

Sunny Review 上周回顧

- 1. The First High Table Dinner of 2019/20 Term 1 :
“Low carbon emission for high quality life 低
「碳」·高「嘆」”(Speaker: Professor Chiu-ying
Lam 講者：林超英教授)**
- 2. College Forum : Entrepreneurship for Social
Impact - A Challenge for the New Generation
(Speaker: Dr. Ka-kui Tse 講者：謝家駒博士)**
- 3. Hop Wai Art and Cultural Programme: Chinese
Painting Workshop and Talk by Visiting Artist 洽
蕙訪問藝術家講座及工作坊**
- 4. clab Art and Nature series - Zen Photography
Workshop**



College Activities 書院活動

- 1. clab Art and Nature series - Porcelain Painting Workshop 創意實驗室<藝術與自然>系列 - 《手繪陶瓷工作坊》
<New>**
- 2. Invitation to College Sharing <New>**
- 3. Fitness Training Workshops: Core Training and HIIT <New>**
- 4. clab Art and Nature series - Sand Painting Workshop 創意實驗室<藝術與自然>系列 - 《沙畫體驗工作坊》
<Tonight>**
- 5. 語文文化桌：古人也寫錯別字**
- 6. Cheer for College Teams in Inter-collegiate Competition! 為院隊健兒打氣!**
- 7. “Meet the Dean” Gatherings**
- 8. Rance Lee Award --- Application Opens Now!**
- 9. Fitness Consultation Sessions 健身訓練諮詢**

College Announcements 宣佈事項

- 1. WYS College Anniversary 2019 --- EC Recruitment <New>**
- 2. New Establishment of College Café in College Gallery**
- 3. 宜孫劇社@中大劇賽賣飛啦**
- 4. “Meet the Dean” Hours 輔導長時間**
- 5. Student Pastoral Care**
- 6. Exchange and Travel Grant/Loan 2019/20**
- 7. WYS’s Got Talents - Photography, Poster Design, MC and a lot more!**
- 8. Membership Recruitment - WYS Alumni Association 伍宜孫書院校友會會員招募**

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

- 1. Care and Well-being Fund for Mental Wellness
Activities**
- 2. Mingle Fund**
- 3. Be Entrepreneurial! Funding Scheme 創出我天地! 資
助計劃**
- 4. Global Learning Award Scheme (Winter Round) 寰宇
學習獎勵計劃(冬季)**
- 5. Service-learning Project Funding Scheme 服務學習項
目資助計劃**

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

- 1. Maker Workshop Series - Make Your Own VR
Tour <New>**
- 2. Flourishing First Year Programme 心盛計劃 2019**
- 3. Events of The Hong Kong Management
Association**
- 4. Member Recruitment for uBuddies / uPals
Program**
- 5. Student Residence Bursary Scheme 學生宿舍助學
金計劃**

Sunny Review

1. The First High Table Dinner of 2019/20 Term 1 : “Low carbon emission for high quality life 低「碳」·高「嘆」” (Speaker: Professor Chiu-ying Lam 講者：林超英教授)



The first High Table Dinner of 2019/20 Term 1, entitled “**Low carbon emission for high quality life (低「碳」·高「嘆」)**”, was held last Wednesday at the College Dining Hall. Professor Chiu-ying Lam (林超英教授) shared with students how man-made carbon dioxide emission created irreversible climate change, possibly making the earth no longer suitable for the survival of human beings.

He advocated us to stop purchasing large amount of items, but buying only necessary and high-quality items. He also encouraged us to reduce the use of electricity by using energy-efficient electrical apparatus and adjusting the air-conditioners to a higher temperature. He concluded that a happy and high-quality life would not be based on the materials we bought, but our relationships with family members and friends.

We were also grateful to have Professor Kwai-cheong Chau (鄒桂昌教授), Chairperson of Campus Environment Committee and Adjunct Associate Professor at the Department of Geography and Resource Management, as the moderator of the dinner.



