For problems viewing CHINESE words in this email, please right click the mouse and choose Encoding and then Unicode (UTF-8). You can also contact Mr. Jason Cheng at jasoncheng@cuhk.edu.hk or 3943 3989 for technical support.

The Sunny Weekly

14 Jan 2019



Sunny Review 上周回顧

 <u>1. Yan Chak Service-Learning Programme: Service-Learning</u> <u>Trip to Yunnan 仁澤服務學習計劃:雲南服務學習之旅</u>
 <u>2. College Student Won Champion of Mizuno Hong Kong</u> <u>Half-Marathon Championships</u>



College Activities 書院活動

1. Welcoming Dinner for Incoming Exchange Students 2018/19 Term 2 <New>

- <u>2. Basketball Enhancement Scheme (For Men) and Volleyball Training Programme <New></u>
- 3. Fitness Consultation Sessions 健身訓練諮詢 <New>
- 4. Get Moving Resistance Training and Functional Training <New>
- 5. 語文文化桌:花間詞中的「嚴妝」與「淡妝」 <New>
- 6.《青春戰記 2:來得及再愛妳》電影欣賞及導演分享會 < Tomorrow!>

7. 中國書法班

- 8. English through Wine and Cheese Appreciation
- 9. Fitness Room User Introductory Course 健身室使用者課程
- 10. clab Proudly Presents: Film Photo Contest clab 年度鉅獻:菲林攝影比賽 < Deadline Extended >

College Announcements 宣佈事項

1. College Member Professor Ka-ming Wu (胡嘉明教授) Selected from Worldwide Recruitment to Join an

International 10-year Collaborative Leadership Initiative <New>

2. Rance Lee Award Winning Team Announcement <New>

3. Closure of College Building during Chinese New Year 農曆新年期間書院大樓關閉 <New>

4. 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)! <Application Deadline next Friday>

5. Grab the Last Chance to Apply for Sunny Passion Programme <Deadline Extended to this Friday>

6. Locker Application for College Students/Student Organizations (2018/19) 書院儲物箱申請 (2018/19) <Application Ends at 12nn this Friday>

7. Meeting of Catering Services Committee - Next Meeting Date (28th Jan) <New>

8. Meeting of Scholarships and Financial Aid Committee - Next Meeting Date (25th Jan)

9. Reaching Out Award 2018/19 (外展體驗獎) Now Open for Application

- **10. Arrangement for Gown Borrowing and Photo Day for Graduating Students of 2018/19**
- 11. Try-outs for Wu Yee Sun College Sports Teams (2018-19 Term 2) 書院院隊選拔 (2018-19 下學期)

12. "Meet the Dean" Hours 輔導長時間

13. Student Pastoral Care

14. Exchange and Travel Grant/Loan 2018/19

15. Book Exchange Corner at The Lounge in House of Sunny Living 如日坊 – 漂書閣

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

17. Displaying Promotion Poster and Video in College

College Fu	nding &	Award	Sche	mes	(Year-round
Application)	書院資助	力及獎勵	計劃	(全年)	可供申請)

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

1. Mingle Fund

2. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃

<u>3. Global Learning Award Scheme (Summer Round) 寰</u> 字學習獎勵計劃 (夏季)

<u>4. Service-learning Project Funding Scheme 服務學習項</u> 目資助計劃

<u>5. Self-Motivation Fund for Sports Activities 「自選</u> 遊」體育活動資助計劃

- 1. Information Sessions on Summer Programmes by OAL <New>
- 2. United Nations SDG International eTournament
 <New>

<u>3. Seminar Organized by CUHK JC School of Public</u> <u>Health and Primary Care</u> **<New>**

4. Invitation to Know More about Alcohol Part II, and win HK\$1,500 up shopping coupon <New>

5. Student Residence Bursary Scheme 2018/19 (for students who reside in hostel for the second term only)

<u>6. Edwin S H Leong Hughes Hall Scholarship 2019/20</u> 7. <賽馬會心導遊計劃>一站式網上自助心理支援平台

Sunny Review

1. Yan Chak Service-Learning Programme: Service-Learning Trip to Yunnan 仁澤服務學習計劃:雲南服務學習之旅



17 Sunnies from different majors participated in the College Service-Learning Trip to Yunnan from 27th Dec 2018 to 5th Jan 2019. Led by Senior College Tutor Mr. Wak-hung Tang (鄧惠雄先生) and accompanied by a few local students and staff of Yunnan University, our students went to Dayile Village (大矣勒村) in Yunnan to organize activities for the elderly, children and the community there. Despite the adverse weather and living conditions, our students were devoted to offering services to the villagers.



