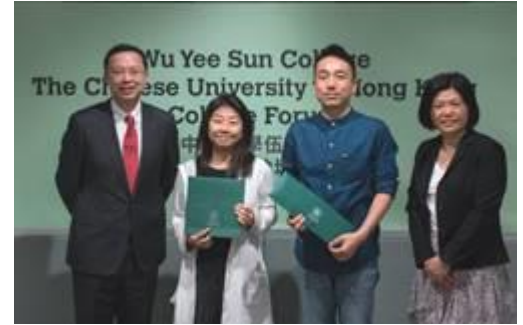


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Sunny Review

1. College Student Project Featured by the Media



(Source: [HK01](#))

Five College students teamed up to work on a project titled “*Voice of Mei Ho (口約緣荷)*”, an integration of art education (藝術教育) with community legacy (社區傳承), for the College Senior Seminar (專題討論). The project started off with arranging primary school students to interview elderly residents of Shek Kip Mei, with the aim to record the history of the community and encourage cross-generation communication. Using the information collected, the young participants produced a radio drama (廣播劇) which will be shared with the community on the coming Sunday (open to public; interested Sunnies can register [here](#)). The story behind the project was featured by the media [HK01](#).

College Senior Seminar is a required General Education course for Wu Yee Sun College final-year students in which they have to design and plan, in small groups, innovative social ventures that promise to bring social benefits to the community. Some previous outstanding projects can be viewed here: <https://www.wys.cuhk.edu.hk/page.php?name=college-senior-seminar>.

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2. College Students Receiving CUHK Outstanding Students Award 2018



Miss Stephy C.Y. Yeung (2nd from the left)



Miss Kelly K.Y. Lau (3rd from the left)

The University has established the Outstanding Students Award 2018 in order to recognize the outstanding achievements of students in the areas of **Innovation & Invention, Sports, Art, Social Service** and **Special Achievement**.

The College is proud to announce that four Sunnies have received this prestigious award. Miss Kelly K.Y. Lau 劉珈余同學 (Global Economics & Finance/4) and Miss Bonnie T.S. Lee 李天心同學 (Journalism & Communication/2) were awarded in the area of Social Service, while Miss Stephy C.Y. Yeung 楊靜瑤同學 (Cultural Management/4) and Miss Natalie S.Y. Chung 鍾芯豫同學 (Geography & Resource Mgt/4) were recognized in the area of Art and Innovation & Invention respectively. Heartiest congratulations from all the Sunnies!



Miss Bonnie T.S. Lee (far right)



Miss Natalie S.Y. Chung (middle)

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3. USFHK Cross-Country Competition 香港大專體育協會周年越野賽



This year our students continue to deliver outstanding performance in USFHK Cross Country Race (香港大專體育協會周年越野賽) held on 4th Nov. Mr. Man-tsun Wu 胡文津同學 (Physics/4), Mr. Hanniel H.N. Chow 周漢轟同學

(Psychology/4) and Mr. Timothy Aaron Kuan 關冠傑同學 (MBChB/6) took part in CUHK Cross Country Team which won the Men's Overall 1st Runner-up and Overall 1st Runner-up. Hannel also ranked the 5th place in Men's Individual. Our hearty appreciation of their effort and devotion!

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4. College Forum: Use four 'D's in Art x Education (Speakers: Ms. Candace M.N. Chong & Mr. Nick L.K. Ho) 書院論壇：用 4 個 D 去做藝術 x 教育 (講者：莊梅岩女士及何力高先生)