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

2. College Forum : Entrepreneurship for Social Impact - A Challenge for the New Generation (Speaker: Dr. Ka-kui Tse 講者：謝家駒博士)



The College Forum entitled “**Entrepreneurship for Social Impact - A Challenge for the New Generation** ” was conducted by **Dr. Ka-kui Tse** (謝家駒博士), Chair and Chief Education Officer, Education for Good CIC Ltd., last Friday. Dr. Tse introduced the concept B corporations and its local and global development. He also discussed with students how they could engage in B corps in their future career.

We were grateful to have Professor Hin-wah Wong (黃顯華教授), Senior College Tutor and Adjunct Professor at the Department of Curriculum and Instruction and Hong Kong Institute of Educational Research, as the moderator of the forum.

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

3. Hop Wai Art and Cultural Programme: Chinese Painting Workshop and Talk by Visiting Artist 洽蕙訪問藝術家講座及工作



Thanks to the generous support of Hop Wai Tong (洽蕙堂), Wu Yee Sun College, Chung Chi College and United College have jointly invited Dr. Mei-ying Chen (陳媚音醫師) to visit the three Colleges in Autumn 2019. Two sessions of Chinese Painting Workshop (水墨畫工作坊) led by Dr. Chen were successfully held last week. Participants observed and learnt from Dr. Chen's demonstration before having the chance to have their own practice. Dr. Chen's comments and modifications also helped them realize what could be done better in their paintings.



Dr. Chen delivered a talk on 9th Oct to share with the audience her interesting life journey --- how she was admitted to CUHK but opted to study medicine in Taiwan, and how Chinese painting stimulated her mind and complemented her professional knowledge to help her become a better ophthalmologist.



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

4. c!ab Art and Nature series – Zen Photography Workshop



Master Chang Lin (Mr Alain Yip) said, *“Photography emphasizes on feeling and connecting with nature wholeheartedly. Only by blending into the surroundings, we could really enjoy the process of photography”*. Creativity Laboratory (c!ab) was very honoured to have such a wise master to lead the **Zen Photography Workshop** on 8th Oct.

During the workshop, Master Chang Lin showcased his previous masterpieces, sharing how such images were captured. It was amazing to know that masterpieces could be taken everywhere around us in our daily life. The participants enjoyed the talk and were happy to take zen photograph under the guidance of Master Chang Lin. It was a great night for all participants and they looked forward to a re-run of similar workshops in the near future.



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

College Activities

1. clab Art and Nature series – Porcelain Painting Workshop 創意實驗室<藝術與自然>系列 - 《手繪陶瓷工作坊》

創意實驗室<藝術與自然>系列 - 《手繪陶瓷工作坊》

clab Art and Nature series – Porcelain Painting Workshop
18th Oct | 7:00 pm - 9:30 pm | clab

(please click [here](#) for English version and registration)

瓷器彩繪是一種在釉面瓷器(如碗、碟、花瓶或雕像等)的繪畫裝飾，始於中國7或8世紀，及後傳到韓國和日本，並於16世紀與歐洲等地展開瓷器貿易往來。在19世紀後期，中國繪畫更備受北美和歐洲中產階級女士的愛戴，從而確立了中國在瓷器彩繪領域上的藝術地位。

clab 今次獲書院全額資助，特意請來專業導師帶領同學體驗陶瓷碟彩繪，並以動、植物作為創作主題，以回應<藝術與自然>系列。希望大家了解創作瓷器彩繪的過程，並透過專注彩繪，淨化心靈，以藝術回歸自然。在工作坊完結後，我們將會在書院藝廊短暫展出同學的作品，期望令歷史文化的結晶得以傳揚。

參加者需按此連結 bit.ly/clabppw 報名，並於10月16日5:00pm之前到伍宜孫書院院務處(G/F)繳交\$100按金，以確認報名。

* 注意事項：

- 1) 作品不能於當日即時取回，需送回工作室燒焗
- 2) 參加者需借出瓷碟於書院大堂作數星期藝術展覽
- 3) 伍宜孫書院師生優先

導師簡介：Terese Chan

從小已喜歡手作，畢業於英國 University of Huddersfield 平面設計系，曾任職平面設計師及畫廊經理。她周遊列國為作品尋找題材靈感，對創作充滿熱誠和堅持，是首位可於香港頒授「日本皇家瓷器彩繪」導師牌照的導師。此外，她亦是美國認證禪繞導師，南非 Dala 蝶古巴特拼貼及日本黏土專業導師，設計課程著重多元化，堅持啟迪學員，鼓勵他們於作品注入個人風格。她深信每個人都可以成為藝術家，只是自己未能有機會發揮而已!

