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You can also contact Mr. William Mak at [williammak@cuhk.edu.hk](mailto:williammak@cuhk.edu.hk) or 3943 3989 for technical support.



#### Sunny Review 上周回顧

1. [Cancer Health Talk 防癌秘笈：中西醫面面觀](#)
2. [Brainstorming Session on College Café](#)
3. [College Drama Club's Production in CUHK Drama Competition 書院劇社參加中大戲劇比賽](#)

#### College Activities 書院活動

1. [Cheer for College Team!!! 為院隊健兒打氣!!! <New>](#)
2. [10<sup>th</sup> College Anniversary 十周年院慶 <Updated>](#)
3. [Stress Reduction before Examination 試前鬆一鬆](#)
4. [Japanese Archery Class 日本弓道體驗 <Updated>](#)
5. [Fat-burn Training 消脂攻略 <Updated>](#)
6. [Meet with Dean Tea Gathering 輔導長茶聚 <this Wed!>](#)
7. [Fitness Consultation Sessions 健身訓練諮詢](#)

#### College Announcements 宣佈事項

1. [WYS Term-long Exchange Programme 2018-19 Application <New>](#)
2. [2018/19 Application for Student Hostel Residence & Briefing Session \(for Non-local students admitted in 2016/17 or after\) <New>](#)
3. [Recruitment of WYS Music Team Organizing Committee Members 音樂小組招募籌委會成員 <New>](#)
4. [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\(2017/18 第一學期\)](#)
5. [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](#)
6. [Exchange and Travel Grant/Loan 2017/18](#)
7. ["Meet the Dean" Hours 輔導長時間](#)
8. [Student Pastoral Care](#)
9. [WYS's Got Talents](#)

#### 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](#)
2. [Sports for Life Award Scheme 體育運動參與獎勵計劃](#)
3. [Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃](#)
4. [Global Learning Award Scheme \(Summer Round\) 寰宇學習獎勵計劃 \(夏季\)](#)
5. [Service-learning Project Funding Scheme 服務學習項目資助計劃](#)
6. [Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃](#)

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

1. [Partial Suspension of Wifi Network Service on Campus \(ResNet\)](#)
2. [HKMA Seminar](#)
3. [Hong Kong Scholarship for Excellence Scheme 2018/19](#)
4. [Stress Management Workshop 壓力管理工作坊](#)
5. [HSBC Overseas Scholarship 2018/19 Now Open for Application](#)
6. [Edwin S H Leong Hughes Hall Scholarship 2018/19](#)
7. [International Symposium on Health Care Communication](#)
8. [The Standard Chartered Hong Kong Marathon - CUHK Marathon Team](#)
9. [網上心理健康計劃—《心導遊》](#)

### Sunny Review 上周回顧

1. [Cancer Health Talk 防癌秘笈：中西醫面面觀](#)



Western medicine and tradition Chinese medicine share similarities and differences about tips for cancer prevention. Professor Stephen L. Chan (陳林教授), Member of Health and Spiritual Well-being Committee and Associate Professor at Department of Clinical Oncology explained the evident-based approach with statistics so as to illustrate the factors/ habits which lead to higher risks of cancer. Professor Baoting Zhang (張保亭教授), Member of Health and Spiritual Well-being Committee and Associate Professor at the School of Chinese Medicine, on the other hand, gave her view of healthy lifestyle in accordance to four seasons. Both types of medical approaches can

indeed complement to each other to strengthen people's health or relieve the suffering of patients. Participants then discussed with speakers in Q&A session while enjoying refreshments.

[\(Back to top\)](#)

### 2. Brainstorming Session on College Cafe



The College was glad to have the participation from students and College members in the brainstorming session on College Café last Friday, in which various aspects of the College Café such as the desired location, style and possible collaboration were discussed. It is hoped that a good café can not only provide good coffee to College members but also enhance the community cohesion within the College.