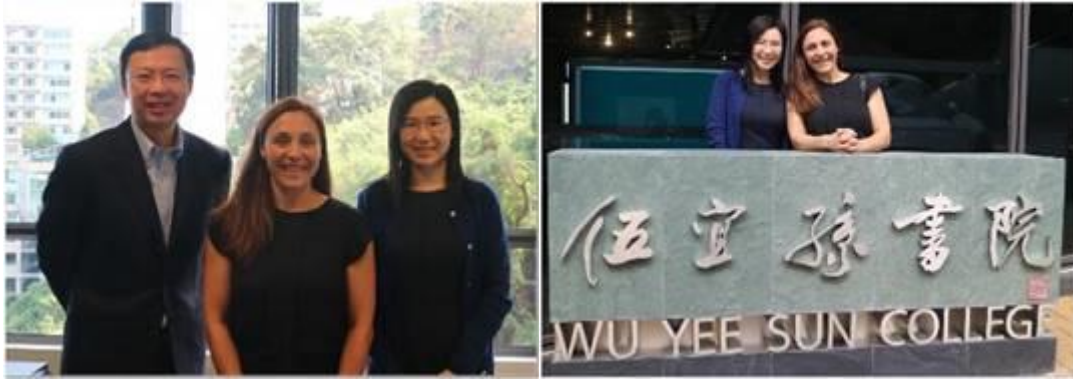
The College Forum entitled **"Use the four 'D's in Art x Education 用 4 個 D 去做藝術 x 教育"** was conducted by Ms. Candace M.N. Chong (莊梅岩女士), playwright; and Mr. Nick L.K. Ho (何力高先生), Principal of Pui Ching Middle School, last Friday. They introduced to students how they engaged students in the production "Sing Out 奮青樂與路", and what the students have experienced and learnt throughout the process. They also shared the bittersweet memories and obstacles encountered, and encouraged students to chase for what they desire.

We were grateful to have Professor Man-hong Lai (黎萬紅教授), College Dean of Students and Associate Professor at the Department of Educational Administration, moderating the Forum.



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5. Campus Visit by Mount Allison University



Ms. Robin Walker, International Programs Coordinator of Mount Allison University, a new partner institute of College term-long exchange programme, visited our College on 5th Nov. She met 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, and toured around the campus to appreciate the beautiful environment and excellent facilities of the College.

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6. College Drama Society Winning “Excellent Set Design Award” in CU Drama Competition 2018



Wu Yee Sun Drama Society participated in the CU Drama Competition 2018 and had its performance on 1st Nov. The team won the “Excellent Set Design Award” (優異佈景設計獎). Heartiest Congratulations!

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7. College Music Society: Music Performances 音樂學會：今日宜樂



Wu Yee Sun Music Society organized 2 music performances on 19th Oct and 9th Nov respectively. Students sang songs and played musical instrument on stage at College Dining Hall during lunch hour. What a pleasure for diners to enjoy their excellent performances while having lunch!



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College Activities

1. Support your friends at CUHK Athletic Elite Competition!

Cheer for every athlete's effort at CUHK Athletic Elite Competition (中大田徑精英比賽). Your support will surely encourage them to deliver the best performance!

Date: 14th Nov (this Wed!)

Time: 18:00

Venue: Haddon-cave Sports Field

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2. Staff-Student Hiking with HKPASEA



Got caught up in finals? A weekend getaway helps refresh your mind. Join us to discover the incredible landscape along Sai Kung coastline!

Date: 17th Nov (this Saturday!)

Meet-up Time and Point (Shuttle Bus):

08:15 @ Wu Yee Sun College

08:30 @ University Piazza (near to Statue of “Goddess of Democracy”)

09:00 @ Sai Kung Public Transport Interchange

Dismiss Time and Point (Shuttle Bus):

13:30 (est.) @ Sai Kung Bus Terminus

14:00 (est.) @ University Station

14:30 (est.) @ Wu Yee Sun College

Hiking Route:

Sai Kung Hoi Ha – Wan Chai Peninsula – Nam Fung Wan - Tai Tan (西貢海下 - 灣仔半島 - 南風灣 - 大灘)

Level of Difficulty:

2 stars (*maximum: 5 stars*)

Notes for Participants:

- Put on suitable sportswear and sports shoes
- Bring enough water and food
- Bring mosquito repellent, sunblock and other personal sports gear
- Reduce waste and take litter to urban areas for disposal

PE Mark: 4 Marks

Application (before 14th Nov (Wed) 5:00 pm):

Students - Register at Dean of Students’ Office and submit \$100 (*refundable upon completion of the whole activity*)

College Staff Members – Email kiki.chan@cuhk.edu.hk with your full name, contact phone and contact email

Enquiries:

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

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3. clab Black and White Film Development Workshop



The beauty and authenticity of film photography, rich in various layering, is irreplaceable by its digital counterpart. You have to load the film into camera, carefully find a sweet point between aperture and shutter speed to shoot the film, develop the film, and then maybe scan it to digital format or print it in a darkroom. This is the process how an image is captured in a camera in a traditional way.

