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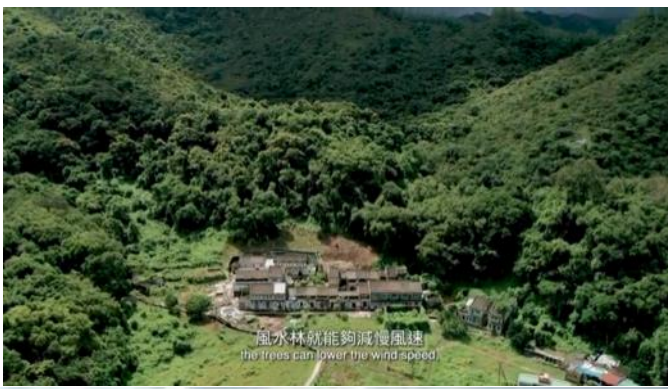
Sunny Review

- [1. Sunny Living Week: New Normal, New Attempts, New Breakthroughs](#)

Following the success from previous years, *Sunny Living Week* was held again from 5th to 9th Oct this year under the pandemic! Since face-to-face teachings were basically suspended, the activities had been switched to an online formats with innovative elements added to *train students' body, mind and spirit*, and encourage them to *contribute to the environment and society*.

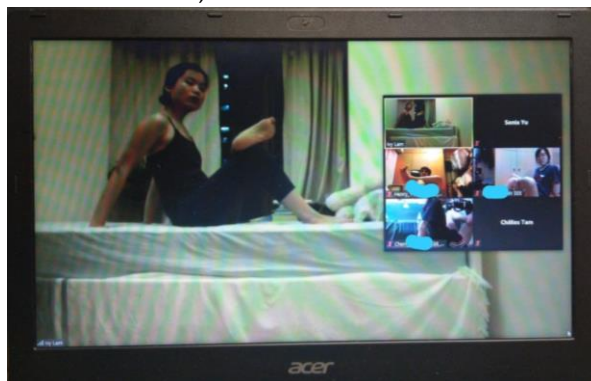


The week started off with *Music Sharing by College Master Professor Anthony Chan (院長陳德章教授)* presenting “Deux Arabesques” composed by Claude Debussy on College facebook LIVE. Facilitated by Dean of Students Professor Ming-kay Poon (輔導長潘銘基教授), College Master shared with us the importance of music on his life, and the atmosphere and development of music among the College. Master also suggested some types of music which may help relieve stress and strengthen our spiritual health. He also encouraged us to keep exercising to stay physically fit. Everyone was fascinated by this new experience of LIVE music sharing and got inspired on how to maintain a Sunny Living style.



Professor Kwai-cheong Chau (鄒桂昌教授), Chairman of College Campus Environment Committee and Mr. Chi-yip Kung (龔志業先生), our alumnus, guided us towards a [Virtual Eco-cultural Tour](#) at Northeast New Territories to explore along Kai Kuk Shue Ha (雞谷樹下), Fung Hang (鳳坑) and Kuk Po (谷埔) where Hakka people resided.

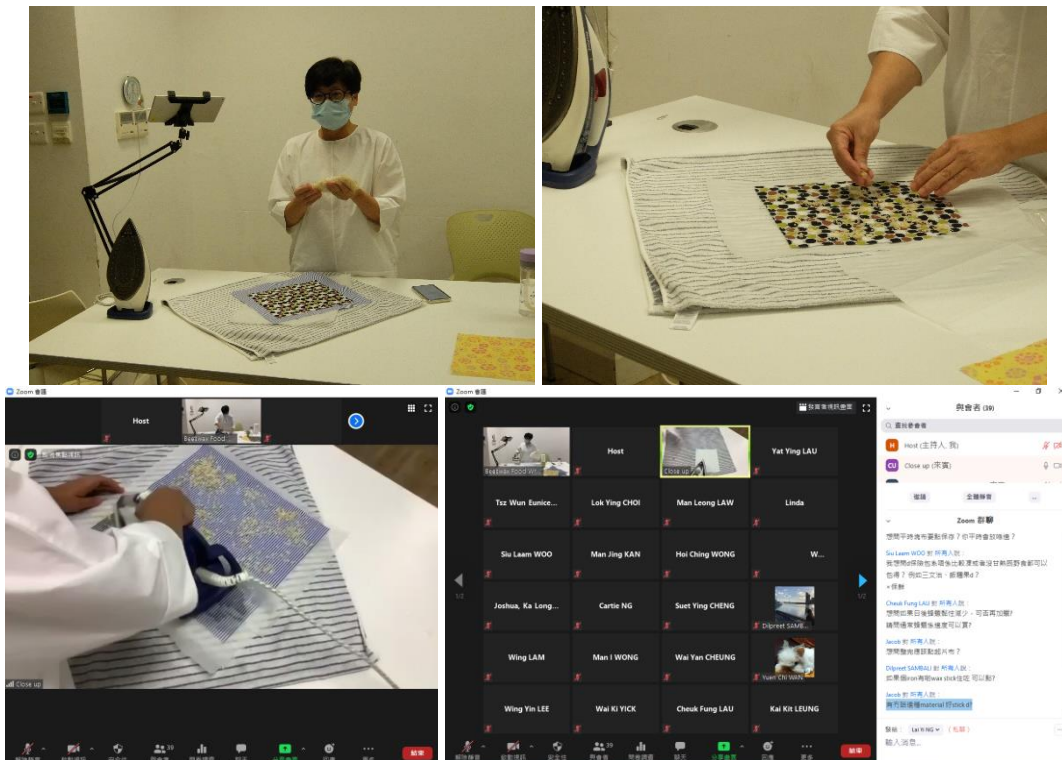
Just 20 minutes, the video tour allows us to give ourselves a break from the hassles, and at the same time, reflect on the relationship between natural environment, Hakka cultural inheritance and rural land planning.



