

## Sunny Review 上周回顧

- [1. clab Art & Nature Series – Sand Painting Workshop and Porcelain Painting Workshop](#)
- [2. GPS Career Development Facilitation Scheme Kick-off Ceremony](#)
- [3. College Student Advisor Scheme Gatherings 師生茶聚](#)
- [4. Quick News on Inter-collegiate Competition 院隊比賽結果快訊](#)



## College Activities 書院活動

- [1. Round Campus Run 環校跑 <New>](#)
- [2. 語文文化桌：古人也寫錯別字 <今日截止報名>](#)
- [3. “Meet the Dean” Gatherings](#)
- [4. Rance Lee Award <Reminder – Application Deadline on 31<sup>st</sup> Oct>](#)
- [5. Fitness Consultation Sessions 健身訓練諮詢](#)

## College Announcements 宣佈事項

- [1. Acting Appointment 署理職務 <New>](#)
- [2. Recruitment of Student Ambassadors for College Graduation Ceremony 伍宜孫書院畢業典禮 - 招募學生大使 <New>](#)
- [3. Sunny Fest Booth Recruitment 大笪地招攤 <New>](#)
- [4. WYS College Anniversary 2019 --- EC Recruitment](#)
- [5. New Establishment of College Café in College Gallery](#)
- [6. 宜孫劇社@中大劇賽賣飛啦](#)
- [7. “Meet the Dean” Hours 輔導長時間](#)
- [8. Student Pastoral Care](#)
- [9. Exchange and Travel Grant/Loan 2019/20](#)
- [10. WYS’s Got Talents – Photography, Poster Design, MC and a lot more!](#)
- [11. 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](#)
- [6. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃](#)

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

- [1. HSBC Overseas Scholarship 2020/21 <New>](#)
- [2. Flourishing First Year Programme 心盛計劃 2019](#)
- [3. Events of The Hong Kong Management Association](#)
- [4. Student Residence Bursary Scheme 學生宿舍助學金計劃 <Application Ends Next Thursday>](#)
- [5. Community Resources for Emotional Support and Mental Health Promotion <Updated>](#)

## Sunny Review

- [1. clab Art & Nature Series – Sand Painting Workshop and Porcelain Painting Workshop](#)



c!ab organized two workshops last week to round up their “Art & Nature Series” programme (<藝術與自然>系列). Participants used sand and clay as medium for their creative works at the *Sand Painting Workshop* and *Porcelain Painting Workshop* respectively.



Under the guidance of sand artist Ms. Edith Wu, participants learnt how to manipulate the skills on sand painting. They successfully drew their paintings with story angles within the 2-hour workshop on 14<sup>th</sup> Oct. It was a good exercise for participants to open up their mind, release their pressure and relieve!



On 19<sup>th</sup> Oct, we had artist and designer Ms. Terese Chan to lead students into the journey of hand painting porcelain. Participants came up with designs with animal and plant elements to echo with c!ab *Art and Nature Series*. They connected with their inner artists through painting and created lots of impressive porcelain arts. All the works were sent back to studio for drying and firing. The final products will be exhibited at the College Gallery to inspire the others. Stay tuned!

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

## 2. GPS Career Development Facilitation Scheme Kick-off Ceremony



GPS Career Facilitation Service Scheme, jointly organized by the College and CUHK School of Continuing and Professional Studies (中大專業進修學院), aims at providing our students with career guidance and enriching their self-understanding through one-on-one consultation meetings with their assigned Global Career Development Facilitator (GCDF). College Associate Dean of Students Dr. Po-kin Leung (梁寶建博士) encouraged students at the Kick-off Ceremony to take the initiatives to learn and experience, and open up themselves for challenges.

After the presentation of confirmation letters, 10 participants and their GCDF introduced themselves to each other, and very much looked forward to the upcoming 4 meetings.



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

### 3. College Student Advisor Scheme Gatherings 師生茶聚



To help new students settling in College life, we match our students with a College member to serve as their advisor. The gatherings throughout September and October gave a chance for the freshmen and advisors to know each other and share their thoughts and aspirations. Some of the groups were getting close much faster as they are from the same small groups of College Orientation Camp which facilitated the communications among themselves.