In this workshop, you'll be able to experience how to shoot black and white photos and to develop films. You may fail at your first trial even though you are eager to have a flawless finishing. There are many factors that could affect the outcome and all you need is time and experience to master such sophisticate skills.

Come and join our Black and White Development Workshop on 21st Nov (next Wed). Register through this link: http://bit.ly/clab_bnw_ws and get a free camera!

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4. Living Up to Wu Yee Sun College's Core Value - "Creativity", "Entrepreneurship" and "Social Responsibility" - Apply NOW!



Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. You are invited to apply this programme individually or in group with at least 50% of Wu Yee Sun College students, competing for Gold, Silver and Bronze Award. Winners will get HK\$10,000, HK\$6,000 and HK\$4,000 respectively to implement, promote or demonstrate their project ideas to the others!

Just submit the application form with ONE A4 page Business Model Canvas in hardcopy to the College Office (Room G03, Wu Yee Sun College) on or before 11th Jan 2019. Express your ingenious creativity and make our society a better one!

Details: <http://www.wys.cuhk.edu.hk/funding-scheme.php>

Enquiries:

Miss Carly Lau (carlylau@cuhk.edu.hk / 3943-3988)

Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943-9767)

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5. 11th College Anniversary 十一周年院慶

The following message is drafted by "Wu Yee Sun College Anniversary Organising Committee".



11 月有一連串活動慶祝書院 11 周年院慶，誠邀大家一起參與! 請按此獲取最新活動資訊。

The College is celebrating its 11th Anniversary in Nov 2018. You are most welcome to join the events listed below. Please click [HERE](#) for latest updates.

迷離宜孫

你夠唔夠膽約埋一班朋友黎參觀我地間鬼屋？
自問大膽既你地一定要黎迷離宜孫
我地迷離宜孫 一定可以嚇怕你！

密室逃脫

快啲約埋三五知己玩呢個密室啦!!
可能呢個密室，會令你知更多宜孫嘅秘密？
輕輕介紹左咁耐，有無喚起你對院慶嘅熱情
呢？
快啲踴躍參加啦

日期：13-14/11/2018

時間：18:00 - 2230

地點：W116（密室逃脫）/W112-114（迷離
宜孫）

Haunted House

Are you brave enough to join the haunted
house?
Would you rather be a man, or a scaredy-cat?
Challenge your limits and challenge our
Haunted House!

The Chamber

Discover the mysteries of the chamber with your
friends!!
Dare to escape from the chamber successfully? I
bet you not! Come and show me!

Date: 13-14/11/2018

Time: 1800 - 2230

Venue: W116 (Chamber) / W112-114 (Haunted
House)

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College Announcements

1. Term-long Exchange Programme 2019/20: Application Opens Now



The College Term-long Exchange Programme 2019/20 is now open for application. If you are interested in applying for the programme, please refer to the College website (<https://www.wys.cuhk.edu.hk/exchange.php>) for more information and apply online (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6197269>). The application deadline is **20th Nov 2018**.

Kindly note that the **application form MUST be completed in English** since some interviewers may not be able to read Chinese. Also, if you have submitted your application successfully, you will see the page “Success! Your submission has been submitted!” after clicking the button “submit”.

If you click “Save form and resume later”, your submission is considered incomplete and hence will not be accepted. You MUST resume the form and press the submit button in order to submit your application.

In 2019/20, 4 more new exchange institutes have been included. Students can go on exchange in 23 institutes across 15 countries. Please refer to the table below for detailed list of exchange institutes.

