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## Sunny Review

- College Student Awarded CUHK Scholarship for Children of the Disciplined Services

## (紀律部隊職工子弟獎助學金)



College student Mr. Luk-Hin Ying 應六軒同學 (MBChB/3) has been awarded CUHK Scholarship for Children of the Disciplined Services (紀律部隊職工子弟獎助學金). He also delivered a vote of thanks on behalf of the awardees at the Award Presentation Ceremony held last Thursday. Heartiest congratulations from all the Sunnies!

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## 2. College Orientation Camp Organizing Committee 2018 Won SO Green! Award



Green Student Society Scheme (SO Green!) organized by CUHK Campus Planning and Sustainability Office (校園規劃及可持續發展處) encouraged student societies to undertake green actions in student events. Our College Orientation Camp Organizing Committee, among the other two awardees, won "SO Green!" Award which recognized student bodies that fulfilled the highest number of green initiatives for "SO Green!" 2018.

Our heartiest congratulations and we hope that the Organizing Committee this year will achieve more green initiatives!

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## 3. Media Coverage on Student-Initiated Project V'air

College student Miss Natalie S.Y. Chung 鍾芯豫同學 (Geography and Resource Management/4), one of the recipients of 2019 Wu Yee Sun Award for the Most Distinguished Graduating Student (伍宜孫最優秀畢業生獎) and co-founder of *V'air Hong Kong* 低碳本地遊, has recently been interviewed by the media on this innovative project.

[V'air Hong Kong](#) is an online platform showcasing local attractions in Hong Kong with additional information on environmental conservation which won Natalie and her team the First Prize in the *HK Tertiary Schools*

**COP21 Challenge 2015** (第 21 屆聯合國氣候變化大會香港大專教育界競賽). The team has grown over the years and has come up with spin-off projects winning the Gold Award in the College's Sunny Passion Programme (愛陽光計劃) 2017 and Dorsett Young Entrepreneur Scholarship (帝盛青年創業家獎學金) 2018, as well as co-authored a book titled 《低碳·好行》 introducing local attractions of ecological and historical significance.

Natalie has also been recently appointed Member of the Council for Sustainable Development (可持續發展委員會) and will help advise the Government on the preparation of a sustainable development strategy for Hong Kong.

Full article can be viewed below:

[90 後力推本地遊 發掘世外桃源](#) (晴報 Sky Post 2019.05.02)

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#### 4. College Alumnus Seized Prizes at 2018 Hong Kong News Awards (2018 年最佳新聞獎)



College Alumnus Mr. Thomas H.H. Chan 陳浩謙校友 (Journalism & Communication/Class of 2016) and his team won several major prizes at the 2018 Hong Kong News Awards (2018 年最佳新聞獎). Organized by The Newspaper Society of Hong Kong (香港報業公會), the Hong Kong News Awards aim to enhance the professional standards of the newspaper industry by recognizing the works of outstanding local journalists.

Thomas is a member of the College's Founding Class admitted back in 2012, and was the Founding Chief Editor (總編輯) of the College student-initiated publication *Sunzine*. He has worked as a reporter for over 2 years upon graduation. Joined with his team, Thomas has seized the 1<sup>st</sup> Runner-up and 2<sup>nd</sup> Runner-up in the category of Best Scoop (最佳獨家新聞), as well as the 2<sup>nd</sup> Runner-up in the category of Best News Reporting (最佳新聞報道). Full list of the awards can be viewed here:

<http://www.nshk.org.hk/activitiesDetails.php?id=82&lang=bi>.

Heartiest congratulations from all the Sunnies!

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## College Announcements

### 1. Appointment of College Associate Master 新任書院副院長



Professor Annisa C.H. Lee (李賴俊卿教授), College Fellow and Associate Professor at the School of Journalism and Communication, has been appointed as Associate Master of the College for the period from 15<sup>th</sup> May 2019 to 31<sup>st</sup> Jul 2021.