Staying at home for such a long time to attend zoom sessions, some students opted to join [Yoga At Home](#) via zoom to stretch the body, recharge themselves and relieve their stress. Students' videos were turned on to allow LIVE interactions with yoga instructor so everyone could receive appropriate fitness advice timely.

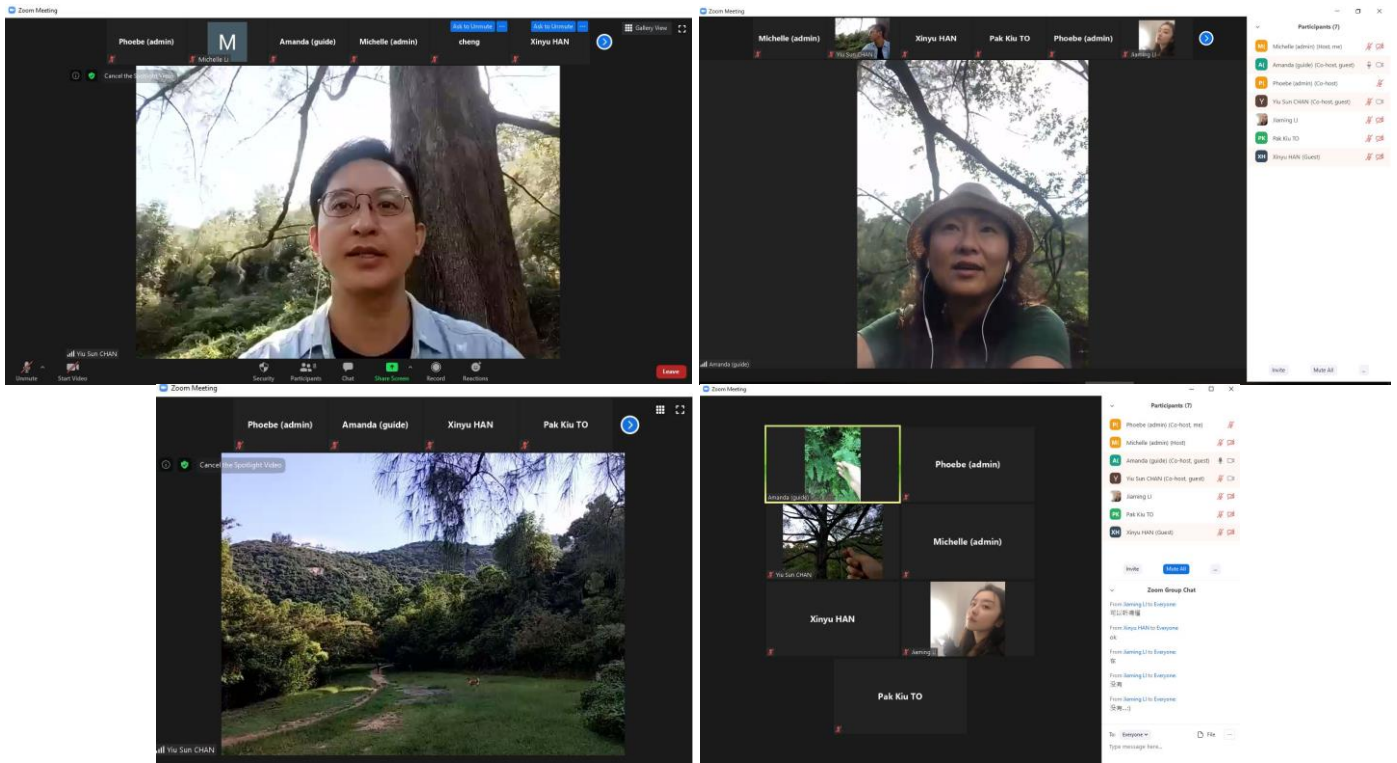


Four enthusiastic bands, **Re:member**, **Flat 9**, **Barry Lam's Jazz and Trio** and **Aa & Elaine's Duo**, from **Music Buffet** shared with us modern progressive rock, jazz and their originals at College YouTube Channel. A total of 6 pieces have been released named "Sweet Memories", "Days of Wine and Roses", "Precious Child", "Re:me", "The Girl from Ipanema" and "Someday My Prince will come". Everyone did chill out with the music broadcasted throughout Sunny Living Week!