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

#### 4. Quick News on Inter-collegiate Competition 院隊比賽結果快訊



College Basketball, Volleyball and Football Teams participated in the Inter-collegiate Competitions (preliminary rounds) over the past weeks.

Congratulations to Men's Volleyball Team for winning the 3<sup>rd</sup> Runner-up. Other teams delivered excellent performances as well. Our heartiest thanks to all teams devoting in trainings and competitions!

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

## College Activities

### 1. Round Campus Run 環校跑



The following message is drafted by Wu Yee Sun College Sports Association:

一年一度的伍宜孫環校跑又黎啦  
想係考完 **midterm** 舒展筋骨  
又想輕鬆拿取 4 分 **pe** 分？  
咁仲等咩？快啲黎參加環校跑啦

**日期：**01/11/2019 (星期五)  
**時間：**11:30 - 13:00  
**比賽登記時間：**11:00 - 11:30 (所有遲登記的選手將不獲參與)  
**地點：**伍宜孫書院大堂  
**名額：**300 名  
**衣著：**合適運動衫  
**截止報名：**29/10/2019

※※※備注※※※

1. 首三名運動員均設有獎盃及獎品，第四及第五運動員則會獲得獎牌及獎品。
2. 所有參賽者須於出席頒獎禮後，連同號碼再次到報到處確認完成賽事後，方可獲得體育參與分四分。(只適用於體育必修課)
3. 精英組將從較前位置開始賽事，休閒組將從較後位置開始。請根據您的意願選擇您的參與組別。
4. 報名以伍宜孫學生優先，並且先到先得

如有任何問題，歡迎與是次活動負責人聯絡：**Ryan (9431 9958 / [sunnywyssa@gmail.com](mailto:sunnywyssa@gmail.com))** (電郵優先)  
(申請被接納者將會收到電郵通知作實。此活動不接受臨時參加者。)

**報名 link：** <https://forms.gle/8xcx4bd1gcWAp2CJ7>

It's the exciting annual WYS campus run again  
If you'd like to do some stretching after finishing the mentally and physically demanding mid-term exams  
and get the 4 PE marks in the easiest possible way ever  
Don't hesitate. Come and join us in the campus run.

**Date:** 1<sup>st</sup> Nov (Fri)  
**Time:** 11:30 - 1:00 pm  
**Registration Time:** 11:00 am - 11:30 am (Any LATE registration will NOT be entertained)  
**Meeting Venue :** Wu Yee Sun College Lobby  
**Quota:** 300 participants  
**Dress Code:** Sports wear

**Deadline:** 29<sup>th</sup> Oct (Tue)

### ☀☀☀Remarks☀☀☀

1. The top 3 individual participants will each receive a cup and souvenirs, while participants ranking 4th and 5th will each receive a medal and souvenirs.
2. All participants who have finished the race in accordance with all the rules set out and have registered with their bibs after the prize ceremony are eligible to receive 4 PE marks in their compulsory PE courses.
3. The elite group will start at an earlier time while the leisure group will start at a later time. Please choose your participating group according to your will.
4. This event is on a first-come-first-served basis with a higher priority for Wu Yee Sun students

If you have any enquiries, please feel free to contact:

Ryan (9431 9958 / [sunnywyssa@gmail.com](mailto:sunnywyssa@gmail.com))

(Confirmation emails will be sent to all successful applicants. NO walk-in applications are allowed.)

**Application link:** <https://forms.gle/8xcx4bd1gcWAp2CJ7>

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

## 2. 語文文化桌：古人也寫錯別字

**語文文化桌**  
**古人也寫錯別字**

錯別字不單是現代人的產物。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**

**講者簡介：**  
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)

**查詢：**劉欣誼小姐 (3943 3988 / [carlylau@cuhk.edu.hk](mailto:carlylau@cuhk.edu.hk))

錯別字不單是現代人的產物。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](mailto:carlylau@cuhk.edu.hk))

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

## 3. "Meet the Dean" Gatherings

Date	Time	Venue	Language	Hosted by
9 <sup>th</sup> Oct	4:30 pm	Staff Dining Room	Putonghua	Prof. Poon Ming Kay (Associate Dean of Students)
23 <sup>rd</sup> Oct	6:30 pm	Staff Dining Room	Cantonese	Prof. Lai Man Hong (Dean of Students)
30 <sup>th</sup> 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](mailto:soniayu@cuhk.edu.hk))