她希望創造一個港人創意的集中地，故於 2014 年創辦了 INOR ART & DESIGN WORKSHOP，希望大家在此忘憂，盡情沉浸於藝海中。

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

2. Invitation to College Sharing

College students are cordially invited to join the upcoming College Sharing. Details are as follows:

Date: 16th Oct (Wed)

Time: 6:30 pm – 8:00 pm

Venue: College Theatre, UG/F, Wu Yee Sun College

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8358417>

Registration Deadline: 15th Oct (walk-in also welcome)

Enquiries:

Ms. Sonia Yu (3943 3937 / soniayu@cuhk.edu.hk) or Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk)

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

3. Fitness Training Workshops: Core Training and HIIT



Core Training

Trainer: Mr Ryan Chan

Date: 30/10, 6/11, 13/11, 20/11 (Wed)

Time: 7:00 pm - 8:00 pm

Venue: College Gymnasium

Quota: 12 (per class)

PE Marks: 4

Application: Interested students please complete application form at [HERE](#) AND submit deposit to College Dean of Students' Office (UG09) on or before 5:00pm, 25th Oct. First-come first-served.

Enquiries:

Miss Chillies Tam (3943-3934 / chilliestam@cuhk.edu.hk)

HIIT

Burn Fat and Enhance Body Shape

Trainer: Ms. Vanessa Chan

Date: 31/10, 7/11, 14/11, 21/11 (Thu)

Time: 8:00 pm - 9:00 pm

4. c!ab Art and Nature series – Sand Painting Workshop 創意實驗室<藝術與自然>系列 - 沙畫體驗工作坊



<今晚> 創意實驗室<藝術與自然>系列 - 沙畫體驗工作坊
10月14日 | 晚上7時至9時 | 創意實驗室

沙畫是一種源遠流長、遍佈世界各地的藝術，透過撥灑幼細沙粒，繪畫出多變的畫作。

在香港，大家可能或多或少聽過、或從不同媒介見過沙畫，但卻很難親身體驗一番，故此 c!ab 誠意舉辦沙畫體驗工作坊，將沙畫帶入伍宜孫，讓同學嘗試創作別具個人風格的沙畫，並於創作過程中啟發思想、發揮個人創意，抒發情感於其中，排解近來積累的壓力與想法。機會難得，切勿錯過!

導師介紹：胡藹的小姐(Edith)

胡藹的小姐(Edith)，為全港少有的全職女沙畫藝術家。胡老師擁有護理學碩士、社會工作學碩士及心理學後文憑，她是註冊護士兼註冊社工，畢業於香港中文大學及香港大學。胡擅長於沙畫教學過程中融入本身的專業，令人容易透過沙畫抒發情感、訓練專注力、建立滿足感，令沙畫描寫個人的故事更具啟發性和教育性。胡老師創辦“Sand Tales 沙說”藝術教育，致力於沙藝教育，並助人以沙說出他們獨有的生命故事。費用全免。名額有限，歡迎即場報名。

5. 語文文化桌：古人也寫錯別字



錯別字不只是現代人的產物。即便是我們以為處身於文化氛圍較濃厚的中國古代社會，書寫錯別字應該也是普遍存在的文化現象。本講嘗試概述古代錯別字的情況，繼而舉若干書法作品為例，以見古代錯別字的具體情況，以及錯別字與特殊語境的關係。

講者：黃偉豪教授

2013年獲南京大學中國古代文學博士，2014-17年復旦大學中國語言文學博士後流動站工作，先後任教於香港浸會大學、香港科技大學（兼）、中山大學等校，現任教於樹仁大學中國語言文學系。

日期：10月28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：普通話

按金：\$50 (準時出席可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8171958>

截止日期：10月21日(星期一)

*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。

查詢:

劉欣誼小姐 (3943 3988 / carlylau@cuhk.edu.hk)

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

6. Cheer for College Teams in Inter-collegiate Competition! 為院隊健兒打氣!

Support your friends at the matches! Cheer for every athlete's effort!