For children service, the College students have planned various activities to share different values and knowledge with them. For example, they taught the children not to bully others by a short play and storytelling. They also played games and did craftworks to share values such as environmental protection and healthy diet with the children. Knowing the children always eat junk food, our students did a scientific experiment with them to show that junk food is not good for health because of the artificial pigments contained. As New Year celebration, the

Sunnies danced with the children in front of other villagers and brought laughter for everyone at the beginning of the year.



For elderly service, the Sunnies visited the homes of the elderly to teach them simple stretching exercise and conduct health assessment for them. They helped the elderly to make a memory book, and also gave handmade paper flowers and sachets with Chinese herbs to the elderly as gifts.

Although Dayile Village is a village of the Zhuang ethnic minority (the Zhuang 壯族), the new generation did not know much about the Zhuang and the problem of culture loss arises. Our students strived to help their culture preservation and gathered information of the history and traditions of the Zhuang by interviewing locals, as well as learned local arts and craftwork including embroidery, bamboo weaving and local songs. They then hosted an exhibition to share with the villagers their findings and feelings.

As invited by the villagers and social workers, our students made suggestions on environmental protection such as recycling, reducing rubbish and keeping the river clean. Our students also give advice to the social workers how they could further improve the development of the village.

Participants had a fruitful time throughout the programme. They have gained a deeper understanding to the culture of the Zhuang and the situation of the left-behind children and elderly. They also reflect on the differences between villages and cities and further ponder upon how they could help the needy more.



(Back to top)

2. College Student Won Champion of Mizuno Hong Kong Half-Marathon Championships



Congratulations to Hanniel H.N. Chow (周漢聶同學) for capturing the Champion of Mizuno Hong Kong Half-Marathon Championships (美津濃香港半馬拉松錦標賽 2018) held on 30th Dec 2018!

(Back to top)

College Activities

1. Welcoming Dinner for Incoming Exchange Students 2018/19 Term 2

The College hosts incoming exchange students from countries around the world every semester. As the new semester has just started, we are organizing a Welcoming Dinner for the incoming exchange students admitted for 2018/19 Term 2. Seats have been reserved for local students but are limited and on first-come, first-served basis. If you are interested in making some friends, register now!

Event Details

Date: 17th Jan (Thu) Time: 6:30pm - 8:30pm Venue: College Student Canteen Fee: Free (*dinner will be served*) Registration deadline: 14th Jan (TODAY!)

Registration Link:

(a) Incoming exchange students: <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6618212</u>
(b) Non-incoming exchange students: <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6617280</u>

Enquiries:

Miss Rachel Poon (3943-3942 / <u>rachelpoon@cuhk.edu.hk</u>) Miss Katie Yu (3943-3935 / <u>katieyu@cuhk.edu.hk</u>)

(Back to top)

2. Basketball Enhancement Scheme (For Men) and Volleyball Training Programme



If you are interested in playing basketball or volleyball, why don't you get together to play with your peers this term?

Basketball Enhancement Scheme (For Men)

Dates:

Jan 17, 24, 31 Feb 14, 21, 28 Mar 7, 14, 21, 28 Apr 4, 11, 26

Time: 7:00pm - 9:00pm **Venue:** Shaw College Outdoor Basketball Court

Deposit: \$500 (\$200 refundable upon 80% of attendance)

*You will also have opportunities to join open competitions!

Application:

Volleyball Training Programme

Dates: Every Fri Night, Except Public Holidays

<u>Jan 18, 25; Feb 1, 15</u> 8:00 pm -10:00 pm @ University Gym

<u>Remaining Sessions</u> Every Fri Night, **Time and Venue to be confirmed**

Deposit: \$200 (\$100 refundable upon 70% of attendance)

Interested students please contact: Basketball Enhancement Scheme (For Men) - **TSE Ka Him** (9441-7135) Volleyball Training Programme - **KWONG Pui Doll (**9064-7678) or **MOK Hiu Man** (6213-1250)

PE Marks: 4

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

(Back to top)

3. Fitness Consultation Sessions 健身訓練諮詢



Ever have doubts about all sorts of training techniques and effects? Ask our personal trainers at College Gymnasium!

Trainer: Mr. Sebastian Chan

Dates (Every Wed, Except Public Holidays): Jan 16, 23, 30 Feb 13, 20, 27 Mar 6, 13, 20, 27 Apr 3, 10, 17

Time: 7:00pm - 9:00pm **Venue:** College Gymnasium Trainer: Ms. Vanessa Chan

Dates (Every Thu, Except Public Holidays): Jan 17, 24, 31 Feb 14, 21, 28 Mar 7, 14, 21, 28 Apr 4, 11, 18

Time: 6:00pm - 8:00pm **Venue:** College Gymnasium

No prior applications required! Kick-start your workout plan now!