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

#### 4. Rance Lee Award <Reminder - Application Deadline on 31<sup>st</sup> Oct 2019>



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 31<sup>st</sup> Oct (next Thursday)**. 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](mailto:carlylau@cuhk.edu.hk) / 3943-3988)

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

#### 5. 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](mailto:chilliestam@cuhk.edu.hk) / 3943-3934)

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

## College Announcements

### 1. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be on leave from 25<sup>th</sup> to 30<sup>th</sup> October. During this period, Professor Sunny K.S. Kwong (鄭啟新教授), Associate College Master and Director of University Planning Office, has been appointed the Acting Master of Wu Yee Sun College.

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

### 2. Recruitment of Student Ambassadors for College Graduation Ceremony

#### 伍宜孫書院畢業典禮 - 招募學生大使

The College Graduation Ceremony will be held on 7<sup>th</sup> Nov (Thu). We are now recruiting student ambassadors to assist in venue set up, greeting and ushering guests, crowd control, distribution of materials etc. If you are interested to help out, please complete the online application form below by Wed, 23<sup>rd</sup> Oct.

**Event Date**

**Date:** 7<sup>th</sup> Nov (Thu)

**Time:** 9:30 am – 3:00 pm

**Registration:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8369915>

**Remuneration:** \$55/hour



**Enquiries:**

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

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

### 3. Sunny Fest Booth Recruitment 大笪地招攤

The following message is drafted by Organizing Committee of Wu Yee Sun College Anniversary:



**宜孫大笪地---招攤 Booth Application in Sunny Festival (deadline: 31/10)**

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

今年係書院 12 週年，11 月會有一連串慶祝活動，當中點可以數漏 11 月 5 日晚上的大笪地？今年我哋都會繼續同以前一樣，俾大家投攤，發揮無限嘅創意。無論係美食、遊戲定係展覽，只要你諗得出，我哋通通無任歡迎。

同之前嘅大笪地一樣，我哋希望各位同學可以唔單止作為一個參加者咁去慶祝書院生日，而係可以變成舉辦者，令大家一齊投入喺呢個盛事入面。無論你係有一啲好味嘅嘢想同大家分享，或者有啲興趣想同大家分享，我哋都好歡迎你嚟擺攤同同學交流交流㗎！

一句講晒:

想體驗下擺攤既籌備工作同滿足感？嚟大笪地擺攤啦！  
同朋友 omate 莊員搞下新意思賣下野？嚟大笪地擺攤啦！  
野食？野飲？手作？總之你諗到賣得既野都可以賣呀！  
又開心仲可以賺到錢，唔係唔嚟投攤玩嘛

日期：11 月 5 日(星期二)  
時間：7:00 pm - 10:00 pm  
地點：伍宜孫書院中庭

投攤表：<https://forms.gle/gWne6jcP2ua4JcRRA> (截止日期: 31/10)

租金:

中大人有電攤 \$120  
中大人非電攤 \$100  
非中大人有電攤 \$180  
非中大人非電攤 \$150

按金: \$100

成功投攤者必需支付按金\$100 和租金!請參閱申請表上之細則及條款。如有爭議，香港中文大學伍宜孫書院學生會院慶籌委會保留最終決定權。

如果你想申請攤位做展覽或者遊戲，並且活動無法為你帶來收益，你可以聯絡我們申請特別攤位，或者申請書院的資助。

**Enquiries:**

Kevin: 6480 3543 / Dash: 5408 4878

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

## 4. 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](#).

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

## 5. 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 9<sup>th</sup> 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

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

## 6. 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，我地就會留飛比你架啦  
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》

訂飛傳送門:

[https://docs.google.com/forms/d/e/1FAIpQLSfKs-bViP\\_6oqHpU\\_YrkIM7zXiMxPNxqh0WpExbYngqx-izCQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfKs-bViP_6oqHpU_YrkIM7zXiMxPNxqh0WpExbYngqx-izCQ/viewform)

聯絡:

Elton (9409 1392) / 羊羊 (9235 9713)

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

## 7. "Meet the Dean" Hours 輔導長時間

"Meet the Dean" Hours is a regular time schedule particularly for you to talk directly to the College Dean of Students on any matters you feel interested or concerned. The session is hosted by:

- Professor Man-hong Lai (黎萬紅教授), College Dean of Students and Associate Professor at the Department of Educational Administration and Policy
- Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor at the Department of Chinese Language and Literature
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics

Every Sunnie is welcome!