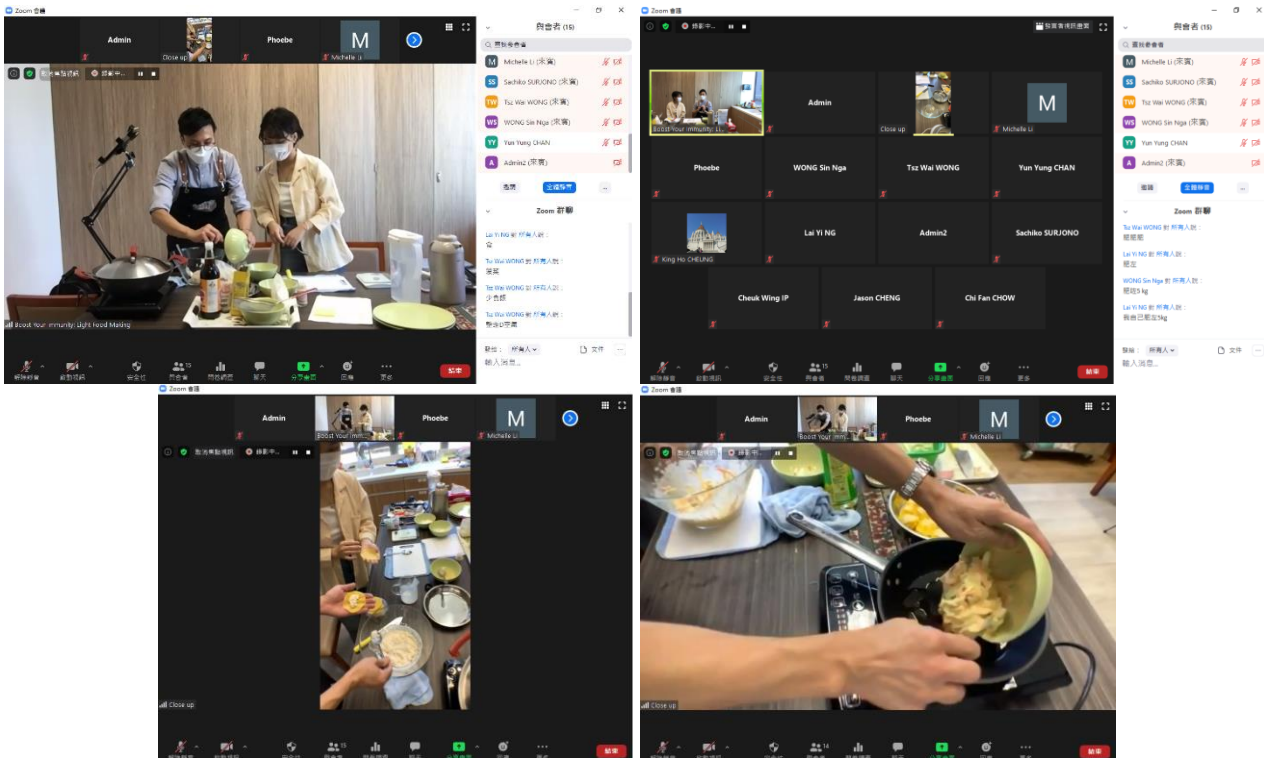


Under the pandemic, we cannot but use disposable masks every day. We need to save the earth by reducing the use of other disposable items in our daily life. Learning how to make reusable **Beeswax Food Wraps** is definitely one of the ways to show our support to environmental protection. Although the workshop was conducted online, students could make the beeswax food wraps together with instructor at home since they had received the

material packs beforehand. At the end of the workshop, some students shared their finished products at the screen. Both students and instructor were satisfied and pleased with this new experience.



Ms. Amanda Yik (易琪女士) and Mr. Yiu-sun Chan (陳堯燊先生), Forest Therapy Guides of US Association of Nature and Forest Therapy Guides & Programs, brought us a brand-new *Virtual Forest Bathing* experience via zoom, with their mobile phones in natural outdoor environment. Students used their five senses to see, to smell, to listen, to touch and to taste the nature through instructors' screen. Students also shared their feelings with instructors and could notice something that they normally neglect during daily busy life. After joining the virtual forest bath, students felt much more peaceful and calm.