為你的朋友打氣! 為每位運動員的努力喝采!

*Cheer for College Teams!
Support your FRIENDS!*

Teams	Date	Time	Venue	Against Team
Basketball (Men)	2 Oct 2019	19:15	Yeung Ming Biu Indoor Sports	Morningside College
	8 Oct 2019	18:15	Centre (University Gymnasium)	S-H Ho College
Basketball (Women)	30 Sep 2019	19:15	New Asia College Charles Leung Gymnasium	New Asia College
	3 Oct 2019	19:15		C-W Chu College
	10 Oct 2019	18:15		Shaw College
Soccer	30 Sep 2019	18:30	Sir Philip Haddon-Cave Sports Field	Lee Woo Sing College
	2 Oct 2019	18:30		Shaw College
Volleyball (Men)	30 Sep 2019	18:30	United College Thomas Cheung Gymnasium	Lee Woo Sing College
	3 Oct 2019	18:30		Shaw College
	9 Oct 2019	18:30		C-W Chu College
Volleyball (Women)	2 Oct 2019	19:30	United College Thomas Cheung Gymnasium	United College
	8 Oct 2019	19:30		Chung Chi College
	11 Oct 2019	19:30		S-H Ho College
CUHK Aquatic Meet	4 Oct 2019	18:30	University Swimming Pool	---
CUHK Athletic Meet	6 Nov 2019	18:30	Sir Philip Haddon-Cave Sports Field	---

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

7. "Meet the Dean" Gatherings

Date	Time	Venue	Language	Hosted by
9 th Oct	4:30 pm	Staff Dining Room	Putonghua	Prof. Poon Ming Kay (Associate Dean of Students)
23 rd Oct	6:30 pm	Staff Dining Room	Cantonese	Prof. Lai Man Hong (Dean of Students)
30 th Oct	4:30 pm	Staff Dining Room	English	Dr. Leung Po Kin (Associate Dean of Students)

Quota for Each Session: 10 (first-come-first-served)

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8253704>

Enquiries:

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

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

8. Rance Lee Award --- Application Opens Now!



Creativity (創意) and Sunny Living (陽光生活) are two of the College's core values. If you are health-conscious and a green living supporter, grab this chance to promote your creative idea!

Rance Lee Award aims at encouraging the integration of creativity and Sunny living in the following 3 areas:

- Rance Lee Award for creativity in promoting *health and well-being*
- Rance Lee award for creativity in promoting *lifetime sports*
- Rance Lee award for creativity in promoting *green life*

Unleash your creativity and submit your application with a one-page executive summary **on or before 31st Oct.** Tell us your ideas in proposal format and make a better life together!

Check out the website and click "**Rance Lee Award**" for further details:
<https://www.wys.cuhk.edu.hk/funding-scheme.php>

Enquiries:

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

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

9. 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!

Mr. Ryan Chan

Dates (Every Wed, Except Public Holidays):

Sep 11, 18, 25

Oct 2, 9, 16, 23, 30

Nov 6, 13, 20, 27

Time: 18:00-20:00

Venue: College Fitness Room

Ms. Vanessa Chan

Dates (Every Thu, Except Public Holidays):

Sep 12, 19, 26

Oct 3, 10, 17, 24, 31

Nov 7, 14, 21, 28

Time: 20:00 – 22:00

Venue: College Fitness Room

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

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

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

College Announcements

1. WYS College Anniversary 2019---EC Recruitment

This following message is drafted by the "Organizing Committee of Wu Yee Sun College Anniversary":



宜孫今年 11 月 1 號又又又又生日啦!

各位兒孫係時候盡一盡孝心, 幫我地嘅宜孫賀一賀佢啦!

- 口才好得或者好想 dem beat 嘅同學一定要去宣傳部
- 鍾意搞夜市嘅可以去大筵地部
- 成日肚餓嘅不妨去 523 人宴部幫下手
- 鍾意嚇人嘅記得去鬼屋密室
- 仲有新開嘅歷奇部啊!