[\(Back to top\)](#)

### 3. College Drama Club's Production in CUHK Drama Competition 書院劇社參加中大戲劇比賽



Our College Drama Club (宜孫劇社) presented its production at CUHK Drama Competition (中大戲劇比賽) 2017 on 9<sup>th</sup> Nov. Titled "Traveller" (旅人), the story was about people meeting by chance in foreign countries. The whole team put in a lot of effort planning for the production, recruiting crew members and making the props. Rounds of applause for their efforts and performance!

[\(Back to top\)](#)

## College Activities 書院活動

### 1. Cheer for College Teams!!! 為院隊健兒打氣!!!

Support your friends at the matches! Cheer for every athlete's effort!  
為你的朋友打氣! 為每位運動員的努力喝采!

#### CUHK Athletic Meet 2017 中大田徑精英賽 2017

Date	Time	Venue
15 <sup>th</sup> Nov 2017	18:30	Sir Philip Haddon-Cave Sports Field

[\(Back to top\)](#)

### 2. 10<sup>th</sup> 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，院慶籌委會為大家預備了一系列精彩活動，而13/11-14/11的晚上7至10時將會在書院學生飯堂舉辦「迷城」，歡迎大家一起參與!

Wu Yee Sun College Anniversary Celebration is coming! The Organizing Committee of College Anniversary has prepared a series of events. "The Maze" will be held from 7pm to 10pm on 13th and 14th Nov in WYS student canteen. Students are most welcome to join and have fun together.

[\(Back to top\)](#)

### 3. 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>

[\(Back to top\)](#)

### 4. 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

Limited quotas are still available. Interested students please email [kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk) for details.

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

[\(Back to top\)](#)

## 5. 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:** 16<sup>th</sup>/23<sup>rd</sup>/30<sup>th</sup> 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

Limited quotas are still available. Interested students please email [kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk) for details.

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

[\(Back to top\)](#)

## 6. 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:** 15<sup>th</sup> Nov (this Wed!)

**Time:** 4:30pm

**Venue:** College Staff Dining Room

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

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

[\(Back to top\)](#)

## 7. Fitness Consultation Sessions 健身訓練諮詢

## 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: 7<sup>th</sup> Sep – 30<sup>th</sup> 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](mailto:kathyfong@cuhk.edu.hk) / 3943 3942)

[\(Back to top\)](#)

## College Announcements 宣佈事項

### 1. WYS Term-long Exchange Programme 2018-19 Application

The College Term-long Exchange Programme 2018-19 is now open for application. If you are interested in applying for the programme, please refer to the College website (<http://www.wys.cuhk.edu.hk/exchange.php>) for more information and apply online (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4206674>). The application deadline is **5pm on 21<sup>st</sup> Nov 2017**.

**In 2018/19, six more new exchange institutes have been included.** Students can go on exchange in 24 institutes across 15 countries. On top of the destinations in **Australia, Canada, China, Singapore, Czech Republic, Korea, Germany, Sweden, The Netherlands, Finland, United Kingdom and the United States**, new opportunity to participate in term-long exchange programme in **Italy, Switzerland and Mexico** is granted. Please refer to the table below for detailed list of exchange institutes.

If you want to know more about the College exchange programme, you may attend the **Term-long Exchange Programme Introduction Session**. Our students will share their exchange experience with you.  
Date: 15<sup>th</sup> Nov 2017 (Wed)  
Time: 6:30pm – 8:00pm  
Venue: Room 112, 1/F, West Block, WYS College  
Registration:  
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4206105>  
Registration deadline: 12:00 noon, 14<sup>th</sup> Nov 2017 (**TOMORROW!**)  
Enquiries: Kathy ([kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk))



[\(Back to top\)](#)

## 2. 2018/19 Application for Student Hostel Residence & Briefing Session (for Non-local students admitted in 2016/17 or after)

If you wish to be allotted a hostel place in 2018-19, no matter via guaranteed hostel period or resident selection, you have to submit an application during the designated time. The application is administered in Term One of Year 2017/18 to allow more time for non-local students who are not allotted hostel places to explore accommodation arrangement. A fact sheet has been prepared to explain the mechanism and administration of hostel places allocation. Before applying for student hostel residence, please read the Note to Applicants carefully.