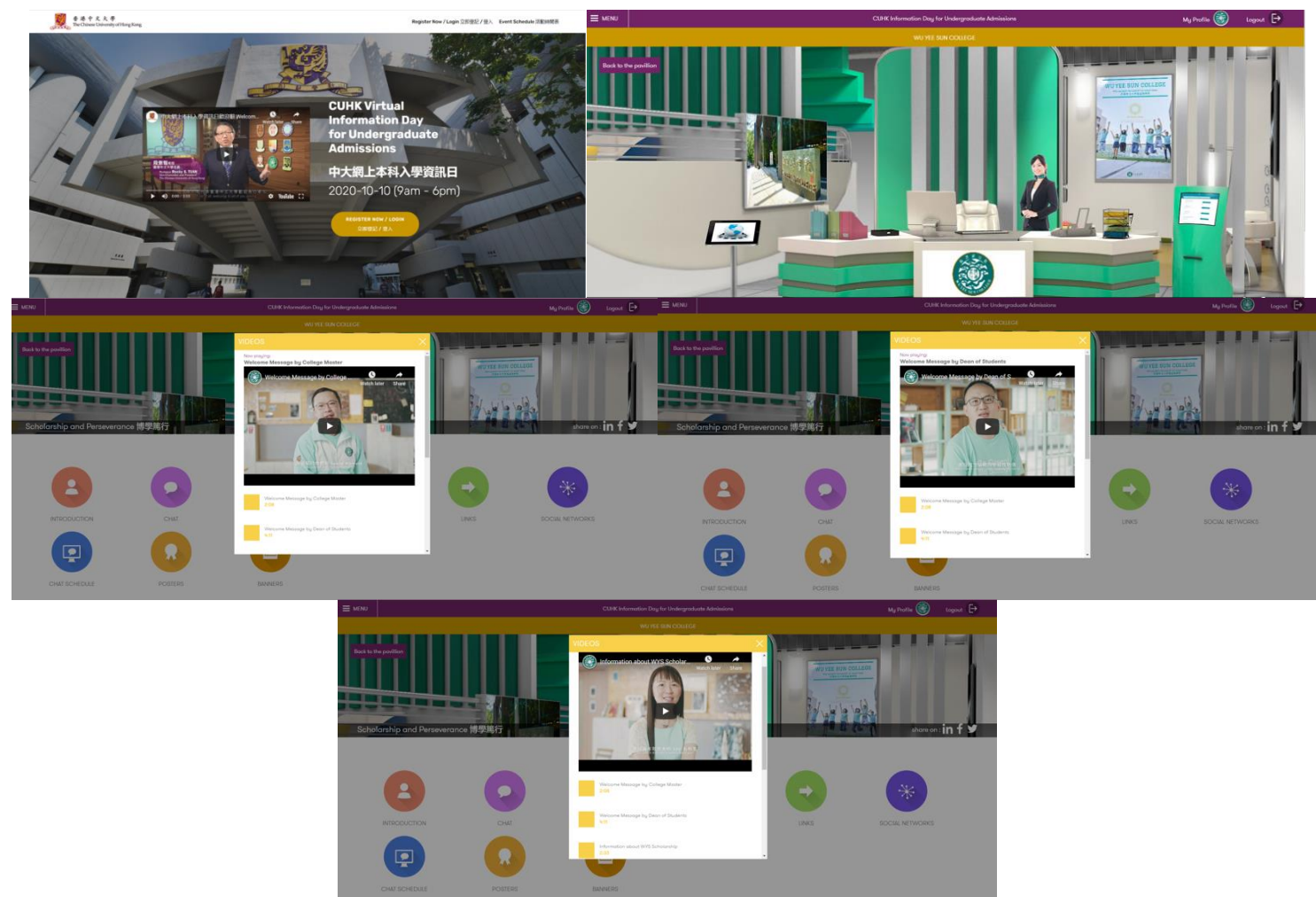


Some Sunnies joined the *Boost your Immunity : Light Food Making Workshop* to learn cooking healthily. Mr. Leslie K.P. Chan (陳國賓先生), Registered Dietitian, firstly gave a presentation about “*Diet and Immunity*” and reminded us to eat a variety of foods in order to intake enough Vitamin A, C, E, iron, zinc and protein to maintain normal functioning of our immune system. He then demonstrated making two healthy and yummy dishes, “*Homemade Fish Meat Siu Mai with Millet*” and “*Okonomiyaki with carrot and squid tentacles*”. Although students could not cook with instructor face-to-face, they had an interactive LIVE chat with Leslie via zoom and learnt more about nutrition facts and myths.

With the spirit of *Sunny Living* in mind, we dare to try, dare to take challenges and dare to dream, and it is always important to stay positive, resilient and healthy under challenging times!

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2. 2020 CUHK Virtual Info Day



The CUHK Virtual Information Day was successfully held on 10th Oct 2020 (Sat). The College also had a booth to provide information to all the visitors. Our College Master Professor Anthony T.C. Chan (院長陳德章教授) and Dean of Students Professor Ming-kay Poon (輔導長潘銘基教授) welcomed all the visitors via the online platform. Professor Grace L.H. Wong (黃麗虹教授), Chairperson of Scholarships and Financial Aid Committee, also provided information on College scholarships to our visitors. We had a chat room hosted by student ambassadors to answer the questions raised by the visitors as well. Although we could not meet the guest and visitors face-to-face, we could still have a chance to let them get to know us more.

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College Activities



壓力太大，夜晚成日都好多野諗，搞到晚晚都瞓都唔好，黑晒眼圈，有咩辦法可以解決呢？
日日對住電腦上堂搞到雙眼朦查查，捱夜溫書趕 project 又好傷肝，可以飲啲咩茶紓緩下呢？
如果你都有以上問題，那就萬勿錯過 11 月份嘅**中醫保健安神系列**，有我哋專業又資深嘅中醫教你**穴位按摩安神助眠**及一起**製作清肝明目茶包**，必定讓你容光煥發！

活動詳情:

日期: 2020年11月16日 (星期一)

講者: 張保亭教授

(張教授乃中大中醫學院助理院長及註冊中醫師，並於中大中醫專科診所應診，擁有多年中醫臨床和研究經驗)

語言: 普通話

第一部份: 安神助眠穴位按摩

時間: 6:30 - 7:00pm

截止報名日期: 11月9日

第二部份: 清肝明目茶包製作

活動時間: 7:00 - 7:30pm

截止報名日期: 10月23日

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10519132>

註:

1. 活動將以 zoom 進行，於活動開始前 3 天，同學將會收到活動的連結。
2. 同學可選擇報名參加兩項活動，或只參加第一或第二部份之活動。
3. 製作清肝明目茶包的材料會以平郵寄至同學家中(只限香港地址)，同學若身處香港境外的地方可於中大恢復面對面授課後到書院院務室取回茶包。

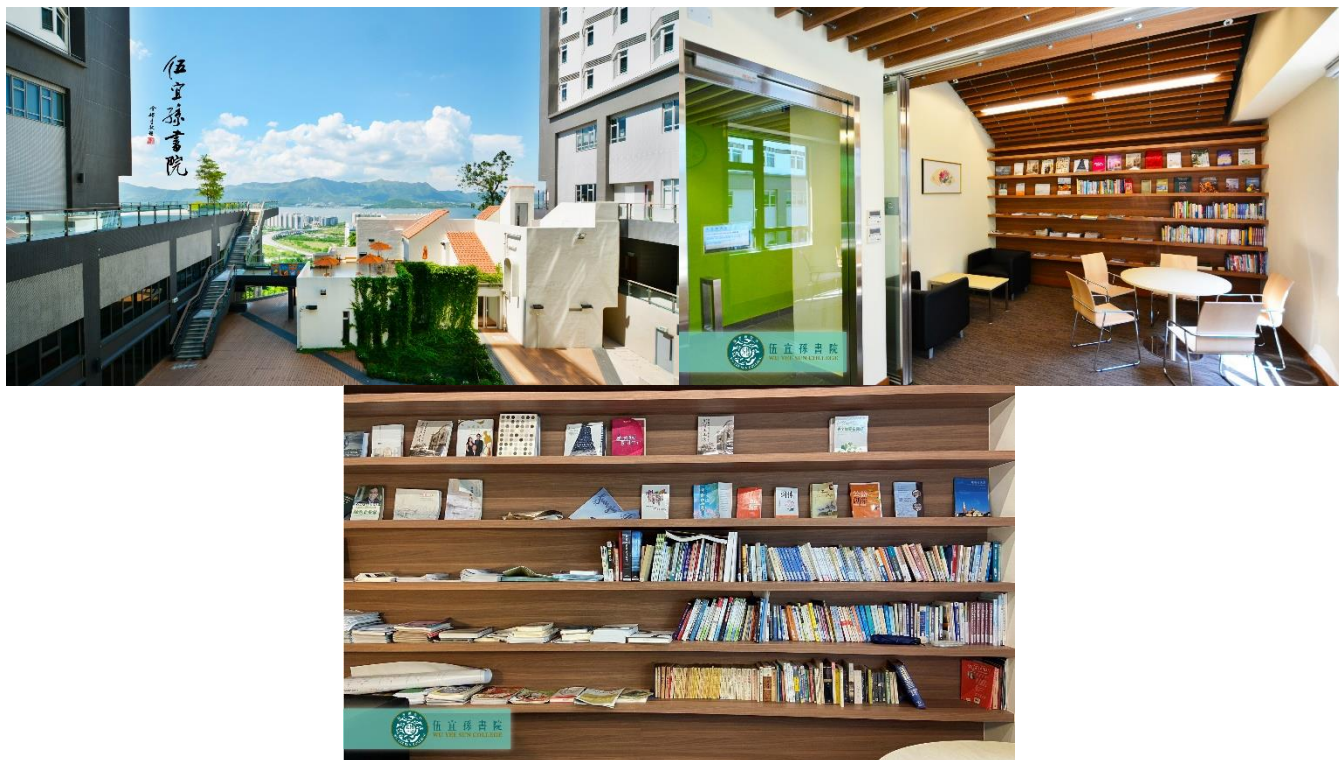
查詢:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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College Announcements

