples.

Funding Amount: \$800 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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1. Partial Suspension of Wifi Network Service on Campus (ResNet)

A scheduled network maintenance will carry out from 26 Nov 2017 1:00am - 6:00am.

During affected period:

- CUguest, eduroam and Wi-Fi.HK via CUHK will be unavailable
- CUHK, CUHKa, CUHK1x, CSL and Y5Zone will not be affected.

Service Affected will include hostel.

The outage notice is announced on ITSC homepage at <http://www.itsc.cuhk.edu.hk/en-gb/maintenance-and-schedule/record/647-net-20171126>.

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2. Information Session on HSBC Overseas Scholarship 2018/19 and Innovation and Technology Scholarship Award Scheme 2018

With the generous donations from HSBC, a number of awards under HSBC Overseas Scholarship as well as Innovation and Technology Scholarship Award Scheme have been offered to support local full-time non-final-year undergraduate students to participate in overseas studies over the past years.

If you would like to learn more about the application and selection process of these two scholarship schemes, you are most welcome to join the upcoming Information Session.

Date: 9th Nov (Thu)

Time: 4:30 pm - 5:30 pm

Venue: Room 502, Yasumoto International Academic Park, CUHK

Language: Cantonese

For enquiries about the Information Session, please contact our Office at sfas@cuhk.edu.hk or 3943 7204.

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3. HKMA Seminar

Recruit 25 **HKMA** The Hong Kong Management Association 香港管理專業協會

名企專家攻略：如何成為頂尖培訓員

人力資源是推動全球企業發展長久以來的主要動力，出色的培訓員在強化企業競爭力中扮演著重要角色，因此，人才培訓成為企業發展成功的關鍵。

由香港管理專業協會與Recruit聯合主辦的「名企專家攻略：如何成為頂尖培訓員」研討會，邀請了多位來自不同行業的培訓專家，與會者將分享如何踏上成功培訓員之途。屆時，各位嘉賓更會分享多個成功的培訓及發展案例，機會難逢，萬勿錯過！

嘉賓包括：
 區錦中先生 學習及發展經理 集團人力資源部 (亞視)
 周麗儀女士 集團人力資源主管 HKT
 梁建強先生 集團培訓經理 Maxim's

日期：2017年11月23日 (星期四)
 時間：下午3時正至 下午5時正
 地點：九龍尖沙咀麼地道75號南洋中心第二座三樓
 語言：廣東話
 費用：HKMA/Recruit會員 \$420
 非會員 \$580
 曾留預留10個免費名額予HKMA學生會員，先到先得，額滿即止

日期：2017年11月17日 (星期五)
 時間：下午3時正至 下午5時正
 地點：九龍尖沙咀麼地道75號南洋中心第二座三樓
 語言：廣東話
 費用：HKMA/Recruit會員 \$320
 非會員 \$420

報名/查詢詳情：
 Ms Nichola Wong 電話：2826 0521 電郵：nicholawong@hkma.org.hk
 Ms Sindy Siu 電話：2774 8518 電郵：sindy.siu@hkma.org.hk
 Ms Grace Siu 電話：2774 8583 電郵：gracesiu@hkma.org.hk

HKMA Seminar on "The Way to Become a Top Trainer"

To provide more opportunities for students to learn from outstanding HR and L&D practitioners, join the Seminar on "The Way to Become a Top Trainer". Details are as follows:

Date: **23rd Nov (Thu)**

Time: 3:00pm - 5:00pm (Registration starts at 2:45pm)

Venue: 3/F, Tower 2, South Seas Centre, 75 Mody Road, Tsim Sha Tsui, Kowloon

Language: Cantonese

Guests of Honour:

- Mr Bruce Au, Learning and Development Manager - Group Human Resources (Asia), A.S. Watson Group (*Trainer of the Year 2017*)
- Mr David Chan, Assistant Training Manager, Maxim's Group - Japanese Chain Restaurants (*Distinguished Trainer Awardee 2017*)
- Ms Florence Chow, Head of Group Human Resources, HKT Limited (*Examiner of the Award 2017*)

Quota: 5 complimentary seats

HKMA Advancing Management Excellence

富士施樂(香港)有限公司/香港管理專業協會 領導與管理系列 研討會 2017

嘉賓包括：
 吳佩玲女士 總裁 怡和集團集團
 陳曉軒博士 董事 普華永道

日期：2017年11月30日 (星期四)
 時間：下午3時正至 下午5時正
 地點：九龍尖沙咀麼地道75號南洋中心第二座三樓
 語言：廣東話
 截止報名日期：2017年11月23日 (星期四)
 曾留預留10個免費名額予HKMA學生會員，先到先得，額滿即止

費用：HKMA會員 港幣\$480
 非會員 港幣\$680
 二人同行，每人可獲減\$200!