多才多藝嘅同學可以揀仔部嘍, 想 chur 盡嘅同學仲可以申請三/四/五部添!
點樣報名? 月台在此, 快啲上車: <[按此](#)>

Time again for our college's Birthday --- Wu Yee Sun College Anniversary

Celebration Committee is now recruiting helpers for the following 5 departments:

Promotion, Night Market, 523 Banquet, Haunted House and Adventure.

- The promotion department is for those who are talented in speaking, enthusiastic about dem beat or in love with arts
- Go for Night Market and Banquet if you enjoy event management or love to eat
- Want to scare others? Haunted House is your choice
- Adventure department would be a great adventure for both you and the participants

Apply for multi-department if you find yourself extraordinary.
Find the platform [here](#).

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

2. New Establishment of College Café in College Gallery

Wu Yee Sun College Café located at College Gallery (Ground Floor of the College building) has had its soft opening on 9th Oct. The opening hours of the Café in October are as follows:

Mon to Fri: 10:00 am – 6:00 pm

Sat, Sun & Public Holiday: Closed

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

3. 宜孫劇社@中大劇賽賣飛啦

The following message (Chinese only) is drafted by "Wu Yee Sun Drama Society":



"在我們不知曉的時空裡，有著許許多多的他和他，為著他們的，為著我們的幸福，而無名地付出著。生於動蕩的時代，是一種不幸，也是一種幸運。"

嚟到一年一度嘅中大劇賽
又點少得伍宜孫劇社呢
今年我哋繼續為大家獻上精彩嘅話劇
大家起呢度填 form 之後，我哋就會留飛比你架啦
訂左呢日既飛，仲可以睇埋另外一場架

日期: 10月31日(四)
時間: 晚上7時
地點: 中文大學邵逸夫堂
票價: 學生 \$50* / 成人 \$100*
當日劇目:
7:10pm 新亞劇社 《夢非夢》
8:05pm 伍宜孫劇社 《流芳百世》

心動不如行動
早 d 買飛仲有早鳥優惠添
10月11(五)前訂飛俾埋錢可享八折優惠
多謝大家支持我地呀

訂飛傳送門:

https://docs.google.com/forms/d/e/1FAIpQLSfKs-bViP_6oqHpU_YrkIM7zXiMxPNxqh0WpExbYngqx-izCQ/viewform

聯絡:

Elton (9409 1392) / 羊羊 (9235 9713)

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

4. "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 2019/20

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 / soniayu@cuhk.edu.hk)

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

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

5. 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.

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

6. Exchange and Travel Grant/Loan 2019/20

伍宜孫書院交流及旅費獎學金/貸款
Wu Yee Sun College Exchange and Travel Grant / Loan

申請資格 Eligibility
專誠參加學期以換取海外學分或暑期活動/交流、或假期研習的優待學生
College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities / exchanges
For Grants, applicants must be local undergraduate students.

交流/活動舉行日期 Programme/Activities	申請日期 Application Period	結果公佈日期 Application Result
Feb 2019 - May 2019	15 Dec 2018 - 18 Apr 2019	30 Apr 2019
Jun 2019 - Sep 2019	19 Apr 2019 - 16 Aug 2019	30 Aug 2019
Oct 2019 - Jan 2020	17 Aug 2019 - 15 Dec 2019	30 Dec 2019

最高資助額 Maximum Amount of Subsidy
獎學金(Grant)-\$5,000; 貸款(Loan)-\$5,000

YOUR only LIFE IS YOU

QR Code

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 - Jan 2020, application is now open until 13th Dec 2019.**

For programmes/activities held in Feb 2020 – May 2020, application will be open from 14th Dec – 17th Apr 2020.

Check out the following link for more information including eligibility:
https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf

Enquiries:

Ms. Karen Yiu (3943-3936 / karenyiu@cuhk.edu.hk)

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

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

Are you interested in or excellent at any of the fields below?

- **Photography / Video-production**
- **Art & Design (e.g. posters or infographics)**
- **Simultaneous Interpretation**
- **Master of Ceremonies**
- **Audio & Video Control**
- **Writing (e.g. creative writing or student reporter in publications)**

The College is recruiting all sorts of talents to contribute in various College events. Registered students may be invited to assist in different occasions. Don't hide your talents, shine in the College!

P.S. CREATIVITY COUNTS!!!