* means newly added institutions

REGION	COUNTRY	HOST INSTITUE	Quota (FTE)
America	Canada	* Mount Allison University	0.5
		University of Alberta	1.0
	Mexico	Tecnologico de Monterrey	0.5
	United States	* American University	0.5
		* Brandeis University (2 nd term only)	0.5
		Northeastern University	0.5
		St. Edward’s University	1.0
		University of Massachusetts Amherst	0.5
	University of Rochester	0.5	
Asia	China	Zhejiang University	0.5
	Korea	Korea University (Division of International Studies)	1.0
	Singapore	National University of Singapore	0.5
Europe	Czech Republic	University of Economics, Prague	1.0
	Denmark	* Technical University of Denmark (ERG & SCI Programs)	0.5
	Finland	University of Tampere	0.5
	Germany	Albert-Ludwigs-Universitat Freiburg	0.5
	Italy	Universita Commerciale L. Bocconi	0.5
	Sweden	Uppsala University	1.0

	The Netherlands	Maastricht University, School of BA & Economics (UW)	0.5
		Maastricht University, University College Maastricht	0.5
		University of Groningen	1.0
	United Kingdom	University of Aberdeen	1.0
Oceania	Australia	Monash University	1.5

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2. Acting Appointments 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be out of town from 16th to 17th and 22nd to 26th Nov 2018. During this period, Professor Sunny K.S. Kwong (鄭啟新教授), Associate College Master and Director of University Planning Office, has been appointed the Acting Master of Wu Yee Sun College.

College Dean of Students Professor Man-hong Lai (輔導長黎萬紅教授) will be out of town from 18th to 22nd Nov 2018. During Professor Lai's absence, Professor Ming-kay Poon (潘銘基教授), Associate Dean of Students and Associate Professor at the Department of Chinese Language and Literature, has been appointed the Acting Dean of Students of Wu Yee Sun College.

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3. New College Members 新增書院成員

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



Mr. Perkins K.L. Ho 何居理先生
BS (Cornell.); MS (Columbia)

Mr. Ho currently serves as Head of Entrepreneurship and Social Innovation Team, Office of Research and Knowledge Transfer Services. The team aims to build the entrepreneurship and social innovation ecosystem; which includes exploring investment opportunities for both CUHK's technology startups and social enterprises and developing partnership with different stakeholders across the region.



Dr. Celeste L.Y. Ewig 余南瑛博士
BS (UC, Santa Barbara); PharmD (Univ. of the Pacific); BCPS, BCPPS

Dr. Ewig is a Lecturer at the School of Pharmacy where she teaches clinical pharmacy practice with an emphasis on pediatric pharmacy. Her current responsibilities also includes overseeing the Experiential Learning and International Exchange Program for CUHK pharmacy students as well as serving as a preceptor for international pharmacy students coming to Hong Kong.

Dr. Ewig is a registered pharmacist in both the USA (California) and Hong Kong. She is a board certified Pediatric Pharmacotherapy Specialist (BCPPS) and a board certified Pharmacotherapy Specialist (BCPS) by the Board of Pharmacy Specialties (USA). She is a member of the Pediatric Pharmacy Advocacy Group (PPAG) and is also a member of the American College of

Clinical Pharmacy (ACCP). Her passion lies in teaching and in improving drug use among pediatric patients.

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4. Change of Opening Hours of College Catering Outlets on 15th Nov 2018 伍宜孫書院膳堂於 11 月 15 日更改營業時間

Due to College Graduation Ceremony, the opening hours of all catering outlets at Wu Yee Sun College on 15th Nov (Thursday) will be changed to **4:00 pm – 8:45 pm**.

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5. 2019/20 Application for Student Hostel Residence & Briefing Session (for Non-local students admitted in 2016/17 or after)

2019/20 Application for Student Hostel Residence (for Non-local students admitted in 2016/17 or after) will open on 12th November 2018. 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 to allow more time for non-local students who are not allotted hostel places to explore accommodation arrangement.

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6042438>

Application period: 12th - 26th Nov

Document submission period (*only for those applying via Resident Selection*): 28th and 29th Nov (office hours at College Office)

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.