Enquiries:

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

(Back to top)

4. Get Moving - Resistance Training and Functional Training



Move Alert!

We spend so much time in front of computer for study, work or entertainment, let's get a stroll or take some easy trainings to strengthen our body!

Resistance Training & Exercise 阻力訓練

- builds muscle strength and enhances endurance

Dates: Feb 20, 27; Mar 6, 13

Functional training 功能訓練

- trains the entire movement of your body to better perform everyday activities

Dates: Feb 21, 28; Mar 7, 14

Instructor: Mr. Sebastian Chan

Instructor: Ms. Vanessa Chan

Time: 7:00pm - 8:00pm Venue: College Gymnasium Quota: 12 (per class) Deposit: \$200 (per class) [refundable upon completing at least 3 lessons]

Application:

Please complete application form at <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6639007</u> AND submit deposit to College Dean of Students' Office (UG09) on or before 5:00 pm, 31st Jan.

PE Marks: 4

Enquiries:

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

(Back to top)

5. 語文文化桌:花間詞中的「嚴妝」與「淡妝」

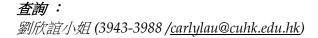
詞是一種興起於唐代的文體,宴席之間,樂工及歌妓以歌舞侑酒,文人為其所作的就是詞。後蜀的趙崇祚把部分晚唐 及五代文人詞作編訂為《花間集》,其中不少作品以女性描寫為主題,清代詞學家周濟曾以「嚴妝」及「淡妝」來形 容兩位著名花間詞人溫庭筠與韋莊的詞作。「嚴妝」與「淡妝」除了指出花間詞人描繪女性儀容用筆細膩外,其實亦 點出了詞體的本色特質,提示我們如何析賞詞作。

講者: 曾智聰教授

香港中文大學中文系哲學碩士,清華大學中文系博士,現職香港公開大學人文社會科學院助理教授。

- 日期:2月18日(星期一)
- 時間:晚上 6:30 至 8:30
- 地點:伍宜孫書院教職員飯堂
- 語言:粵語
- 按金: \$50 (準時出席可獲退回全部按金)

報名:<u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6638124</u> 截止日期:2月13日(星期三) *名額有限,先到先得。報名次序以遞交按金先後次序為準。請將按金交至書 院院務室。





(Back to top)



6. 《青春戰記 2: 來得及再愛妳》電影欣賞及導演分享會

由平和基金資助,以香港中文大學為主要拍攝場地(如百萬大道、圖書館、伍宜孫書院),並邀請中大教授、同學及中學生參演的電影《青春戰記2:來得及再愛妳》,已完成製作,快將上映。《青春戰記2》以穿越時空為題材,期望透過清新純真愛情故事, 帶出有關戒賭的教育意義及反思。

書院有幸邀得《青春戰記 2》導演賀峰先生親臨書院,與出席者一同欣賞電影及進行分享,機會難逢!適逢香港中文大學 55 周年校慶,希望大家能積極參與。詳情如下:

- 日期:2019年1月15日(明天)
- 地點:伍宜孫書院 UG 樓層演藝廳
- 時間: 7:00 pm 9:00 pm (電影播放); 9:00 pm 9:30 pm (分享會)
- 講者: 賀峰 (青春戰記2導演)
- 費用:免費

報名:<u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6525277</u> (歡迎所有中大師生。伍宜孫書院師生優先。名額有限,先到先得。)

故事簡介: <u>https://www.youtube.com/watch?v=eaeOI5to3PA&feature=youtu.be</u>

阿軒意外穿越回到了5年前仍在讀大學的時期,正是他與女友Joyce 第一次邂逅的日子。阿軒認為這是上天給他的一次機會,讓他阻止父親因沉迷賭博而鑄成大錯、並救回5年後意外受傷昏迷的Joyce,從而改變自己的命運。然而, 命運真的可以改變嗎?一切又是否可以如他所願?

<u> 査</u>詢:

余秋萍小姐 (3943-3935 / katieyu@cuhk.edu.hk)

<u>(Back to top)</u>

7. 中國書法班

書法不只是一種表現文字美的藝術,亦可以陶冶 性情,怡養身心。參加同學將通過隸書臨習,學 習中國書法的用筆、結構技法、原理,培養知法 明理的理性學書觀念,冀能通過短期訓練,培養 學員書法自學能力。

導師: 雷紹華老師

雷老師主修書法篆刻國畫。於香港大學專業進修 學院,香港中文大學專業進修學院及自己的書法 工作室任教。所教課程涉及篆隸楷行書五種書 體,教學方法系統而理性。

日期:2月20、27日及3月6、13日、20日[逢星期三,共五堂] 時間:晚上6:30至8:30 地點:伍宜孫書院西座112室 按金:\$300(出席四堂可獲退回全部按金)

報名:<u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6570268</u>

截止日期:2月13日 **名額有限,先到先得。報名次序以遞交按金先後次序為準。請將按金交至書院院務室。*

<u> 査</u>詢:

劉欣誼小姐 (3943-3988 / <u>carlylau@cuhk.edu.hk</u>)

(Back to top)

8. English through Wine and Cheese Appreciation



Aroma, Round, Thin...Do you understand wines?