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

Enquiries:

Miss Chillies Tam (3943-3934 / chilliestam@cuhk.edu.hk)

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

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

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

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

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

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

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

College Funding & Awards Schemes

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



The College encourages students to pursue a healthy and sunny life. If you would like to join any non-College organized activities **to strengthen your own mental wellness** or **to enrich your relevant knowledge so as to provide support to your peers**, you are most welcome to apply for our **Care and Well-being Fund for Mental Wellness Activities**. The Fund now provides greater support to allow a wider choice of activities of your interest. Details can be found below:

Eligibility:

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

Examples:

Meditation, Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Peer Support Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course etc.

Funding Amount per student per activity:

Maximum amount increased from \$800 to **\$1,500**, 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)

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

2. Mingle Fund



Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College.

The Fund mainly supports daily and social activities with the participation of Both local students And international / incoming exchange students (i.e. there should be at least one local student AND at least one international / incoming exchange student.)

Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

More Details:

<https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

Enquiries:

Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

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

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

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

Life begins at the end of your comfort zone!

A **SMALL** change can make a **BIG** difference!

If you are planning for any short-term projects containing elements of Creativity, Entrepreneurial Spirit or Social Responsibility, apply "Be Entrepreneurial!" Funding Scheme.

To provide more support to students, the maximum funding amount has been raised to \$20,000!!!

Maximum Funding Amount: HK\$20,000

Eligibility

- All WYS undergraduate students
- Individual and Group projects (*the group must comprise of at least 50% WYS students, other 50% may be students from other Colleges*)
- Applications are welcome all year round

What are you waiting for? Click [HERE](#) to find out more information!

Enquiries:

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

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
Short-term	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)
Long-term	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, first date 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 Katie Yu (3943-3935 / katieyu@cuhk.edu.hk)

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)

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

6. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃



*Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of **sports 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.wyys.cuhk.edu.hk/whole-person-development/sports-health-education/>

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

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

Other Activities & Announcements

1. Maker Workshop Series - Make Your Own VR Tour



CUHK Entrepreneurship and Innovation (EPIN) Minor Programme is going to re-run “Make Your Own VR Tour” on **26th Oct, 2019** at **YIA 603**. **TWO** sessions conducted in English and Cantonese are available at different time slots. In this workshop, you will learn how to create a VR tour from shooting to post production and it is **FREE** of **CHARGE**.

Don't miss the chance and click to register at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8295081>.

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

2. Flourishing First Year Programme 心盛計劃 2019



Flourishing First Year@CUHK is a tailor-made programme for all NEW students. More than 20 workshops on various virtues of leaders will be provided throughout the academic year to support students to flourish as an everyday leader.

How does Flourishing First Year@CUHK work?

- Step 1:** [Register](#) to be a member and receive promotion of upcoming workshops/ activities
- Step 2:** Choose your favourite workshops and get our welcoming gifts
- Step 3:** Complete at least 3 workshops from 3 different modules -- \$50 Cafe330 Coupon
- Step 4:** Complete at least 6 workshops from all 6 modules -- Big prize! (to be announced later)
- Step 5:** Becoming an Everyday Leader

Programme Details and List of Workshops:

<https://www.osa.cuhk.edu.hk/services/flourishing-first-year-programme>

Enquiries:

Office of Student Affairs (3943-8652 / osa@cuhk.edu.hk)

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

3. Events of The Hong Kong Management Association

The Hong Kong Management Association (HKMA) would like to invite you to join the following events under their Youth Development Scheme. Upon satisfactory attendance to any three HKMA events during Oct-Dec 2019, students will be invited to HKMA internship program.

Kindly note that these events are provided for free for HKMA student members only, so interested students please first register for HKMA student membership online at <https://www.hkma.org.hk/free/membership/studentMember/>. It is FREE to register for HKMA student membership. Afterwards, students could register for the following events at <https://forms.gle/EV35YKLxvM9sZuVe9> directly.

Below lists event details for your reference.