1. Virtual Background for download



Few virtual backgrounds are now available for College members to download for virtual meeting.
<https://www.wys.cuhk.edu.hk/news-information/downloads/?lang=zh>

We also welcome you to create and design a virtual background using the College as theme.

If your design is selected, we will post it to our College website for the download of college members and guests.

The size requirement for 16:9 background will be:

- (1) 1280 x 720 pixels
- (2) 1920 x 1080 pixels

Deadline for Submission: 30th Oct 2020 (Fri) and please send your design to sammykwan@cuhk.edu.hk

Enquiries:

Ms Sammy Kwan (sammykwan@cuhk.edu.hk / 3943 9775)

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2. Wu Yee Sun College Sports Teams Tryouts (1st term, 2020-2021) 2020-2021 上學期伍宜孫書院院隊選拔時間表

Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's & Women's Badminton	16 th Oct 2020 (Fri)	6:00 pm - 8:00 pm	Yeung Ming Bui Indoor Sports Centre	Mr. Nelson LAM 3943 3987 nelsonlam@cuhk.edu.hk

Men's & Women's Table Tennis	21 st Oct 2020 (Wed)	7:00 pm - 9:00 pm	Shaw College Multi-purpose Sports Hall	Mr. Ono Lee 3943 3986 onolee@cuhk.edu.hk
Men's & Women's Tennis	14 th Oct 2020 (Wed)	6:00 pm - 8:00 pm	Tennis Court No. 3, 4, 5	Mr. Ono Lee 3943 3986 onolee@cuhk.edu.hk
Men's & Women's Rowing	To Be Announced		Grand Stand, HCF	Mr. Ono Lee 3943 3986 onolee@cuhk.edu.hk

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3. College Student Grant/Loan 2020/21 - Application Now Open (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2020/21. There will be two rounds of applications: the September round is open to Non-Freshmen ONLY while the January round will be open to Freshmen ONLY. Students who have financial difficulties are reminded to first apply for Government financial aid (Tertiary Student Financial Scheme).

Application is now open for non-freshmen until 12th Oct 2020 (Mon). Please download the application form from the following link and submit the completed form with supporting documents via email to Ms. Karen Yiu (karenyiu@cuhk.edu.hk) or in person to the College Office (G03, G/F, East Block) before the deadline.

Application Form: https://www.wys.cuhk.edu.hk/cms/wp-content/uploads/2020/09/Student-Grant-and-Loan-202021_NF.pdf

Enquiries:

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

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4. Call for enrollment of Rance Lee Award



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 27th Oct 2020 (Tue) by 5:00 pm**. Grab the chance to win **HK\$10,000** to promote Sunny Living!

Online application is now available, simply submit your application through one click -
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10554865>

For details about Rance Lee Award, please check this [link](#).

Eligibility: All WYS students can apply individually or in group comprising at least 50% of WYS students

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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

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5. Temporary Closure of College Catering Outlets 書院膳堂暫停營業

Due to the spread of the novel coronavirus, Student Canteen, Staff Dining Room and Café at Wu Yee Sun College are temporarily closed until further notice. We are sorry for the inconvenience caused.

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6. "Meet the Dean" Hours 輔導長時間

["Meet the Dean" Hour is temporarily suspended and will be resumed once the circumstances allow. If you wish to talk to Dean of Students during this period, please email sammykwan@cuhk.edu.hk for arrangement.]

"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.

You talk. We listen. Even if you want to keep it to your heart, we still stand by your side.

The session is hosted by:

- Professor Ming-kay Poon (潘銘基教授), College 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
- Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Associate Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care

Every Sunnie is welcome!

Enquiries:

Ms. Sammy Kwan (sammykwan@cuhk.edu.hk / 3943 9775)

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

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

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7. 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 email sammykwan@cuhk.edu.hk 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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8. 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 (chilliestam@cuhk.edu.hk) / 3943 3934)

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9. 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。

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College Funding & Awards Schemes

1. Self-Motivation Fund for Health and Well-being Activities



Self-Motivation Fund for Health and Well-being Activities

Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities and qualification courses in order to bring everyone **health, happiness** and/or **satisfaction**.



Health and Well-being Activities

Max. funding amount :

\$1,500

Examples

Healthy Cooking Class

Trial Course on Musical Instruments

Course about Nutrition / Chinese Medicine

Mindfulness Workshop

Mental Health First Aid Course



Qualification Courses for Health and Well-being Instructors

Max. funding amount :

\$4,000

Examples

Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course

Art / Music Therapy Instructor Course



Application & Guidelines



Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities in order to bring everyone **health, happiness** and/or **satisfaction**.

Eligibility:

For Wu Yee Sun College students who participate in health and well-being activities organized by organization(s) other than the College.