What vocabulary can you think of to describe wines and cheeses? Do you know which cheese goes best with your favorite wine? Come and join our workshop to learn more about the secrets of wine and cheese pairings so that you can create your amazing wine and cheese pairings next time on your own!

Date: 26th Feb (Tue) **Time:** 7:00pm - 9:30pm



Venue: W112, Wu Yee Sun College

Speakers:

Ms. Anna Tam (Food and wine writer, and WSET course tutor) Ms. Jessica ACUN A (Assistant Lecturer at English Language and Teaching Unit)

Eligibility: Students aged 18 or above

Registration: <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6580637</u> Deadline: 19th Feb

Deposit: \$50 (Refundable upon completion of the activity)

*Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation.

Enquiries:

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

(Back to top)

9. Fitness Room User Introductory Course 健身室使用者課程



The full Sea-view Fitness Room is open for use. In accordance with the University's guidelines, only those who can present valid CUHK Fitness Room User Cards can use Fitness Rooms on University campus. Students/ members who are not CUHK Fitness Room User Card holders may attend a Fitness Room User Introductory Course organized by the College with details as follows:

Date: 17th Jan (Thursday) Time: 7pm - 8pm Venue: College Fitness Room Quota: 12 (first come, first served)

Instructor: Ms. Chan Po Ling Application: <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6537578</u> Application Deadline: 14th Jan (TODAY!)

*Year 1 students may obtain the CUHK Fitness Room User Card from PE lessons.

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

10. c!ab Proudly Presents: Film Photo Contest c!ab 年度鉅獻:菲林攝影比賽



(Back to top)

為鼓勵更多同學參加比賽, c!ab 現將菲林攝影比賽截止日期延遲至一月三十一日。 獎品豐富,中大同學均可參與,立即把握機會! To encourage more participants, c!ab is now extending the submission deadline of Film Photo Contest 2018 to **31**st **Jan 2019**. Grasp this last chance!

主題 Theme | 光 Light

截止日期 Submission Deadline | 11:59 pm, 31st Jan 2019 **規格要求 Format Requirement** | 黑白/ 彩色菲林照片(片幅不限) **參賽資格 Eligibility** | 中大學生及伍宜孫書院校友均可參與 **參賽表格及詳情 Submission Form and Details** | <u>https://bit.ly/clab_film_contest</u> **查詢 Enquiries** | Facebook Fanpage @ WYS c!ab CUHK

College Announcements

1. College Member Professor Ka-ming Wu Selected from Worldwide Recruitment to Join an International 10-year Collaborative Leadership Initiative



Professor Ka-ming Wu (胡嘉明教授), College Member and Associate Professor at the Department of Cultural and Religious Studies, has been selected to join <u>Homeward Bound</u>, a social enterprise and leadership outreach initiative that aims to equip a 1,000-strong global collaboration of women with STEMM (science, technology, engineering, mathematics, medicine) backgrounds to lead, influence and contribute to policy and decision-making as it informs the future of our planet within 10 years.

Professor Wu is the only member in Hong Kong and in social science chosen, along with 94 members in the entire globe this year. The program will conclude in November 2019 with a three-week scientific research training in the Antarctica.

Professor Wu has also shared her views on cultural studies and its correlation with our daily life at a recent interview with HK01, which can be viewed <u>here</u>.

Heartiest congratulations to Professor Wu for her achievements!

(Back to top)

2. Rance Lee Award Winning Team Announcement

The Final Presentation of the participating teams for Rance Lee Award was held on 4th Jan. The College is pleased to announce that two teams have been shortlisted in the area of Health and Well-being. The shortlisted finalists are (in arbitrary order):

Team	Project Idea
When Literature Speaks – New Media Art Hong Kong Literature Promotion Programme	The project aims to promote literature and art, which could benefit the community to focus on internal-self instead of the never-satisfying thirst for wealth and materials in the world. Through nurturing people's reading habit in an alternative way, the team hopes to encourage readers to re-think the relationship between oneself and the community.
Voice of the History – Intergeneration Integration and Community History Inheritance Project	Studies have found that community bonding is an indispensable element in ensuring good mental health. The project aims to connect children and elderlies. Through learning the stories and history of the community, followed by the production of radio drama, children's community identity are constructed and they are encouraged to care for the society from their perspectives. By building community connectivity, it reassures a person's identity as a member of the community.