Useful links:

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

https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1541068026WYS_FactSheet_NL201617_Nov2018.pdf

Note to Applicants for Student Hostel Residence (2019-20): https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1541056724WYS_Hostel_201920_NL1617_ApplicationNote.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: 13th Nov (**Tomorrow!**)

Time: 6:30 pm – 7:30 pm

Venue: College Theatre, UG/ F

Registration: <https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=23800>

Enquiries:

Ms Polly Po (polly@cuhk.edu.hk / 3943-1741)

Miss Zalon Wong (zalonwong@cuhk.edu.hk / 3943-9773)

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6. Wu Yee Sun College The Most Popular Canteen Staff Polling (2018-19 Term 1) 伍宜孫書院飯堂最受歡迎員工選舉 (2018-19 上學期)



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 11 月份繼續舉辦最受歡迎飯堂員工選舉，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 largely improved. Another round of voting is conducting now. 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 onto the link below to vote for the most popular canteen staff.
(Each student/staff can vote for three canteen staff at most)

<https://goo.gl/xpXoTj>

Voting period 投票日期: 1st to 30th Nov

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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 the Department of Educational Administration and Policy
- Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor at the Department of Chinese Language and Literature
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics

Every Sunnie is welcome!

Academic Year 2018/19

Date: Every Wednesday

Time: 4:30 pm - 5:30 pm

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

Enquiries:

Ms. Sonia Yu (soniayu@cuhk.edu.hk / 3943-3937)

Miss Katie Yu (katieyu@cuhk.edu.hk / 3943-3935)

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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 Wellness and Counselling Centre** at **3943 7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400 2055** is available 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.

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9. Exchange and Travel Grant/Loan 2018/19

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 2018 - Jan 2019, application is now open until to 14th Dec 2018.**

For programmes /activities held in Feb - May 2019, application will be open from 15th Dec 2018 to 14th Apr 2019.

Check out the following link for more information including eligibility:

www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1524620166ExchangeandTravelGrantandLoan2017183rd.pdf

Enquiries:

Miss Yolinda Wong (yolindawong@cuhk.edu.hk)

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10. WYS's Got Talents - Photography, Poster Design, MC and a lot more!

Are you interested in or excellent at **photography, video-production, art & design, simultaneous interpretation** or being the **Master of Ceremonies**? We are now also recruiting talents of **Audio & Video Control (影音控制)**, and any other talents you've got!

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

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11. Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募

Want to stay in touch with your college friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just \$500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the [application form](#), and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

想跟書院同學保持聯繫？想擴闊人際網絡？想回饋書院？透過伍宜孫書院校友會，你可以將學生時代的關係延續下去。終生會籍只需 500 元。現時申請，更可獲贈一套四支環保飲管（先到先得，送完即止）。

各位同學只須填妥[申請表](#)，連同會員費，交回伍宜孫書院地下院務室即可。

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College Funding & Awards Schemes

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: www.wys.cuhk.edu.hk/exchange.php?cat=others.

Enquiries:

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

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

If you have participated in College sports activities before (check out at <https://goo.gl/kzLvWn>), you may redeem the water bottle and towels. Redemption details are as follows:

Period: 3rd - 30th Nov 2018

Time: Mon-Thu 8:45 am – 5:30 pm and Fri 8:45 am - 5:45 pm

Location: Dean of Students' Office (UG09)

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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:

Miss 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)

Introduction

Global Learning Award Scheme aims to encourage students to create, design, plan or participate in **non-local** academic or experiential learning programmes, so as to broaden students’ international perspectives and enrich their experiences. Students need to demonstrate from the application documents and interview that the programme applied is beneficial and valuable to them instead of just simply for entertainment. The College Student Exchange Committee will then determine if the students can be awarded, and the award amount (if any). For successful applicants, they will be awarded “Global Learning Award” and receive the award amount after fulfilling all post-trip requirement on time. For more details, please refer to the webpage of GLAS.