### Academic Year 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](mailto:soniayu@cuhk.edu.hk))

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

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

## 8. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain

new perspectives! DON'T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

- 1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please call **3943-3942** for arrangement.
- 2) You may also approach the **University's Wellness and Counselling Centre** at **3943-7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400-2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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

## 9. Exchange and Travel Grant/Loan 2019/20



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 13<sup>th</sup> Dec 2019.**

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

Check out the following link for more information including eligibility:  
[https://www.wyys.cuhk.edu.hk/cms/wp-content/files\\_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf](https://www.wyys.cuhk.edu.hk/cms/wp-content/files_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf)

**Enquiries:**

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

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

## 10. 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](mailto:chilliestam@cuhk.edu.hk))

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

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

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

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

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

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

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

# 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](mailto: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](mailto:rachelpoon@cuhk.edu.hk))

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

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

## 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.

	<b>Programme Length</b>	<b>Programme nature</b>	<b>Maximum Award amount</b>
<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.

<b>Round</b>	<b>Applying for trips taken during</b> (for trips overlapping both rounds, <u>first date</u> of the trip shall determine the application period)	<b>Application period</b>
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))

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

## 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:**

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

## 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.wys.cuhk.edu.hk/whole-person-development/sports-health-education/>

#### Enquiries:

Miss Chillies Tam ([chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk) / 3943-3934)

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

## Other Activities & Announcements

### 1. HSBC Overseas Scholarship 2020/21

This scholarship supports local non-final year full-time undergraduate students to study in an overseas university for either one semester or one academic year in the academic year 2020/21. The maximum total value for each scholarship is HK\$300,000 covering tuition fees and mandatory college fees, a minimum economy return airfare, reasonable room and board costs, books, a small portion of living expenses and visa application fees. Other than the language requirement and academic requirement of minimum CGPA 3.7, the following attributes of candidates are required by the donor:

- 1) be well-rounded, active in extra-curricular and/or community services;
- 2) no extensive experience of living or studying overseas; and
- 3) be committed to Hong Kong



Details of the Scholarship and its application form can be downloaded from <http://admission.cuhk.edu.hk/> (Financing Your Studies > Scholarships > Open for Applications). The application will close at 12:00 noon on **30<sup>th</sup> Dec 2019**.

**Enquiries:**

OFAFA Scholarships and Financial Aid Section (3943-7204 / [sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk))

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

## 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](mailto: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
<b>Company Visits:</b> <b>McDonald's</b>	14 <sup>th</sup> Nov, Thu 15: 00-17:00 @Hunghom 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.	<a href="#">Flyer Here</a>	11 <sup>th</sup> Nov, Mon

**Enquiries:**

Ms Esan Lee of HKMA ([esanlee@hkma.org.hk](mailto: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:** 1<sup>st</sup> 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](mailto:rachelpoon@cuhk.edu.hk) and [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk)

**Application deadline:** 27<sup>th</sup> Oct (Sun)

**Enquiries:**

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

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

**4. Student Residence Bursary Scheme 學生宿舍助學金計劃**

**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 1<sup>st</sup> Apr 2018 to 31<sup>st</sup> 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 2<sup>nd</sup> Sep to 31<sup>st</sup> 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)

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

## 5. Community Resources for Emotional Support and Mental Health Promotion

### **<Samaritan Befrienders HK>**

Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

### **24-hour Hotline: 2389-2222**

*Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead*

### **Suicide Crisis Intervention Centre: 2341-7227 for appointment**

*Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services*

### **Family Helpline: 2319-1177**

*Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis*

\*\*\*\*\*

### **<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。

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

To unsubscribe, please email us at [info.wys@cuhk.edu.hk](mailto:info.wys@cuhk.edu.hk).