The teams will now implement their ideas and the awards will be presented at the College Closing Assembly on 12th Apr.

(Back to top)

3. Closure of College Building during Chinese New Year 農曆新年期間書院大樓關閉

The College building will be closed from 11:00pm on 1st Feb to 8:00am on 8th Feb for Chinese New Year holiday. **Residents please leave the hostels and the College building by 11:00 pm on 1st Feb**.

Non-local and exchange students who need to stay in the hostel during this period, please submit an online application at <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5975711</u> by 21st Jan for the Wardens' consideration.

Those who do not obtain special approval from the Wardens will <u>NOT</u> be able to access the College building and hostels with their CU Link Cards during the holiday period. Thank you for your kind attention.

(Back to top)

4. 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)!



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 <u>http://www.wys.cuhk.edu.hk/funding-scheme.php</u>. 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 (this Friday)**.

Enquiries:

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

(Back to top)

5. Grab the Last Chance to Apply for Sunny Passion Programme



Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. With a number of requests to extend the application period, there will be a grace period **till 5:30pm on 18 Jan (this Friday)** for those interested in this programme.

You are invited to apply for 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 5:30pm on 18 Jan. Express your ingenious creativity and make our society a better one!

Please check out the following link for **UPDATED** timeline of the programme and further details: <u>http://www.wys.cuhk.edu.hk/funding-scheme.php</u>

Enquiries:

Miss Carly Lau (3943-3988 / <u>carlylau@cuhk.edu.hk</u>) Miss Florence Tsui (3943-9767 / <u>florencetsui@cuhk.edu.hk</u>)

(Back to top)

6. Locker Application for College Students/Student Organizations (2018/19) 書院儲物箱申請 (2018/19)

Lockers are now available for WYS College non-resident students and student organizations.

Options for Lockers and respective locations:

I. College Locker: 1/F, East Block (opposite to Learning Commons) II. YIA Locker: 4/F, Yasumoto Academic International Park (near Room 406 & 410) III. WMY Locker: 5/F, Wu Ho Man Yuen Building IV. More than 1 locker

Students/student organizations can apply at <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6537293</u>. Successful applicants will be assigned lockers for use in the period **21**st **Jan - 26**th **Apr**.

Application Procedures

- 1) Submit application online during the period 7th Jan to 12:00nn 18th Jan. First come, first served.
- 2) Submit a deposit of \$50 via HSBC or Hang Seng Bank ATM to The Chinese University of Hong Kong (293-005005-018) **AFTER** being notified by email of the success of application.
- Submit the bank-in slip / ATM advice to the Dean of Students' Office (UG09) in person on or before
 5:30 pm 1st Feb after receiving the confirmation email sent by the Office.
- 4) We will follow your preference to assign locker(s) as far as possible, subject to the number of applications.

Regulations for the Use of Lockers

- 1. Users should take care of their personal belongings kept in lockers. The College will not be responsible for any loss or damage.
- 2. Due to hygienic reasons, no food, beverages, condiments or similar items should be kept in the lockers.

- 3. Users are responsible for cleaning the lockers and removing all the personal belongings inside them before returning the lockers to the College. After the stipulated period of use, any leftover items inside the lockers will be disposed of without any notification (no compensation will be made for destroyed locks).
- 4. Deposit will be refunded by auto-pay. Students should check their bank accounts in due course.
- 5. Deposit will be forfeited if any damage is made or failure to clear the locker upon expiry of the period of use.
- 6. The College may seize the student's right to use the locker if he / she violates the regulations or misuses the locker.
- 7. Users are fully responsible in taking care of their lockers. To avoid any misunderstandings, users are strongly recommended to lock their lockers even if they do not leave anything inside.

Enquiries:

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

(Back to top)

7. Meeting of Catering Services Committee - Next Meeting Date (28th Jan)

The upcoming meeting of Catering Services Committee will be held at 4:00pm on 28th Jan. College students can approach the corresponding student members through the College Student Union (*presun.wyssu@gmail.com*) if there are any suggestions or comments related to College Catering services. Thank you for your valuable input.

(Back to top)

8. Meeting of Scholarships and Financial Aid Committee - Next Meeting Date (25th Jan)

The upcoming meeting of Scholarships & Financial Aid Committee will be held at 4:00pm on 25th Jan. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (Student Union: *presun.wyssu@gmail.com*) prior to the meeting. Thank you for your valuable input.

(Back to top)

9. 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: <u>https://www.wys.cuhk.edu.hk/news-details.php?id=11200&lang=zh</u>

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

Enquiries:

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

10. Arrangement for Gown Borrowing and Photo Day for Graduating Students of 2018/19

The College Photo Day has been scheduled for 29th Mar (Fri). Graduating Class of 2018/19 may visit the College Office (G03, G/F, East Block) during office hours from now until 1st Feb (Fri) for graduation gown and cap size trial.

