

Sunny Review 上周回顧

1. College Members Participating in CUHK-Fudan University Friendly Football Match



College Announcements 宣佈事項

1. [Kick Start Your Own Business and Rocket to Success - Apply for Dorsett Young Entrepreneur Scholarship \(帝盛青年創業家獎學金\) NOW! <New>](#)
2. [Reaching Out Award 2018/19 \(外展體驗獎\) Now Open for Application <New>](#)
3. [Acting Appointment 署理職務 <New>](#)
4. [News of College Members 書院成員消息 <New>](#)
5. [Opening Hours of College Catering Outlets at Winter Solstice, Christmas and New Year Holidays 冬至、聖誕及新年期間書院膳堂之營業時間 <Updated>](#)
6. [Meeting of Student Hostels Committee - Next Meeting Date \(20th Dec\)](#)
7. [Temporary Study Room \(W114\) during Examination Period \(5th - 21st Dec\)](#)
8. [Hostel Check-out for 2018/19 Term 1 \(applicable to residents allotted only Term 1 hostel place\)](#)
9. [Complimentary Fruit at College Student Canteen 書院學生飯堂免費送水果](#)
10. [Living Up to Wu Yee Sun College's Core Value - "Creativity", "Entrepreneurship" and "Social Responsibility" - Apply for Sunny Passion Programme NOW!](#)
11. ["Meet the Dean" Hours 輔導長時間](#)
12. [Student Pastoral Care](#)
13. [Exchange and Travel Grant/Loan 2018/19](#)
14. [Book Exchange Corner at The Lounge in House of Sunny Living 如日坊－漂書閣](#)
15. [Venue Booking of Terrace of Dreams for Barbecue Activities 借用圓夢臺 \(燒烤活動用途\)](#)
16. [Displaying Promotion Poster and Video in College](#)

College Funding & Award Schemes (Year-round Application) 書院資助及獎勵計劃 (全年可供申請)

1. [Mingle Fund](#)
2. [Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃](#)
3. [Global Learning Award Scheme \(Summer Round\) 寰宇學習獎勵計劃 \(夏季\)](#)
4. [Service-learning Project Funding Scheme 服務學習項目資助計劃](#)
5. [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. [HKMA Seminar - "The Way to Become a Top Trainer" \(Jan 2019\) <New>](#)
2. [Fill in Questionnaire on Alcohol and Inconveniences Caused by Drinking & Get \\$20 Cash Coupon!](#)
3. [HSBC Overseas Scholarship 2019/20](#)
4. [Edwin S H Leong Hughes Hall Scholarship 2019/20](#)
5. [<賽馬會心導遊計劃>一站式網上自助心理支援平台](#)

Sunny Review

1. College Members Participating in CUHK-Fudan University Friendly Football Match



Four College members, namely Associate Master and Associate Dean of Engineering Professor Kam-fai Wong (黃錦輝教授), Professor Daniel Z. Long (龍卓瑜教授) of the Department of Systems Engineering and Engineering Management, Mr. Nelson K.T. Lam (林國棠先生) of the Physical Education Unit, and Mr. Ron C.L. Wong (黃鎮龍先生) of the College Office, joined the CUHK Team in its Friendly Football Match with Fudan University (復旦大學) on 2nd Dec. All players gave their best effort in the match and enjoyed the exchange between the two universities at the gatherings.

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

College Announcements

1. Kick Start Your Own Business and Rocket to Success – Apply for Dorsett Young Entrepreneur Scholarship (帝盛青年創業家獎學金) NOW!



Dorsett Young Entrepreneur Scholarship 帝盛青年創業家獎學金 (DYES) is an award offered by Dorsett Hospitality International Limited. The awardees will be offered up to HK\$80,000 (subject to the total number of applications) with 2-4 quota per year.

DYES aims at providing students, who are year 2 or above and preferably have exposure to Mainland China, an opportunity to demonstrate entrepreneurial talents with innovative ideas to set up their own business, targeting on Hong Kong and/or the Mainland China market. You can submit your application individually or in a group comprised of at least 50% WYS students.