報名/查詢詳情：
 Ms Nichola Wong 電話：2826 0521 電郵：nicholawong@hkma.org.hk
 Ms Sindy Siu 電話：2774 8518 電郵：sindy.siu@hkma.org.hk

中小企管理證書系列!
 (即中小企只限一人享受優惠，而出席者必須為企業法管層，HKMA團體會員可獲全額!)
 中小企額外每位參加者可享以下優惠!
 費用：HKMA會員 港幣\$200
 非會員 港幣\$480

中小企擔任任何行業並僱員少於100人的企業。
 *現在在大專院校就讀全日制之學生可申請成為HKMA學生會員，立即申請 (MMP-ADM-2017-L-SS)

HKMA Leadership and Management Seminar

To provide more opportunities for students to learn from prestigious management business leaders, join the upcoming seminar under the Fuji Xerox (Hong Kong) Limited/HKMA Leadership and Management Seminar Series 2017. Details are as follows:

Date: 30th Nov (Thu)

Time: 3:30pm - 5:00pm (Registration starts at 3:15pm)

Venue: 3/F, Tower 2, South Seas Centre, 75 Mody Road, Tsim Sha Tsui, Kowloon

Language: Cantonese

Guests of Honour:

- Dr Helen Chan, Chief Executive Officer, Vita Green Health Products Company Limited
- Ms Arling Ng, President, Parsons Music Corporation

Quota: 5 complimentary seats

Application: Please complete application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3626544> on or before 14th Nov.

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4. AIESC Global and Local Volunteer Programme

<The information is prepared by AIESEC in CUHK>



AIESEC Global Volunteer - Dare to Change?

Global Volunteer is an overseas volunteering program organized by AIESEC. Participants will go abroad in **summer/winter** and serve **6 - 8 weeks** (4 weeks for some projects) in an overseas community as volunteers *together with participants from other parts of the world.*

It offers up to **126 exchange destinations**, including Eastern Europe, South America, Asia and Middle East that participants can choose from!

Time, Location, Project Nature are all up to you!



AIESEC Local Volunteer - Experience Organic Farming!

We are AIESEC in CUHK, an international youth-run organization aiming to develop **youth leadership**.

Under the **Youth for Global Goals (Y4GG)** campaign we partnered with **the United Nations**, there are various activities contributing to the sustainable development goals (SDGs), and Local Volunteer is one of them.

Local Volunteer will be held in form of a 1-day voluntary service this time at E-Farm, allowing participants to gain hands-on experience on organic farming.

The deadline of application is 23:59 6th Nov, 2017.

Participants joining Local Volunteer can also *enjoy a 10% off* for the program fee of joining our another product – *Global Volunteer!*

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5. Hong Kong Scholarship for Excellence Scheme 2018/19

To support outstanding local students to pursue undergraduate and postgraduate studies in world renowned universities outside Hong Kong. Up to 100 scholarship offers would be made per cohort. Each awardee will receive a non-means-tested scholarship of up to \$250,000 and a means-tested scholarship of up to \$200,000 per annum. The value of the award may be correspondingly reduced if an awardee also receives other awards to finance his/her same studies overseas.

More details about the scheme and to apply online, please visit www.edb.gov.hk/hkses. For enquiries, please call 3509 7395 or hkses@edb.gov.hk

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6. Stress Management Workshop 壓力管理工作坊



<活動由學生事務處心理健康及輔導中心主辦>

日期：2017年11月13日(一)

時間：6:00 - 7:30pm

地點：康本國際學術園 401 室

語言：廣東話

內容：透過分享、互動遊戲及練習及練習，讓同學，讓同學掌握有效管理壓力的竅門，包括：

- 明白壓力的癥狀與影響
- 掌握有效管理壓力的方法
- 如何進行鬆弛練習

對象：中大全日制學生

名額：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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7. Alibaba Internship Programme with AIESEC in CUHK



<The information is prepared by AIESEC in CUHK>

This 6-month-long internship targets at YEAR3+ university students. As you have entered our company, opportunities are awaiting where you will be able to gain hands-on experience to work under the Alibaba ecosystem. The entrepreneurial mindset you are going to acquire, is all that you need for developing your future career!

Apply for Internship Programme: ent-fund.org/en/hongkong/internship/program

More information: goo.gl/v1QHpA

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8. HSBC Overseas Scholarship 2018/19 Now Open for Application

The scholarship will enable **local non-final year full-time undergraduate students** to spend a semester or an academic year as a visiting student or an exchange student at one of the overseas universities selected from the List of Overseas Universities. The maximum total value for each scholarship is HK\$300,000, which can only go towards tuition fees and mandatory college fees, a minimum economy return airfare, reasonable room and board costs, books, a small portion of living expenses and visa application fees.