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## 2. Temporary Suspension of Opening Hours of Table Tennis Table in Summer

Table Tennis Table at College Gallery will be temporarily closed during summer from 15<sup>th</sup> May onwards. The opening hours in the next semester will be announced in due course.

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## 3. Freecycling Scheme at Hostel Check-out 退宿回收

College Green Team is coordinating a freecycling scheme at hostel check-out from 30<sup>th</sup> Apr to 24<sup>th</sup> May. Collection boxes have been placed at the G/F lift lobby of East Block and West Block. Items collected will be distributed to resident students of next year or donated to charities. Please join and contribute to a green environment!

一年一度的退宿時間即將到了！書院環保小組於在 4 月 30 日至 5 月 24 日舉行退宿回收活動，東、西座宿舍電梯大堂將設回收箱，讓各位宿生把有用的物品分類回收再用、供下年宿生使用或捐贈予慈善機構。請大家積極參與，為環保出一分力！

Freecycling items include 回收物品包括:

- Kitchen utensil 廚具
- Personal items 個人用品
- Books 書本
- Stationery 文具
- Daily necessity 日常用品
- Computer/ electronic device 電腦/ 電器
- Clothes 衣物
- Duvet/ pillow 床上用品

Reminders 注意事項:

- 1) Please make sure the stuff is clean 請清潔乾淨所有物資
- 2) Food is not accepted, just share with your friends or share at the pantries 恕不接受食物，請找三五知己分享或放在樓層 pantry 共享
- 3) Students are welcome to take stuff they want during the collection period 歡迎同學於回收期間領取有用物資

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## 4. Temporary Closure of College Catering Outlets on Buddha Birthday 佛誕假期書院膳堂暫停營業

All catering outlets at Wu Yee Sun College will be temporarily closed on Monday, 13<sup>th</sup> May for Buddha Birthday. Thank you for your kind attention.

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## 5. Hostel Check-out in Term 2, 2018/19 2018 至 19 年下學期退宿

Hostel check-out deadline is **15<sup>th</sup> May 2019 (Wed)**. Details of check-out arrangement can be found at [https://www.wys.cuhk.edu.hk/cms/top-content/files\\_mf/1553669096WYS\\_Hostel\\_Checkout\\_SH2019\\_Note.pdf](https://www.wys.cuhk.edu.hk/cms/top-content/files_mf/1553669096WYS_Hostel_Checkout_SH2019_Note.pdf).

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## 6. Temporary Study Room during Examination Period (25<sup>th</sup> Apr - 11<sup>th</sup> May)

Seminar Room 112 (1/F, West Block) will be open 24 hours as a temporary study room during centralized exam period from 25<sup>th</sup> Apr to 11<sup>th</sup> May. College students can access the room with their CU link cards. Please observe rules of study room use and be considerate to other users.

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## 7. 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 25<sup>th</sup> Apr to 10<sup>th</sup> May (Monday to Friday; Dinner session only) at the College Student Canteen. Please present your CU Link Card as verification. Offers limited to 40 fruits per day and first-come first-served.

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## 8. "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!

The session will be closed during term break but you are still welcome to make appointment with us! Please feel free to contact Ms. Sonia Yu (3943 3937 / [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk)) or Miss Katie Yu (3943 3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk)).

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## 9. 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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## 10. 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 June - Sep 2019, application is now open until 16<sup>th</sup> Aug 2019.**

For programmes/activities held in Oct 2019 - Jan 2020, application will be open from 17<sup>th</sup> Aug - 13<sup>th</sup> Dec 2019.

Check out the following link for more information including eligibility:  
[https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1555579031ExchangeandTravelGrantandLoan2018193rd.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1555579031ExchangeandTravelGrantandLoan2018193rd.pdf)

**Enquiries:**

Ms. Karen Yiu (3943-3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

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## 11. 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.