Eligibility

All Wu Yee Sun College students (except Exchange students) are eligible for application. The programme joined or planned must be finished by their corresponding graduation date. Some examples are students self-initiating or joining overseas tours, academic conferences, competitions, field trips, courses, internship/major-related placement, research, voluntary service. Programmes organized and subsidized by the College and Term-long Exchange Programmes are excluded.

Maximum Award Amount

The maximum award amount varies with the programme length and programme nature.

	Programme Length	Programme Nature	Maximum Award amount
Short-term	Shorter than one month	Self-initiated programmes	HK\$12,000 or 100% of cost of the particular items (<i>whichever is lower</i>)
		Participating in organized programmes	HK\$5,000 or 50% of cost of the particular items (<i>whichever is lower</i>)

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

Application

Before submitting the online application form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5632495>), please read through all guidelines and samples on the webpage.

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

Enquiries

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

Miss Katie Yu (katieyu@cuhk.edu.hk / 3943-3935)

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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:

Miss Katie Yu (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 activities and qualification courses for sports coach, in order to live up the spirit "Sports for Everyone".

More Diversified and Greater Support!

Eligibility

Application Fee of Sports Events --> **BOTH application fee and course fee of sports activities and workshops**

Funding Amount

Sports Activities: Max. \$500 --> **\$1,000**

Qualification Courses for Sports Coach: Max. \$800 --> **\$2,000**

Details: <https://www.wys.cuhk.edu.hk/page.php?name=sports-health-education>

Enquiries:

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

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Other Activities & Announcements

1. Fill in Questionnaire on Alcohol and Inconveniences Caused by Drinking & Get \$20 Cash Coupon!

The Jockey Club School of Public Health and Primary Care, CUHK are currently conducting a survey about alcohol and the inconveniences caused by drinking. The information collected in our dialogue will only be used for the study. The findings from this survey can help gain understanding about alcohol drinking in student hostel settings.

URL: <https://goo.gl/forms/gnmOoj6YFdE6T0tv1>

This interview's target respondents are local students living in hostel from CUHK and PolyU. Please take a little bit of time to answer some simple questions. In return, you will get HK\$20 cash coupon as an incentive for filling in the online questionnaire.

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2. HSBC Overseas Scholarship 2019/20

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 à Open for Applications). The application deadline is 27th Dec 2018.

Enquiries:

Scholarships and Financial Aid Section, Office of Admissions and Financial Aid (sfas@cuhk.edu.hk / 3943-7204)

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3. Edwin S H Leong Hughes Hall Scholarship 2019/20

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 2019-20.

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 -> 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 pm, 31st Jan 2019 (Hong Kong time). Late or incomplete applications will not be processed.

Enquiries:

Scholarships and Financial Aid Section, Office of Admissions and Financial Aid (sfas@cuhk.edu.hk / 3943-7204)

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4. <賽馬會心導遊計劃>一站式網上自助心理支援平台

- 每日的工作都很繁忙，究竟如何可以隨時隨地去照顧自己的心理健康呢？
- 在香港有七分之一的成年人曾經有精神困擾的經歷，但只有 25%的人會尋求協助，究竟原因是什麼呢？
- 你試過情緒受困擾卻不知道如何照顧自己嗎？
- 你試過見到身邊的人精神狀態不太好，卻不知道怎樣去支持他們嗎？

我們明白不同人會在不同時候，會有不同的精神健康狀況，亦會有不同的需要。《賽馬會心導遊計劃》旨在根據每個人的個別需要，並配合現今科技向大眾推廣精神健康，從而達到以下目的：

- 提高社會對精神健康意識及去除對精神病的誤解
- 提昇心理健康及促進個人成長
- 預防抑鬱或焦慮症狀
- 及早處理情緒困擾

立即登入 www.jctourheart.org 登記成為會員，進行簡單的心理健康評估。平台會根據評每個人的個別需要而建議合適的課程或服務。只要每日抽少少時間參與平台上的課程，就可以隨時隨地提升自己的心理健康！

註：手機版仍在測試改善中。使用電腦版的 Google Chrome、Apple Safari 或 Microsoft Edge 瀏覽網上平台，會獲最佳效果。

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To unsubscribe, please email us at info.wys@cuhk.edu.hk.