Details of the Scholarship and its application form can be downloaded from <http://admission.cuhk.edu.hk/> (Financing Your Studies à Scholarships → Open for Applications). The application deadline is **28th Dec 2017**.

For enquiries, please contact the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid at 3943 7204 or sfas@cuhk.edu.hk.

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9. Edwin S H Leong Hughes Hall Scholarship 2018/19

To enable students of outstanding academic merit from CUHK who need support to pursue postgraduate study at The University of Cambridge, Dr. Edwin Leong will donate a scholarship tenable at Hughes Hall in Cambridge for an outstanding graduate from CUHK to pursue a one-year full-time study at Master's level, either for a taught or research degree, in the academic year 2018-19.

The maximum value of the Scholarship is £32,000 (subject to confirmation) which may cover, in full or in part, the following:

- the University Composition Fee;
- the College fee;

- a maintenance allowance to take care of board and lodging set each year by the Cambridge Overseas Trust and a settling-in fee;
- the cost of one return airfare between Hong Kong and the United Kingdom by the most economical route

The Scholarship shall only be awarded to the CUHK alumni who graduated within the recent 3 years (i.e. 2015, 2016 and 2017 classes). It may also be awarded to a final-year student contingent upon graduating from CUHK before taking up the Scholarship.

Details of the Scholarship and its application form can be downloaded from our website at <http://admission.cuhk.edu.hk/> (Financing Your Studies à Scholarships → Open for Applications). Completed application together with ALL the supporting documents must reach the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park by 5:30 p.m., 1st Dec 2017 (Hong Kong time). Late or incomplete applications will not be processed.

For enquiries, please contact the Office of Admissions and Financial Aid at sfas@cuhk.edu.hk or 3943 7204.

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10. International Symposium on Health Care Communication

The International Symposium on Healthcare Communication, organized by the Australian National University (ANU) Institute for Communication in Health Care (ICH), will be held at Australian National University in Canberra on 12th & 13th Feb 2018. The Institute will be launched at its new location at ANU, and the Institute's ongoing role as the Asia-Pacific Healthcare Hub of Charter for Compassion International will be honoured.

The Symposium will feature, amongst others, the following speakers:

- Associate Professor E. Angela Chan (Hong Kong Polytechnic University),
- Dr. Suzanne Eggins (Australian National University),
- Dr Sam Heard (Medical Director, Central Australian Aboriginal Congress),
- Dr. Katarzyna Jankowska (Nicolaus Copernicus University, Poland),
- Professor Rodney Jones (University of Reading - UK),
- Professor Emerita Suzanne Kurtz, (Washington State University -US and University of Calgary - Canada)
- Professor May O. Lwin (Nanyang Technological University - Singapore),
- Professor Christian Matthiessen (Chair Professor, Hong Kong Polytechnic University),
- Dr Elizabeth Rider (Harvard Medical School - US),
- Professor Peter Schulz (University of Lugano - Switzerland),
- Dr. Marilyn Turkovich (Exec. Director, Charter for Compassion International)

... plus international leaders in the field of healthcare communication

Registration can be done on [Eventbrite](#) (formal sale of tickets to follow).

[More info](#) on the symposium

[More info](#) on the Institute for Communication in Health Care

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

The Standard Chartered Hong Kong Marathon will be held on 21st Jan 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 21st Sep 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 17th Nov 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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12. 網上心理健康計劃－《心導遊》

(由香港中文大學心理學系舉辦)

The poster is for the 'Tour Heart' online mental health program. It features a yellow background with various icons: a brain, a heart, a compass, and a person. The text is in Chinese and English. The main title is '《心導遊》' (Tour Heart). Below it, it says '預防抑鬱症及焦慮症的網上研究計劃' (Online research program for preventing depression and anxiety). The poster lists four conditions: 1. 年滿十八歲或大學生 (18 years old or university student), 2. 能夠閱讀及理解廣東話 (able to read and understand Cantonese), 3. 具高風險會患上抑鬱症或焦慮症 (high risk of depression or anxiety), 4. 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人士 (not diagnosed with depression, bipolar depression, generalized anxiety disorder, schizophrenia spectrum disorder, or suicidal tendencies). It also mentions a reward of up to \$300 for completing the program. The website for registration is <http://www.psy.cuhk.edu.hk/tourheart/>. Logos for the Department of Psychology and the Diversity & Well-being Laboratory are at the bottom.

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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