There are two categories of activities you can apply :

(i) Health and Well-being Activities

Examples :

Healthy Cooking Class, Trial Course on Musical Instruments, Course about Nutrition or Chinese Medicine, Mindfulness Workshop, Mental Health First Aid Course

Funding amount : maximum **\$1500** or 80% of total application fee and course fee (whichever is lower)

(ii) Qualification Courses for Health and Well-being Instructors

Examples :

Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art or Music Therapy Instructor Course

Funding amount : maximum **\$4000** or 80% of course fee (whichever is lower)

Take a look at the **guidelines** and the **reflection template** and start your healthy life now!!!

Application : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10447493>

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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2. Self-Motivation Fund for Sports Activities

Self-Motivation Fund for **SPORTS** Activities

Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports activities, in order to live up the spirit "Sportst for Everyone".

Sports Activities
Max. Funding Amount:

\$1500
or 80% (whichever is lower)

Examples:
Standard Chartered Hong Kong Marathon,
Oxfam Trailwalker,
Spartan Race,
Dance Workshop,
Yoga Class

Qualification Courses for Sports Coach
Max. Funding Amount:

\$4000
or 80% (whichever is lower)

Examples:
Rowing,
Rope-skipping,
Taekwondo,
Orienteering

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

Application & Guidelines:

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".

To enhance support to students, funding amount is increased as follows:

Sports Activities: Max. \$1,000 → **\$1,500**

Funding per student per year: Max. \$2,000 → **\$4,000**

Details: <https://www.wys.cuhk.edu.hk/whole-person-development/sports-health-education/>

Enquiries:

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

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3. Self-Motivation Fund for Green Activities

Self-Motivation Fund for GREEN Activities



Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.



Green Activities

Max. Funding Amount:

\$1500

or 80% (whichever is lower)

Examples:

Eco-cultural Tour,
Upcycling Workshops,
Forest Bath

Qualification Courses for Instructor of Green Activities

Max. Funding Amount:

\$4000

or 80% (whichever is lower)

Examples:

Horticultural Therapists,
Trainer for Organic Farming,
Docent Training on Ecotourism



Application & Guidelines:



Enquiries:

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

Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.

Funding Amount:

Green Activities: Max. **\$1,500**

Qualification Courses for Instructors of Green Activities: Max. **\$4,000**

Details: <https://www.wys.cuhk.edu.hk/whole-person-development/green/>

Enquiries:

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

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4. 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.wyys.cuhk.edu.hk/college-life-support/funding-scheme/>

Enquiries:

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

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

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

Grab the chance, be creative!

Be Entrepreneurial! Funding Scheme supports students to implement various short-term projects fulfilling college's core values of **creativity, entrepreneurial spirit, and social responsibility.**

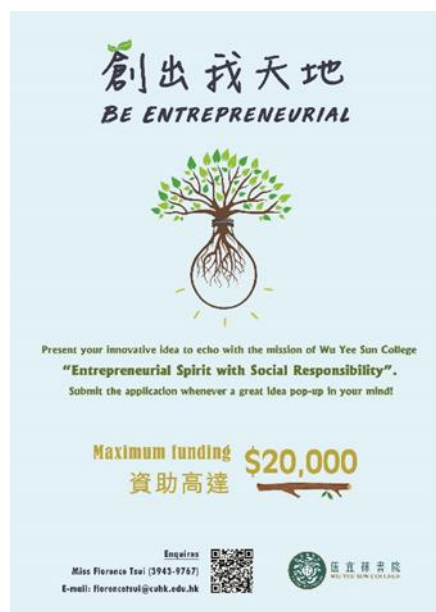
All undergraduate students, regardless of discipline and year of study, are welcome to submit application all year round. **The maximum funding amount is up to HK\$20,000!**

Check out the details through this [link](#).

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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



6. Service-learning project Funding Scheme 服務學習項目資助計劃

If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College's Service-learning Project Funding Scheme supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project.

Learn to serve and serve to learn! Please visit the website for more info.

Enquiries:

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

Other Activities & Announcements

1. 2FA Policy for All CUHK Accounts 大學帳戶雙重認證政策

Please note the arrangement of "2FA for All CUHK Accounts" and take the necessary action:

Policy Summary	<p>Under this policy, all staff, student and project accounts (aka @cuhk.edu.hk and @link.cuhk.edu.hk) must be 2FA protected. You can activate 2FA on your account anytime. The enforcement date is</p> <ul style="list-style-type: none">• Student Accounts: 3rd Nov 2020• Staff and Project Accounts: 2nd Feb 2021
Your Action	<ul style="list-style-type: none">• Enroll your account and designated mobile device via DUO 2FA Self-Service User Portal (https://duo.itsc.cuhk.edu.hk) Or

	<ul style="list-style-type: none"> • Purchase a hardware token from ITSC for DUO 2FA
2FA Integrated Applications	<p>When 2FA is activated on your account, your access to the following services will be protected with 2FA.</p> <ul style="list-style-type: none"> • Email • CUHK & SSL VPN • Microsoft 365 • MyCUHK • CUPIS • Employee Self-Service (ESS) • CUSIS** • UG Admission System** • PG Admission System**(GS Platform (Division)) <p>**Authorized application administrators</p>
DUO 2FA Usage	<p>Visit https://www.itsc.cuhk.edu.hk/all-it/information-security/two-factor-authentication-2fa for</p> <ul style="list-style-type: none"> • Mobile or Hardware token Enrollment • User Guides (document and video) • Briefing Sessions
Policy Details	<p>https://www.itsc.cuhk.edu.hk/it-policies/information-security-policies/2fa-policy-for-all-university-accounts (via CUHK Login)</p>

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2. Celebrity Talk (I): Through the eyes of your heart 名人講堂 (I) - 心眼闖世界



(The English version follows the Chinese one.)