Event	Time and Venue	Description	Flyer	Registration Deadline
Company Visits: McDonald's	14 th Nov, Thu 15: 00-17:00 @Hungghom train station	Representatives from the company will be sharing their industry trend, daily operation, talent need and advice on career plan, even tips on applying their internship / graduate opportunities. Tour will be given around the office / restaurant so students will have a taste on the daily operation of the industry.	Flyer Here	11 th Nov, Mon

Enquiries:

Ms Esan Lee of HKMA (esanlee@hkma.org.hk / 2774-8575 / 9329-3393)

HKMA Digital Marketing Community - “零售科技拆解零售界「五大痛點」研討會”

HKMA Digital Marketing Community will also be organizing the seminar “零售科技拆解零售界「五大痛點」研討會”, which aims at studying retail difficulties and the advantages of retail technology. You are welcome to join the seminar and details are as follows.



Date: 1st Nov (Fri)

Time: 4:00 pm – 6:00 pm

Venue: Lecture Theater, HKMA Advanced Management Development Centre, 3/F, Tower 2, South Seas Centre, 75 Mody Rd, Tsim Sha Tsui East, Hong Kong

Language: Cantonese

Quota: 10 complimentary seats (free of charge and first-come-first-served)

Application: Please email you SID, English & Chinese full name, mobile number, major and year to rachelpoon@cuhk.edu.hk and katieyu@cuhk.edu.hk

Application deadline: 27th Oct (Sun)

Enquiries:

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

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

4. Member Recruitment for uBuddies Program and uPals Program

uBuddies Program

uPals Program



Have you ever thought of becoming a peer counsellor so as to offer support and assistance to your peers who appear frustrated and confused?

Since 2010, Wellness and Counselling Centre of the Office of Student Affairs has launched the **'uBuddies' Peer Counselling Network** to promote Caring Campus. Ten batches of uBuddies have completed their training and have been in active service for years. We would like to invite you to join us! Let us build together a truly caring and positive campus in CUHK!

Who are eligible to join the uBuddies program?

- If you are CUHK full-time non-final year undergraduate students; and you
- are interested in developing helping profession
 - wish to develop your personal potential and character strengths
 - love to help peers
 - want to add colours to your university lives

Training will be conducted **mainly in Cantonese** with English supplement.

More information: [here](#)

uPals is a newly launched program by the Wellness and Counselling Centre of the Office of the Student Affairs focusing on peer wellness promotion and strengthening peer support atmosphere. The uPals members will work together to plan and implement mental wellness campaigns to promote supportive, fun and caring service projects on campus.

Who are eligible to join the uPals program?

- If you are CUHK full-time non-final year undergraduate students; and you
- are interested in organizing some fun events focusing on mental health
 - wish to be part of the World Mental Health Day, organize cheering-up activities during examination period, etc.
 - love to support peers
 - want to promote positive lifestyle choices to support mental wellness

All trainings and workshops will be conducted **mainly in English.**

More information: [here](#)

Application (**Deadline: 18th Oct**):

[uBuddies On-line Application Form](#)

[uPals On-line Application Form](#)

Enquires:

Miss Kong (3943-1804)

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

Eligibility

To be eligible to apply for the CUHK Student Residence Bursary 2019/20, 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 2018 to 31st Mar 2019) 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 (*Please refer to the Guidelines for the monthly household income bandings*);
- (4) be not able to benefit from Community Care Fund (CCF) hostel subsidy or receive less than \$1,420 per term under the CCF hostel subsidy.

Amount of Bursary

1. For eligible needy students who are not able to benefit from CCF hostel subsidy, the value of each bursary will be \$1,420 per term.
2. For eligible needy students who receive less than \$1,420 per term under CCF hostel subsidy, the value of each bursary will be the difference between \$1,420 and the approved amount of CCF hostel subsidy.
3. The maximum amount of bursary for residents of all types of shared rooms will be the same.

Application Procedures

1. Eligible students who live in hostel for the first term or the whole year should submit their online application in Chinese University Student Information System (CUSIS) (*Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "Student Residence Bursary"*) during the application period **from 2nd Sep to 31st Oct 2019**.
2. Applicants should print out Section 7 of the online application form and submit together with the supporting documents to the College on or before the application deadline.

Application details: <http://admission.cuhk.edu.hk/aid/application.html>

Enquiries:

Office of Admissions and Financial Aid (3943-1898 / 3943-7205)

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

6. <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.