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## 12. 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 Rachel Poon (3943-3942 / [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk))

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## 13. 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>

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# College Activities

## 1. Recruitment of 2019 College Orientation Camp Counselors and Executive Committee Members 2019 書院迎新營輔員及部員招募

<以下內容由伍宜孫書院迎新營籌委會撰寫，並經書院傳送。The following message is drafted by Committee of Orientation Camp, Wu Yee Sun College, and sent via College mass email>

\*Please scroll down for the English version\*

宜孫 Ocamp 又黎啦

想同朋友 仔女過一個難忘嘅暑假？

想識多啲唔同爸媽？

咁一定要黎玩今年嘅宜孫 Ocamp 啦

我地呢家招募緊爸媽 有興趣嘅人唔好諗啦 快啲黎報名啦！

如果唔想做爸媽 都可以做部員架

快啲 click 入呢條 link 報名啦：<http://bit.ly/wysocamp>

截止日期：2019 年 5 月 8 日

至於有關大組長既資訊，請到 FB 專頁 <https://www.facebook.com/wysocamp/>

**查詢：**

營主 Ray Yuen (6144 9931)、副營主 Degel Cheung (5403 7701) 或 Anson Ng (6755 9673)

Ocamp is coming to town! Wanna share an unforgettable summer with friends and freshmen? Wanna make more friends from Wu Yee Sun College? It's now the chance!! We're recruiting camp counselor and executive

committee of the WYS orientation camp 2019. If you're interested, don't hesitate and click this link:  
<http://bit.ly/wysocamp>

**Deadline:** 8<sup>th</sup> May 2019

We'll also update the details of Big group leaders afterward, please follow our Facebook page.

<https://www.facebook.com/wysocamp/>

**Enquiries:**

Ray Yuen (6144 9931), Degel Cheung (54037701) or Anson Ng (6755 9673)



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## College Funding & Awards Schemes

### 1. Care and Well-being Fund for Mental Wellness Activities



**Care and Well-being Fund for Mental Wellness Activities** encourages students to participate in various activities to strengthen mental wellness, including workshops, talks, symposiums etc. to release their stress as well as training classes and courses such as counselling training to enrich their knowledge on mental health in order to improve students' overall mental wellness.

**Eligibility:**

For Wu Yee Sun College students who participate in mental health activities and trainings organized by organization(s) other than College



### **Examples:**

Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Counselling Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course

### **Funding Amount per student per activity:**

Maximum **\$800** or 80% of the course / activity fee (whichever is lower)

Take a look at the [guidelines](#) and the [report template](#), and start your healthy life now!!!

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6754853>

### **Enquiries:**

Miss Carly Lau (3943-3988 / [carlylau@cuhk.edu.hk](mailto:carlylau@cuhk.edu.hk))

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## 2. 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](http://www.wys.cuhk.edu.hk/exchange.php?cat=others)

### **Enquiries:**

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

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

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## 4. Global Learning Award Scheme (Winter Round) 寰宇學習獎勵計劃 (冬季)

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

### Application

Before submitting the online application form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7362342>), 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 <sup>st</sup> Nov – 30 <sup>th</sup> Apr	1 <sup>st</sup> May – 31 <sup>st</sup> Oct
Summer	1 <sup>st</sup> May – 31 <sup>st</sup> Oct	1 <sup>st</sup> Nov – 30 <sup>th</sup> Apr

### Enquiries:

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

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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 (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

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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/whole-person-development/sports-health-education/>

**Enquiries:**

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

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## Other Activities & Announcements

### 1. 綠在沙田再生蝴蝶漂書祭



綠在沙田與香港中文大學「山城角樂」舉行再生蝴蝶漂書祭，收集書本位置包括伍宜孫書院藝廊、文化廣場等五個地方（詳情請參閱海報）。收集所得之書本將於5月8日下午於文化廣場派發。綠在沙田將於漂書祭同時舉辦環保升級工作坊，歡迎書院同學參與及漂書，與眾同「閱」。

時期：2019年4月15日至5月8日

收集書本標準：

- 以年輕人為對象的書本優先，可是教科、工具小說及散文旅遊等；
- 只接受正版書籍；
- 不接受內含色情、暴力意識良的書籍；
- 不接受雜誌、漫畫寫真集；
- 不接受殘破及污損的書籍。

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## 2. Parsons Music Corporation/ HKMA Leadership and Management Seminar Series 2019