For **Gown Borrowing**, students are required to complete below online Form of Undertaking and submit the bankin slip of HK\$680 deposit to the College Office by 1st Feb (Mon). The gown borrowing period will be from 28th Feb to 15th Apr:

https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6202866

Please note **Class Representatives** will collect gowns on behalf of graduating students. Please submit the names and contact details of your class rep by 25th Jan (Fri) via the following link: <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6496566</u>

For departmental societies who wish to organize **Celebratory Activity during the College Photo Day**, please complete below online application form by 18th Feb: <u>https://www.wys.cuhk.edu.hk/news-details.php?id=11372</u>

Enquiries:

Ms Cassie Li (3943-3941 / cassieli@cuhk.edu.hk)

(Back to top)



11. Try-outs for Wu Yee Sun College Sports Teams (2018-19 Term 2) 書院院隊選拔 (2018-19 下學期)

不論你是運動愛好者或是專業運動員,都不要錯過伍宜孫書院院隊選拔的時間!書院現正招募**羽毛球、乒乓球及網球** 院隊隊員,快來發揮你的運動天賦!

If you are a professional sports player or are simply keen on doing sports, do not miss the College Team try-outs. The College is now recruiting athletes for the **badminton**, **table tennis and tennis teams**. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

Sports Team 項目	Date 日期	Time 時間	Venue 地點	Coach/ Coordinator Tel. No.教練/協調員電話
Men's & Women's	18 th Jan 2019	6pm - 8pm	Yeung Ming Biu Indoor	Mr. Nelson LAM
Badminton	(Fri)		Sports Centre	3943-3987
Men's & Women's	16 th Jan 2019	7pm - 9pm	Shaw College Multi-	Mr. Tsz-fai Cheung
Table Tennis	(Wed)		purpose Sports Hall	3943-3986
Men's & Women's Tennis	23 rd Jan 2019 (Wed)	8pm - 10pm	Tennis Court No. 3, 4, 5	Mr. Tsz-fai Cheung 3943-3986

(Back to top)

12. "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 (深寶建博士), 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 (3943-3937 / <u>soniayu@cuhk.edu.hk</u>) Miss Katie Yu (3943-3935 / katieyu@cuhk.edu.hk)

(Back to top)

13. 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)

14. 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 Feb – May 2019, application is now open until 18th Apr 2019.

For programmes/activities held in Jun – Sep 2019, application will be open from 19th Apr – 16th Aug 2019.

Check out the following link for more information including eligibility: https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1544780574ExchangeandTravelGrantandLoan2018192nd.pdf

Enquiries:

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

(Back to top)

15. Book Exchange Corner at The Lounge in House of Sunny Living 如日坊 – 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)

16. 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 <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4082730</u> 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 Rachel Poon (3943-3942 / rachelpoon@cuhk.edu.hk)

17. 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: <u>http://www.wys.cuhk.edu.hk/downloads.php</u> Application: <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4616428</u>

(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.

Details:

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

Enquiries:

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

(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 <u>HERE</u> to find out more information!

Enquiries:

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

(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 <u>webpage</u> 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 mon		Self-initiated programmes	HK\$12,000 or 100% of cost of the particular items (whichever is lower)	
	Snorter than one month	Participating in organized programmes	HK\$5,000 or 50% of cost of the particular items (whichever is lower)	
Long-term	One to six months	Self-initiated programmes	HK\$15,000 or 100% of cost of	
		Participating in organized programmes	particular items (whichever is lower)	

Application

Before submitting the online application form (<u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6237886</u>), 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:

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

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

Enquiries:

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

Other Activities & Announcements

1. Information Sessions on Summer Programmes by OAL

If you would like to go overseas this summer while taking university-level courses, this is good news. The following universities will soon visit the CUHK campus to introduce their summer programmes. A wide range of courses and cultural activities will be offered. These programmes often attract participants worldwide. It will be a good opportunity for you to experience a foreign culture and expand your network.

University	Date	Time	Website	Info Session Registration Link
				Registration Link
University of Victoria, Canada	Mon 14th Jan	3:00 pm – 4:00 pm	Link	Link
Hanyang University, Korea	Tue 15 th Jan	3:30 pm – 5:00 pm	Link	Link
University of Leeds, UK	Fri 18 th Jan	11:00 am - 12:00 noon	Link	Link
University College London, UK	Mon 28th Jan	11:00 am - 12:00 noon	Link	Link

Note: All sessions will be held at Multi-purpose Room, 1/F Yasumoto International Academic Park (YIA). You are welcome to register for more than one session.