名人講堂 (I) - 心眼闖世界

8歲那年，本應充滿歡笑，可是一次藥物敏感，令黃明慧（Jennifer）失去視力。Jennifer沒有因此而自暴自棄，她入讀主流中、小學；及後移民加拿大，攻讀大學取得經濟及心理學雙學士學位、輔導心理學碩士學位，以及教育文憑。近年，她回流香港從事心理輔導和治療服務，曾出任長者安居協會個案管理顧問。為推廣傷健共融，她更與視

障友人創立社會企業「Codekey Cookies」售賣點字曲奇。名人講堂將邀請Jennifer於10月29日下午1時30分至2時30分，於Zoom舉行分享會，與大家分享她用心眼闖世界的故事。

精彩預告：

<http://bit.ly/PTJW1029>

報名連結：

<http://bit.ly/1029JW>

查詢

電話：3943 1533

電郵：leos@cuhk.edu.hk

Facebook: <https://www.facebook.com/LEOs.online/>

Instagram: https://www.instagram.com/leos_cuhk/

學習輔導主任

學生事務處 學習輔導及文化共融組

Celebrity Talk (I): Through the eyes of your heart

At the age of eight, an age which was supposed to be filled with childhood laughter, Jennifer went blind due to drug allergy. Jennifer did not stop here. Instead, she attended mainstream schools in Hong Kong, emigrated to Canada, obtained a double bachelor's degree in Economics and Psychology, a master degree in Counselling Psychology, and Diploma in Education. Later, she returned to Hong Kong and delve into the field of Psychology & Counselling Service and worked as a Case Management Consultant for the Senior Citizen Home Safety Association. To promote the social integration of the disabled, Jennifer went further and co-founded a social enterprise 'Codekey Cookies' with her visually impaired friends to sell Braille cookies.

Jennifer will share her story with CUHK students and staff on **29th Oct 2020 from 1:30pm to 2:30pm** on Zoom in Cantonese and partially in English. Please join us.

Promotional Trailer:

<http://bit.ly/PTJW1029>

Online Registration:

<http://bit.ly/1029JW>

Enquiry

Phone: 3943 1533

Email: leos@cuhk.edu.hk

Facebook: <https://www.facebook.com/LEOs.online/>

Instagram: https://www.instagram.com/leos_cuhk/

Learning Enhancement Officers (LEOs)

Learning and Cultural Enhancement Section

Office of Student Affairs

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3. New Member Recruitment for CUHK Peer Support Network (uBuddies/ uPals) 2021 中大朋輩支援網絡(uBuddies/ uPals) 2021 年度成員招募

CUHK Peer Support Network

uBuddies 2021
Peer Counsellor
RECRUITMENT

Together we can do great things!

Training Contents
12-hr Peer Counselling Skills
12-hr Mental Health First Aid Standard Course
Adventure-based Training Camp
4-hr Practicum and Supervision

Medium of Instructions:
Cantonese with English Supplement

Service Projects
Design and implement on-campus service projects

Qualifications
CUHK uBuddies Certificate
Mental Health First Aid Certificate
Record in the Student Development Portfolio

Application Period:
7/9 -16/10/2020

Enquiries: 3943-1804 Miss Kong
Details: www.cuhk.edu.hk/osa/wacc

[cuhk_ubuddies](https://www.instagram.com/cuhk_ubuddies) [treehole_cuhk](https://www.facebook.com/treehole_cuhk)

Wellness and Counselling Centre | Office of Student Affairs | The Chinese University of Hong Kong

wellness
Promotion
Team

2021-2022

uPals
CUHK

RECRUITMENT

Application Period:
7/9 -16/10/2020

Enquiries: 3943-1804 Miss Kong
www.cuhk.edu.hk/osa/wacc

Training Contents (all training will be conducted in English)
5-hour Helping Skills Training
12-hour Mental Health First Aid Standard Course
Adventure-based Training Day Camp
2 Wellness Workshops (Expressive Art, Mindfulness Tasting, Emotion Regulation, Horticultural Therapy, etc.)

Service Projects
Design and implement on-campus service projects

Qualifications
CUHK uPals Certificate
Mental Health First Aid Certificate
Record in the Student Development Portfolio (SDP)

“ Promoting mental wellness to build a supportive, fun and caring campus ”

CUHK Peer Support Network
Wellness and Counselling Centre | Office of Student Affairs | The Chinese University of Hong Kong

你希望構建一個健康、正向的中大校園嗎？如果你樂意接受助人訓練、支援身邊的同學，同時有興趣籌辦活動或推廣心理健康，歡迎你報名參加學生事務處心理健康及輔導中心所舉辦的「uBuddies朋輩輔導聯網」或「uPals心理健康推廣團隊」！截止日期為 2020年10月16日，詳情請[按此](#)。

Do you wish to contribute to the wellness of CUHK students? If you wish to equip yourselves with helping skills so that you can better support other students around you, and have an interest in organizing activities or promoting mental wellness, you are most welcome to join the “uBuddies Peer Counselling Network” or “uPals Wellness Promotion Team” organized by Wellness and Counselling Centre, Office of Student Affairs. The application deadline is 16th Oct 2020 (Fri). Please click [here](#) for details.

[追蹤我們的專頁 Follow us on:

Instagram: [cuhk_ubuddies](https://www.instagram.com/cuhk_ubuddies) / [treehole_cuhk](https://www.instagram.com/treehole_cuhk) / [cuhk_upals](https://www.instagram.com/cuhk_upals)

Facebook: [山城樹窿 uBuddies](https://www.facebook.com/山城樹窿_uBuddies)]

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4. Social Impactful Project



Are you looking for opportunities to drive social change through entrepreneurial actions? If yes, Enactus CUHK Social Impactful Project will serve as a solid starting point for your ideas to grow and be realized.

Enactus CUHK is a chapter of a nonprofit organization, Enactus, aiming to promote social entrepreneurship as an important vehicle to drive social change for the better; more importantly, to ignite students' life-long passion for social entrepreneurship. This year, our first flagship event, Social Impactful Project (SIP), is about to start!

Social Impactful Project is a six-month incubation program for sustainable social business projects, which participants will join internal consultation workshops with advisors from the business and engineering faculties at CUHK, a Fall Exploration experiential workshop to give you the first taste of social innovation, and networking opportunities with founders of social enterprises to help you overcome barriers that may be involved in your startup journey ahead.