Please check out the details through the website <http://www.wys.cuhk.edu.hk/funding-scheme.php>. Simply click "Dorsett Young Entrepreneur Scholarship" and download the guideline for further details.

Should you be interested in developing your own business, submit the application form together with a ONE-page Summary and a ONE-page Business Model Canvas on or before **18th Jan 2019**.

Enquiries:

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

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

2. Reaching Out Award (外展體驗獎) 2018/19 - Now open for application

Wu Yee Sun College full-time undergraduate students are now invited to apply for the **Reaching Out Award 2018/19 (ROA)** offered by the HKSAR Government.

The award, in the amount of HK\$10,000 for each successful applicant, aims to support students in participating in events/competitions (e.g. conferences/forums/workshops/seminars/training camps/competitions/service projects etc.), internships or placements (credit-bearing/non-credit bearing), field/study trips or courses (e.g. foreign language immersion programmes/academic exchange programmes etc.) which are conducted outside Hong Kong in 2018/19 academic year (1st Sep - 31st Aug).

Learn more about the selection criteria, supporting documents required and application procedures here: <https://www.wys.cuhk.edu.hk/news-details.php?id=11200&lang=zh>

Application Deadline: 5:30pm, 31st Jan 2019

Enquiries:

Miss Yolinda Wong (3943 3932 / yolindawong@cuhk.edu.hk)

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

3. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be out of town from 13th to 22nd Dec. During this period, Professor Sunny K.S. Kwong (鄺啟新教授), Associate College Master and Director of University Planning Office, has been appointed the Acting Master of Wu Yee Sun College.

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

4. News of College Members 書院成員消息

Professor Ming-chung Chu (朱明中教授), College Fellow and Professor at the Department of Physics, has been re-appointed Member of the Radiation Board (輻射管理局) for a period of three years from 1st Dec 2018.

Professor Kam-fai Wong (黃錦輝教授), Associate College Master, Associate Dean (External Affairs) of Engineering and Professor at the Department of Systems Engineering and Engineering Management, has been re-appointed

Member of the Radio Television Hong Kong Board of Advisors (香港電台顧問委員會) for a period of two years from 1st Sep 2018.

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

5. Opening Hours of College Catering Outlets at Winter Solstice, Christmas and New Year Holidays 冬至、聖誕及新年期間書院膳堂之營業時間

Kindly note the following opening hours of all catering outlets at Wu Yee Sun College:

22 nd Dec 2018 (Sat)	7:45 am - 5:00 pm
23 rd Dec 2018 (Sun)	Closed
24 th Dec 2018 (Mon)	7:45 am - 5:00 pm
25 th & 26 th Dec 2018 (Tue & Wed)	Closed
30 th Dec 2018 (Sun) & 1 st Jan 2019 (Tue)	Closed

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

6. Meeting of Student Hostels Committee - Next Meeting Date (20th Dec)

The upcoming meeting of Student Hostels Committee will be held on Thu, 20th Dec 2018 at 2:30 pm. College students can approach the corresponding student members through the College Student Union (presun.wyssu@gmail.com), Resident Association (resunance523@gmail.com) and Non-Resident Association (wuverine1819@gmail.com) if there are any suggestions or comments related to hostel matters. Thank you for your valuable input.

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

7. Temporary Study Room (W114) during Examination Period (5th - 21st Dec)

Seminar Room 114 (1/F, West Block) will be open 24 hours as a temporary study room during centralized exam period from 5th to 21st Dec 2018. College students can access the room with their CU link cards. Please observe rules of study room use and be considerate to other users.

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

8. Hostel Check-out for 2018/19 Term 1 (Applicable to residents allotted only Term 1 hostel place)

The College hostel check-out deadline for Term 1, 2018-19 is **12:00nn on Thursday, 27th Dec 2018**. Please download the Hostel Check-out Form and complete the check-out procedure before the deadline. Hostel deposit of those who do not complete the check-out procedure by the designated check-out deadline will be forfeited.