Details of each information session:

(1) International Summer Institute for Business Management, University of Victoria, Canada

Ms. Jennifer Hope from the Peter B. Gustavson School of Business at the University of Victoria will be hosting an information session on their summer programme called <u>ISIBM (International Summer Institute for Business Management)</u>. The programme runs from 3 to 26 July and introduces the mechanics of setting up and successfully operating a small business. If you are interested in summer study abroad opportunities in business management, this may just be the programme you are looking for. Come and learn more about the programme and what it offers!

Location: Multi-purpose Room, 1/F Yasumoto International Academic Park (YIA) Date and Time: 14th Jan from 3:00 pm to 4:00 pm Online registration: https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=27273

(2) Hanyang International Summer School (HISS) 2019, Korea

Ms. Diana Park, Associate Manager of Hanyang University's Office of International Affairs will visit the CUHK campus on 15th Jan to introduce the <u>Hanyang International Summer School 2019</u>. If you would like to spend your summer in Seoul, come and learn more about the programme at the information session!

Location: Multi-purpose Room, 1/F Yasumoto International Academic Park (YIA) **Date and Time:** 15th Jan from 3:30 pm to 5:00 pm **Online registration:** https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=27278

(3) Leeds International Summer School 2019, United Kingdom

Leeds International Summer School (LISS) offers students the opportunity to study at the University of Leeds and immerse into the British culture as part of an exciting four-week programme.

LISS combines world-class tuition with local knowledge, academic-related field trips, and a wide variety of social activities. Don't miss out the chance to visit the vibrant, student friendly city of Leeds, which displays rich history, culture and natural scenery. For more information on LISS, please visit: <u>www.leeds.ac.uk/summer</u>.

Ms Lisa Beare, Leeds International Summer School Manager will be conducting an information session on 18th Jan. Come and learn more about the exciting opportunity!

Location: Multi-purpose Room, 1/F, Yasumoto International Academic Park, CUHK **Date and Time:** 18th Jan from 11:00 am to 12:00 noon

Online registration: https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=27274

(4) UCL Summer School 2019, United Kingdom

 $\dot{M}r$. Rory Herron from University College London will be conducting an information session on the UCL Summer School. The programme runs from 1st to 19th July (session one) and from 22nd Jul to 9th Aug. Participants may choose to join one or both sessions of the programme and take modules in the following areas:

- Brain Sciences
- Computer Science
- Crime and Security
- Culture, Literature and the Arts
- Economics, Business and Management
- Education and Research
- English for Academic Purposes
- Geography and the Built Environment
- Health
- History and Philosophy
- Law
- Medical Sciences
- Politics and International Relations
- Sciences and Mathematics

More info on UCL Summer School: http://www.ucl.ac.uk/prospective-students/study-abroad-ucl/summer-school

Location: Multi-purpose Room, 1/F Yasumoto International Academic Park (YIA) Date: 28th Jan from 11:00 am to 12:00 noon Online registration: <u>https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=27275</u>

Enquiries: Office of Academic Links (<u>iasp@cuhk.edu.hk)</u>

(Back to top)

2. United Nations SDG International eTournament

Team up with students around the world!

Win with your knowledge in United Nations Sustainable Development Goals!



CUHK Centre for Learning Enhancement And Research (CLEAR) is working on a collaborative project named the <u>CCGame Project</u>, or "Developing Multidisciplinary and Multicultural Competences through Gamification and Challenge-Based Collaborative Learning" in full. This joint-institution project aims to improve students' learning and performance by better preparing them to work in multidisciplinary and multicultural teams and by motivating them through the deployment of gamification and challenge-based learning.

An international e-tournament on United Nations Sustainable Development Goals (SDGs) targeting university students around the world is currently being held with details as follows:

<u>Aims:</u>

1. To raise students' awareness of the United Nations Sustainable Development Goals (SDGs);

2. To enable students of different disciplines and cultural backgrounds to learn to work together online as a team to complete a challenge.

<u>Timeline:</u>

Stage 1: 24 – 27 Jan 2019 (Team training and strategizing)

- "Meet" on an online collaboration platform
- Further learn about teamwork
- Get to know each other and choose the team leader
- Each member to choose a character for Stage 2
- Strategise for eTournament

Stage 2: Noon 20 Jan - Noon 1 Feb 2019 (Teams to play the eTournament)

- Play on the PaGamO platform
- Expand/upgrade your team's territory as much as possible, by answering questions related to 9 SDGs
- Learn more about these SDGs through answering questions

<u>Team Prizes:</u>

Champion – HK\$15,000 cash plus Sponsorship to the whole team for the Lilly-Asia Conference (16~18 May, Hong Kong) to present the winning experience! First Runner-Up – HK\$12,000 cash Second Runner-Up – HK\$10,000 cash