We welcome students from all disciplines to join us with your passion for social change whether as an individual or group participants.

Social Impactful Project Application [Kick-start the social venture!]

Date: 21st Sep 2020 (Mon) – 20th Oct 2020 (Tue)

Application Link:

https://docs.google.com/forms/d/e/1FAIpQLSdznYsZFobp6on9ETN8paxG9Ah0gC_M1pAIQtfe6KJ9cBIPqQ/viewform?usp=sf_link

To follow our latest information, please follow our **Instagram (@enactuscuhk)**. For further queries, please feel free to email us (cuhk@enactus.hk).

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5. APRU Virtual Student Exchange Program Co-curricular Activities

The following co-curricular activities under the [APRU Virtual Student Exchange \(VSE\) Program](#) are now open for registration.

The [APRU Virtual Student Exchange \(VSE\) Program](#) makes international education accessible by allowing students to **take academic courses** and **participate in co-curricular programs** without the need to leave home. It opens up international education opportunities for all students of APRU member universities, including CUHK, by providing an immersive virtual student exchange experience through digital technologies and platforms and creating encounters with new ideas, cultures, experts and students from around the world.

Don't miss out on the opportunity to learn, experience and exchange with peers from around the world by joining activities under the [Virtual Student Exchange Co-curricular Program](#). Many activities are offered by member universities of the Association of Pacific Rim Universities (APRU) to bring together students from around the network in 18 economies of the Pacific Rim. They include activities that allow you to learn about other cultures and places, prepare for global leadership and careers, and form social networks with students. CUHK students are welcome to join. Participation is free of charge.

Upcoming Events (in local date & time):

- **19th Oct - 6:00 pm** – [Evening Music Jam@HKUST offered by The Hong Kong University of Science and Technology](#)

For details and information on more programs, please visit the [APRU VSE Co-curricular](#) webpage. Thank you very much for your attention!

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6. 2020 OnePass (CWEM) Password Expiration Date

Please note the arrangement of OnePass (CWEM) password expiry this year and take the necessary action:

Summary	According to OnePass (CWEM) Password Policy, the expiry date of every OnePass (CWEM) password is aligned with a specific date. The Coming Expiry Date of OnePass (CWEM) Password: 13th Oct 2020 (Tue) This expiry date applies to all student, staff, student organization, department and project accounts, unless the password has been changed on or after 1st Jul 2020 .
Your Action	Please change your password before it expires: 1. Click Change Current / Expired Password on OnePass or CUHK Login Page OR 2. Click Change OnePass (CWEM) Password in MyCUHK
After Password Expiry	<ul style="list-style-type: none">You cannot access Central IT services including email, Office 365, MyCUHK, CUSIS, CUPIS, WiFi, VPN, etc. with "Incorrect ID / Password" or "Password Expired" prompted.You can still change your password through the above.
Enquiry	ITSC Service Desk <ul style="list-style-type: none">http://servicedesk.itsc.cuhk.edu.hk3943 8845

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7. CUHK Independent Learning Centre (ILC)

Here are some workshop highlights for academic year 2020/21 which is organized by CUHK Independent Learning Centre (ILC). You are welcome to visit the ILC website (<https://www.ilc.cuhk.edu.hk/EN/>) for a short ILC video for their major work and services or check out their new link on "**Tips for Successful Online Learning @ CUHK**". You may also go to: <https://bit.ly/32MAMvF> to see the workshop series posters.

- 1. University Study Skills Series** – this series is particularly useful for incoming UG students
 - Study Skills in English at University Level
 - Academic Reading: Strategies for Success
 - Ace Your Oral Presentations
 - Discussion Skills and Current Affairs
 - Saying What you Mean: English Pronunciation for Cantonese and Mandarin Speakers
 - Listening to Learn: Academic Listening and Note-Taking Skills
 - Building a Bigger and Better Vocabulary
- 2. Writing Series**
 - Academic Essays
 - Research Papers
 - Reflective Journals
 - Personal Essays
- 3. Job Preparation Series** – this series is particularly useful for graduating students and students who are interested in applying for exchange/ internship opportunities
 - Writing Impressive Resumes
 - Writing Impressive Application Letters
 - Ace Your In-person and Video Job Interviews

- Standing Out in a Group Interview
 - Interview Practice and Self Reflection
4. **CRE/ JRE Series**
- Preparing for the CRE – Use of English
 - Tips and Strategies in Tackling the JRE
 - JRE Writing Practice (Practice writing for the JRE under exam conditions)
 - Feedback on JRE Writing Practice (Discuss exam strategy and student writing)
5. **Exam Preparation Series**
- Taking the IELTS Challenge: Reading & Writing
 - Taking the IELTS Challenge: Speaking & Listening
 - Mastering the TOEFL: Reading and Listening
 - Mastering the TOEFL: Speaking and Writing

Students who think they will benefit from having a one-to-one meeting with the teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session. The schedule can be found at: <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>. Besides, the ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support students. Details are available at: <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>.

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8. Flourishing First Year Programme 心盛計劃 2020-21



Flourishing First Year @ CUHK 2020-21

Flourishing First Year@CUHK is a tailor-made programme for all NEW students. A series of workshops are provided for supporting you to flourish and grow from failures.

How does Flourishing First Year@CUHK work?

Step 1: All new students are eligible for receiving information about upcoming activities/workshops and have the priority in enrolling in these activities/workshops

Step 2: Enroll in the workshop and get our welcoming gift in your first workshop (on a first-come-first-serve basis)

Step 3: Be a flourishing learner!

Step 4: Get your reward! (coffee making workshop/pottery class; on a first-come-first-serve basis)

Step 5: Complete all workshops from PERMA (Positive Emotions, Engagement, Relationship, Meaning, Accomplishment)

Programme Details and List of Workshops:

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

Enquiries:

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

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9. Community Resources for Emotional Support

<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

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