Note for Hostel Check-out: <https://goo.gl/zTLkLk>

Hostel Check-out Form: <https://goo.gl/w6FoMz>

Enquiries:

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

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

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

9. Complimentary Fruit at College Student Canteen 書院學生飯堂免費送水果

To show support to students during the examination period, the caterer will offer complimentary fruit to Wu Yee Sun College students who purchase any meal (drinks excluded) from **5th to 21st Dec 2018 (Monday to Friday; Dinner session only)** at the Wu Yee Sun College Student Canteen. Please present your CU Link Card as verification. Offers limited to 40 fruits per day and first-come first-served.

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

10. Living Up to Wu Yee Sun College's Core Value - "Creativity", "Entrepreneurship" and "Social Responsibility" - Apply for Sunny Passion Programme 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)

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

11. "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)

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

12. 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.

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

13. 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)

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

14. Book Exchange Corner at The Lounge in House of Sunny Living 如日坊一漂書閣

A Book Exchange Corner has been set up at The Lounge in House of Sunny Living. Students and staff are welcome to donate good books for exchange. You can come to The Lounge to pick a book which is of interest to you and at the same time, please leave down a good book for exchange.

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

15. Venue Booking of Terrace of Dreams for Barbecue Activities 借用圓夢臺 (燒烤活動用途)

If students would like to reserve Terrace of Dreams for Barbecue activities, you may follow the procedures below to submit application.

Step 1: Reserve Terrace of Dreams at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4082730> at least THREE working days prior to the event date.

Step 2: Receive booking results via email from College

Step 3: Go through the rules & regulations, then submit application to Student Union for reserving BBQ Stove <https://drive.google.com/drive/folders/0B2BJiMcr2icqWkE4V3dmMWJXVkE>

Please be reminded BBQ can only take place in designated time and location:

Booking Period: Mon – Thu, 4:30 pm - 11:00 pm

Designated Location for BBQ: Terrace of Dreams

*Booking of Terrace of Dreams via this online application can only be made for BBQ activities. For other activities organized by student bodies, student bodies concerned should submit booking request via online booking system (<https://www6.cuhk.edu.hk/WYS/frs/WYSLogin.aspx>).

Enquiries:

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

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

16. Displaying Promotion Poster and Video in College

To enhance the promotion channels and encourage student creativity, College student bodies may submit online application to display poster and video in College for their activities.

Display Locations*:

1. Video wall at College Gallery (G/F)
2. TV at Lift Lobby, East Block (G/F)
3. TV at Lift Lobby, West Block (G/F)
4. TV at Student Canteen (LG/F)

*College student bodies cannot select display locations.

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

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4616428>

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

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)

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

2. 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 (florecetsui@cuhk.edu.hk / 3943-9767)

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

3. 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)

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

4. 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)

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

5. 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)

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

Other Activities & Announcements

1. HKMA Seminar - "The Way to Become a Top Trainer" (Jan 2019)



To provide more opportunities for students to learn from outstanding HR and L&D practitioners, **5 complimentary seats** will be provided for our students at the Seminar which will be held as follows:

- Date:** Friday, 18th Jan 2019
- Time:** 3:00pm - 5:00pm (Registration starts at 2:45 pm)
- Venue:** 3/F, Tower 2, South Seas Centre, 75 Mody Road, Tsim Sha Tsui, Kowloon
- Language:** Cantonese

Guests of Honour:

- **Mr CY Chan**, Head of Talent Engagement and Corporate Social Investment, Co-Owner, Hong Kong Broadband Network Limited (*Board of Examiner of Award for Excellence in Training and Development 2019*)
- **Ms Maria Hui**, HR Director, Microsoft Hong Kong (*Board of Examiner of Award for Excellence in Training and Development 2019*)
- **Ms Angela Yip**, Director of Learning and Development, Hotel ICON (*Silver Award Winner of Campaign Award 2018*)

Interested students please send email to soniayu@cuhk.edu.hk with following information **on or before 9th Jan 2019**.

1. Student ID
2. English Full Name
3. Major / Programme
4. Contact Phone
5. Contact Email

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

2. 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.

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

3. 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)

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

4. 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)

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

5. <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。

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

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