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4172456>

Application period: 13<sup>th</sup> – 28<sup>th</sup> Nov 2017

Document submission period: 30<sup>th</sup> Nov and 1<sup>st</sup> Dec 2017 (office hours at College Office)

Useful links:

Fact Sheet on Hostel Accommodation for Non-local Students Admitted in 2016/17 and after:

[http://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1487912203WYSFactSheetforNonlocalStudents\\_201702.pdf](http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1487912203WYSFactSheetforNonlocalStudents_201702.pdf)

Note to Applicants for Student Hostel Residence (2018-19): [http://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1510283818NonLocal\\_201819\\_NotetoApplicantsforStudentHostelResidenceEnglishonly.pdf](http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1510283818NonLocal_201819_NotetoApplicantsforStudentHostelResidenceEnglishonly.pdf)

### Briefing Session

To explain the resident selection process and provide an occasion for students to raise questions, the Student Hostels Committee is organizing a briefing session for non-local students who entered CUHK in or after 2016/17. You are recommended to read the Fact Sheet (link provided above) before attending the briefing session so as to gain better understanding of the arrangement concerned.

Date: 20<sup>th</sup> Nov 2017 (Mon)

Time: 6:30pm – 7:30pm

Venue: College Theatre, UG/ F

Registration: <https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=12858>

Enquiries:

Ms Polly Po T: 39431741 E: [polly@cuhk.edu.hk](mailto:polly@cuhk.edu.hk)

Miss Zalon Wong T: 39439773 E: [zalonwong@cuhk.edu.hk](mailto:zalonwong@cuhk.edu.hk)

[\(Back to top\)](#)

## 3. Recruitment of WYS Music Team Organizing Committee Members 音樂小組招募籌委會成員



想為書院舉辦唔同活動但唔知去邊？  
想實踐有趣嘅意念但驚無經驗或太 chur？

✓ WYS Music Team 需要你！

✗ 唔 chur

Music Team 一個 sem 大概只會舉行兩個活動，仲有同學同書院嘅幫忙，唔使擔心要好 chur 咁搞活動㗎！

✘ 唔識音樂/出設/...都無問題

我地而家招募籌委而非表演者，唔識出設等等無問題，只要有心搞活動嚟玩就 okay 架啦~

✘ 無限制

輕鬆又得，chur 搞又得，想點做就點做，得咗！

睇完有興趣，不如嚟傾莊啦：

日期：28/11/2017

時間：19:30

地點：W116

查詢：Miko (6044-7006) / Facebook: @wysmusicteam

\*如有任何改動，將於 Facebook 專頁發佈

Want to hold different activities in college?

Want to realize your ideas in college but afraid of lacking experience or too "chur"?

✔ WYS Music Team needs your help!

✘ Not "Chur"

Music Team only holds 2 activities per semester with the support of college. No need to be afraid being so "chur"!

✘ Don't know any music/design... No problems!

We are now recruiting Organizing Committee Members, not performers! If you don't know how to play music instruments or design posters, you're still welcomed to join us~

✘ No limitations

Whatever the formats are, do what you want!

Come to "Kingjong" and chat with us if you're interested:

Date: 28<sup>th</sup> Nov

Time: 19:30

Venue: W116

Enquiry: Miko (6044-7006) / Facebook: @wysmusicteam

\*For any revisions, please see our Facebook page.