Most Valuable Players (individual prizes):

First Place – HK\$5,000 cash Second Place – HK\$3,000 cash Third Place – HK\$1,000 cash

<u>Registration:</u>

Registration is open from 00:01, 23 December 2018 to 23:59, 20 January 2019 [Hong Kong Time, GMT +8]. Registration Link: <u>https://hkbuhk.ca1.qualtrics.com/jfe/form/SV_cvCiEyn1RgFxfdb</u>

- All registered current students studying at a tertiary institution are welcome, no matter you are studying full-time or part-time, for a sub-degree or a doctoral degree

- You will be placed into a team of 3 to 5 students

Remarks:

- Up to 500 participants will be accepted into this eTournament. Enrollment is on a first come, first served basis. If the quota is full, the Organiser will close the registration without prior notice.

- By entering this eTournament, you are indicating agreement to be bound by its Terms and Conditions (see website: <u>http://ccgame.hkbu.edu.hk/sdg-etournament/</u>)

Enquiries:

Website: <u>http://ccgame.hkbu.edu.hk/sdg-etournament/</u> Email: <u>chtl@hkbu.edu.hk</u> (Centre for Holistic Teaching and Learning, Hong Kong Baptist University)

(Back to top)

3. Seminar Organized by CUHK JC School of Public Health and Primary Care





Seminar - Global Health Inequalities: Data Linkage of Health Indicators, Risk Factors and the Wider Determinants of Health to Help Understand the Urban Challenges to Health

Speaker: Prof. Arpana Verma

Clinical Professor of Public Health and Epidemiology Head of the Division of Population Health, Health Services Research and Primary Care, School of Health Sciences, Faculty of Biology, Medicine and Health, University of Manchester

Date: 15 January 2019 (Tuesday) Time: 12:30 pm - 2 pm Venue: Seminar Room 3, 1/F, School of Public Health Building, Prince of Wales Hospital, Shatin

Registration: <u>https://cloud.itsc.cuhk.edu.hk/mycuform/view.php?id=199589</u> Enquiries: <u>info_sphpc@cuhk.edu.hk</u>

(Back to top)

4. Invitation to Know More about Alcohol Part II, and win HK\$1,500 up shopping coupon

JC School of Public Health and Primary Care, Faculty of Medicine would like to invite you to the join the Part II of the workshop, on 23rd Jan 2019 evening. FREE dinner will be provided and there are chances to win HK\$1,500 up Apple gift card/ cash coupon.

Date: 23 Jan 2019 (Wed) **Time:** 7:00pm - 9:00pm **Venue:** Gallery at G/F lobby, Wu Yee Sun College

Your participation would be a great help to develop an alcohol harms reduction programme for Universities students in Hong Kong.

Register Now: https://goo.gl/forms/MGlvmbMKSicri1wl2



(Back to top)

5. Student Residence Bursary Scheme 2018/19 (for students who reside in hostel for the second term only)

In order to help those needy students who are not able to benefit substantially from the Community Care Fund (CCF) hostel subsidy, the CUHK Student Residence Bursary Scheme was launched in 2014/15 academic year.

Eligibilities

- To be eligible to apply for the CUHK Student Residence Bursary 2018/19, applicants must:
- (1) be local full-time undergraduate students;
- (2) be registered residents of the hostel and have resided in hostel for at least 75% of the time of the term;

(3) have average monthly household income (during 1st Apr 2017 to 31st Mar 2018) lower than the median of the monthly household income published in the most recent Quarterly Report on General Household Survey by the Census and Statistics Department as follows:

Household Size	Monthly Household Income
1 person	\$8,500
2 persons	\$21,100
3 persons	\$33,100
4 persons	\$42,100
5 persons	\$43,700
6 persons or more	\$44,000

(4) be not able to benefit from CCF hostel subsidy or receive less than \$1,360 per term under the CCF hostel subsidy.

The value of bursary will be maximum \$1,360 per term. Eligible students who live in hostel for the second term only should submit their online application via CUSIS from 7th Jan to 28th Feb. Applicants are required to print out Section 7 of the online application form and submit together with supporting documents to the College Office <u>on or</u> <u>before 28th Feb 2019</u>. Students who reside in hostel for whole year and have submitted their applications in the first term need not submit their application again.

Details: <u>http://admission.cuhk.edu.hk</u>

Enquiries:

Office of Admissions and Financial Aid (3943-1898)

(Back to top)

6. 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 <u>http://admission.cuhk.edu.hk/</u> (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 (3943-7204 / sfas@cuhk.edu.hk)

(Back to top)

7. <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,究竟如何可以随時随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 <u>www.jctourheart.org</u> 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)

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