**Date:** 23<sup>rd</sup> May (Thu)

**Time:** 4:00pm - 5:30pm (Registration from 3:30pm)

**Venue:** CYMA Charity Fund Management Development Centre, Rm 201, Pico Tower, 66 Gloucester Road, Wanchai, Hong Kong

**Speakers:**

Ms Jennifer Liu, Founder, Coffee Academics

Ms Rebecca Woo, Senior Director, Operation (Hong Kong), K11

**Language:** Cantonese

**Fee:** Free of Charge

*\*\*5 complimentary seats are reserved for our students on a first-come-first-served basis.*

**Application:** Interested students please email [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) on or before 7<sup>th</sup> May with following details:

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

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### 3. Green Competition Camp under Cross-Strait Green University Consortium 2019

The Green Competition Camp under Cross-Strait Green University Consortium, which is hosted by Zhejiang University in Hangzhou from 12<sup>th</sup> to 18<sup>th</sup> Jul, is now opening for application. Applicants are required to form teams of 2 to 5, and to submit an innovative proposal for this competition. Submissions can be plans or projects of inventions, new services, products or technological solutions to current environmental problems, or a research report on specific environmental issues. **The theme this year is “始於土，終於美” (From Earth to Beauty).** Collaboration across different disciplines of studies is highly encouraged.

More details could be found [here](#) and students have to apply online, and complete the group application form (together with the proposal). The deadline for project submission is **5:00 pm, 13<sup>th</sup> May (Monday)**.

**Enquiries:**

Mr. Simon Leung, Office of Academic Links (China) (Tel: 3943 4412 / [simoncnleung@cuhk.edu.hk](mailto:simoncnleung@cuhk.edu.hk))

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### 4. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2018/19 (Application Deadline: 28 June 2019)

CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature aims to encourage and recognize the excellence of research, analysis, and writing by the students of CUHK in the use of primary sources and rare materials held by the Hong Kong Literature Collection of The Chinese University of Hong Kong Library (CUHK Library). Applicants can visit the website of CUHK Library for the information on Hong Kong Literature Collection (香港文學特藏) at <http://www.lib.cuhk.edu.hk/tc/collections/spc/theme/hklit>.

**Number and Value of Scholarship**

There will be two scholarships of HK\$10,000 each. The scholarship recipients should be able to demonstrate their strong competence in using the Hong Kong Literature Collection for their outstanding research papers on Hong Kong literature and related fields. No award will be granted if there is no suitable candidate.

**Eligibility**

Applicants must:

- Be full-time students taking undergraduate / research postgraduate programmes;
- Submit a research paper / thesis / dissertation \* on Hong Kong literature and related fields; and

- Submit a statement in 500-800 words, written in either English or Chinese, on how to make use of the Hong Kong Literature Collection for the research paper / thesis / dissertation.

\* For research paper, thesis and dissertation written in language other than English or Chinese, applicants are required to translate the academic works into either English or Chinese for submission.

### **Selection Criteria**

A panel will meet to review applications and take into account the following during selection:

1. The originality, quality of analysis and interpretation of the research paper.
2. The excellence of writing style and thoroughness of documentation of the paper.
3. The extent and effectiveness of the applicant's use of the Hong Kong Literature Collection in the research.

### **Application Procedures**

Information on the Scholarship and its application form can be downloaded from the website of our Office at <http://admission.cuhk.edu.hk/> (Financing Your Studies > Scholarships > Open for Applications).

Completed application form together with all requisite documents should be submitted **in person** to the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park during office hours (Monday – Friday 8:45 a.m. - 1:00 p.m. and 2:00 p.m. - 5:30 p.m. except Public Holidays) **on or before 28 June 2019**. *Late or incomplete applications will NOT be considered.* Please refer to Notes for Applicants attached to the application form for the requisite documents to be submitted by the applicants.

Selection results will be announced by August 2019.

### **Enquiries:**

Office of Admissions and Financial Aid (3943 9285/ [sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk))

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## 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](http://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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