[\(Back to top\)](#)

#### 4. 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)



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

[\(Back to top\)](#)

#### 5. 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 <sup>th</sup> Nov 2017	4:00pm - 8:45pm
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[\(Back to top\)](#)

#### 6. 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 14<sup>th</sup> Dec 2017.**

For programmes/activities held in Feb - May 2018, application will be open from 15<sup>th</sup> Dec 2017 to 14<sup>th</sup> 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](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](mailto:rebecca_wong@cuhk.edu.hk) or Miss Yolinda Wong at [yolindawong@cuhk.edu.hk](mailto:yolindawong@cuhk.edu.hk)

[\(Back to top\)](#)

#### 7. "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](mailto:soniayu@cuhk.edu.hk) / 3943 3937) or Miss Katie Yu ([katieyu@cuhk.edu.hk](mailto: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: 15<sup>th</sup> Nov (**TOMORROW!**)

Time: 4:30 - 5:30pm

Venue: College Staff Dining Room

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

[\(Back to top\)](#)

#### 8. 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.

[\(Back to top\)](#)

## 9. WYS's Got Talents

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

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

P.S. CREATIVITY COUNTS!!!

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

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

[\(Back to top\)](#)

## 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](mailto:kathyfong@cuhk.edu.hk) or 3943 3942.

[\(Back to top\)](#)

### 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 (確實換領日期經電郵通知)

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

[\(Back to top\)](#)

### 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](mailto:florencetsui@cuhk.edu.hk) / 3943 9767)

[\(Back to top\)](#)

### 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> )

<b>Long-term</b>	One to six months	Self-initiated programmes	HK\$15,000 or 100% of particular items ( <i>whichever is lower</i> )
		*Participating in organized programmes	

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

The sooner you submit your application, the quicker to receive feedbacks, and more time to improve the contents. Comment from College Exchange Committee members on proposal of self-initiated programmes could be sought by sending request to [kathyfong@cuhk.edu.hk](mailto: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, first date of the trip shall determine the application period)	#Application period
Winter	1 <sup>st</sup> Nov – 30 <sup>th</sup> Apr	1 <sup>st</sup> May – 31 <sup>st</sup> Oct
Summer	1 <sup>st</sup> May – 31 <sup>st</sup> Oct	1 <sup>st</sup> Nov – 30 <sup>th</sup> 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](mailto:kathyfong@cuhk.edu.hk) / 3943 3942) if you have any enquiries.

[\(Back to top\)](#)

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



**服務學習項目資助計劃**  
Service-learning Project Funding Scheme

想在四年大學生活中策劃一些有意義的服務學習活動?  
本計劃可讓你實現理想!  
你可以選擇你的服務對象、地點、時間、行程,  
實踐由自己一手策劃的服務學習項目。  
從服務中學習, 從實踐中了解世界!

資助金額  
**HK\$5,000 - \$80,000**

計劃詳情: <http://www.wys.cuhk.edu.hk/index.php/en/student-life/funding-schemes/331-service-learning-project-funding-scheme>  
申請辦法: 填寫申請表並附上計劃書及相關文件至書院辦公室  
查詢: Katie 余秋萍小姐 (3943 3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

WU YEE SUN COLLEGE  
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](mailto:katieyu@cuhk.edu.hk) / 3943 3935)

[\(Back to top\)](#)

## 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 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-skiing, 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](mailto:kathyfong@cuhk.edu.hk) / 3943 3942)

[\(Back to top\)](#)

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

### 1. Partial Suspension of Wifi Network Service on Campus (ResNet)

A scheduled network maintenance will carry out from 26<sup>th</sup> 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>.

[\(Back to top\)](#)

### 2. HKMA Seminar

**Recruit 25** **HKMA** The Hong Kong Management Association

**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，出色的培訓員在激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！

**嘉賓中企專**  
學習及發展經理  
集團人力資源部 (亞洲)  
**A.S. Watson Group**

**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”  
#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-M-S3)

如同一機構同時三人或以上參加研討會，每位收費：  
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 8515 電郵：sindy.siu@hkma.org.hk  
Ms Grace Shi 電話：2774 8583 電郵：graceshi@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:** **23<sup>rd</sup> 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

**吳佩玲女士** 總裁  
**陳曉軒博士** 董事

日期：2017年11月30日 (星期四)  
時間：下午3時半至 下午5時正  
地點：九龍尖沙咀麼地道75號南洋中心第二座3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 8515 電郵：sindy.siu@hkma.org.hk

中小企管理顧問會  
（即中小企只限一人享受優惠，而出席者必須為企業決策管理層，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

中小企指任何行業在港僱員少於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-S5)

### 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:** 30<sup>th</sup> 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 14<sup>th</sup> Nov.

[\(Back to top\)](#)

### 3. 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](http://www.edb.gov.hk/hkses). For enquiries, please call 3509 7395 or [hkses@edb.gov.hk](mailto:hkses@edb.gov.hk)

[\(Back to top\)](#)

#### 4. 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](mailto:wacc@cuhk.edu.hk)

[\(Back to top\)](#)

#### 5. 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 **28<sup>th</sup> 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](mailto:sfas@cuhk.edu.hk).

[\(Back to top\)](#)

#### 6. 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., 1<sup>st</sup> 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](mailto:sfas@cuhk.edu.hk) or 3943 7204.

[\(Back to top\)](#)

## 7. 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 12<sup>th</sup> & 13<sup>th</sup> 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

[\(Back to top\)](#)

## 8. The Standard Chartered Hong Kong Marathon – CUHK Marathon Team

The Standard Chartered Hong Kong Marathon will be held on 21<sup>st</sup> 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 21<sup>st</sup> 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 17<sup>th</sup> Nov 2017.

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

[\(Back to top\)](#)

## 9. 網上心理健康計劃－《心導遊》

(由香港中文大學心理學系舉辦)

香港中文大學心理學系多元文化及全人健康研究室之研究助理  
黃小娟及黃小姐《心導遊》研究計劃 (Tour Heart)

TOUR HEART

《心導遊》

預防抑鬱症及  
焦慮症的網上研究計劃

本計劃的參加者必須符合以下條件\*：

1. 年滿十八歲或大學生
2. 能閱讀及理解廣東話
3. 具高風險會患上抑鬱症或焦慮症
4. 未曾經診患上抑鬱症、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

\*我們將會對參加者在香港中文大學進行簡單的見面評估

網上登記：  
<http://www.psy.cuhk.edu.hk/tourheart/>

每屆9名合資格參加者，於完成課程及課後各階段評估的參加者，均可獲得\$100，最高合共\$300之答謝金。（答謝金將為現金或同等金額之現金券）

如有任何查詢，歡迎於辦公時間致電多元文化及全人健康研究室研究助理 黃小姐 3943-4189 或電郵 [swywong@psy.cuhk.edu.hk](mailto:swywong@psy.cuhk.edu.hk)

Department of Psychology 心理學系  
The Chinese University of Hong Kong

Diversity & Well-being Laboratory

### 簡介：

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

### 詳細內容：

i) 對象：18 歲以上，能閱讀及理解廣東話，具高風險會患上抑鬱症或焦慮症，而未曾確診患上抑鬱症、躁狂抑鬱症、廣泛焦慮症、精神分裂症譜系疾患或有自殺傾向的人士參加。

ii) 《心導遊》包括了三個不同的課程：思緒遊、靜觀遊、知識遊。合資格的人士將會被隨機分派到以上三個課程的其中一個，每個課程為期約六個星期。參加者只需每星期花約半小時，就能提升自己的心理健康或對心理健康的認識。

iii) 參加者需於課前、第六節課後、完成課程後三個月及九個月後於網上填寫有關精神健康的問卷以檢討計劃成效。

iv) 為鼓勵參與，首 180 名完成課程及課後各階段評估的參加者，可獲得港幣\$100，最高合共\$300 的答謝金（答謝金將為現金或同等金額的現金券）。答謝金將於會面評估後派發。

有興趣參加的人士，可於網上登記（<http://www.psy.cuhk.edu.hk/tourheart/>），並填寫一份簡單問卷。我們將會預約初步合資格的參加者到香港中文大學進行簡單的會面評估，以確定符合參加條件。

如有查詢，歡迎於辦公時間致電多元文化及全人健康研究室研究助理 黃小姐 3943-4189 或電郵 [swywong@psy.cuhk.edu.hk](mailto:swywong@psy.cuhk.edu.hk)。

[\(Back to top\)](#)