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Sunny Review

1. Fruitful Harvest from Rooftop Farming



The seeds sowed months ago now are now ripe for harvest. Thanks to the effort of our farmers and gardener, the juicy tomatoes and sweet corns are so fresh with rich flavors. The farmers have not only gained a full basket of veggies, but more importantly, the knowledge of growing plants sustainably. Farm local allows us to re-think our relationship with nature and our living style.

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2. Drama Society Annual Performance 書院劇社 - 週年公演



Our College Drama Society (宜孫劇社) had their Annual Performance “琥珀” on 20th Feb and 21st Feb at Tai Po Black Box Theatre. Students prepared for more than three months and the show was successfully put on stage after the reopening of performance venues. The performance featured the dilemma between development of civilization and preserving primitive customs in an indigenous island.

The show was performed three times, each with a full house of more than 60 audiences. A big round of applause for the Drama Society’s effort and performance!

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College Activities

1. French SURVIVAL Language Activity



Bonjour~ Comment ça va?

What is the first thing that comes in your mind when you hear France? Paris? Macaron? Luxury brand? If you are interested in knowing more about French culture and language, you are most welcome to join the “French SURVIVAL Language Activity”. Mr. Louis Jean MUNSCH has prepared interactive activities to teach useful French, and he is going to share with you French culture and eating habits.

Event Details

Date: 24th Feb 2021 (Wed)

Time: 6:45 pm – 8:30 pm

Format: Online via Zoom

Quota: 15

Instructor: Mr. Louis Jean MUNSCH (Department of Linguistics and Modern Languages)

Content: Learning French for greeting and survival through interactive activities, and French food tasting

*Snack pack can be collected at DOS Office (UG09, Wu Yee Sun College)

Eligibility: All local, international and exchange students are welcome to join

Students who learned French before could also register but priority will be given to students who do NOT speak any French

Registration:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12052273>

Registration deadline: 22nd Feb 2021 (Mon)

Enquiries:

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

Kiki (kikiwkchan@cuhk.edu.hk / 3943 3935)

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2. Hong Kong Sign Language Workshop



Language can be visualized by using hand signs and facial expressions, and sign language is the way to make deaf people feel welcome and included. In this workshop, deaf instructor will share with you the culture about the deaf community and some useful conversational phrases and signs when interacting with Deaf people.

Workshop Details

Date: 4th, 11th Mar 2021 (Thu)

Time: 6:30 pm – 8:00 pm

Format: Online via Zoom

Quota: 15

*Students are required to attend BOTH sessions and turn on the video mode in Zoom when attending the workshop

Registration:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12127419>

Registration deadline: 1st Mar 2021 (Mon)

Enquiries:

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

Kiki (kikiwkchan@cuhk.edu.hk / 3943 3935)

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3. 和諧粉彩DIY



只需用手指頭點點擦擦，加些幻想加些主觀諗法，探索你的色彩思維，將想像活現紙上，成就充滿個性，獨一無二的作品，帶比你無比的滿足感。在繪畫過程中亦讓你專注當下，放低無謂思緒，令你的心靈得以平靜。

日期：2021年3月15日(星期一)

時間：6:30 pm - 8:30 pm

形式：面授及網上授課

語言：粵語

費用：免費

註：

- 1.同學可選擇於書院上面授課，或透過 Zoom 於網上學習。
- 2.參加者可以免費獲贈乾粉彩、畫紙及繪畫用品。選擇上網課的同學可以於 9/3-12/3 或 15/3 辦公時間內到書院院務室取繪畫用品，同學只需準備一般文具便可。
- 3.書院將提供所需物品予上面授課的同學使用，同學完成課堂後可即時帶走作品、粉彩及繪畫工具。

詳情：<https://qr.go.page.link/o48hR>

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12081257>

面授名額有限，先報先得，欲報從速

查詢：

胡佩德小姐 (phoebewu@cuhk.edu.hk / 3943 3988)

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4. SUN.PEACHTOPIA (SUN.桃花源) Exhibition



Professor Kwai-cheong Chau (鄒桂昌教授), Chairman of Campus Environment Committee, Professor Annisa Lee (李賴俊卿教授), Director of Creativity Laboratory, together with a group of students from Green Team and Creativity Laboratory, have jointly collaborated on a Chinese New Year Exhibition called **SUN.桃花源 (Sun. Peachtopia)** in the gallery to showcase the timely new year flowers, riddles, wishes, poems, paintings and video for the celebration of the beginning of a new Chinese year.

You are invited to come and visit **SUN.桃花源** Exhibition at College gallery from now on till 25 February, 2021. Two big Peach Blossoms are on display to enhance your New Year good fortune. Do not forget to stop by and solve the difficult riddles designed by our Dean of Students! We will give out prizes to reward those who figure out the most correct answers to the riddles. Come take the challenge and start the new year with a nice prize!

Hope you enjoy the video of **Sun. Peachtopia <SUN.桃花源>** at our college YouTube channel <<https://youtu.be/SxYjlcgkflI>> and learn more about peach blossoms.

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5. Sunny Yeah 2021

APPLICATION
3 FEB - 3 MAR
OPEN TO
WHOLE CUHK

HEAT
10-11 MARCH
1830-2130
@WYS THEATRE

2021 宜嘢依夜
「宜幻似珍」
《永不落伍》歌唱比賽

ENQUIRIES:
51066610 HELEN
IG @WYS.YYYY
FB 宜嘢依夜 SUNNY YEAH

SUNNY YEAH YEE YSLM

The following message is drafted by "Wu Yee Sun College Sunny Yeah Organising Committee". Please scroll down for English.

🎤一年一度嘅伍唱又黎啦！疫情底下好多活動都有得玩，難得有呢個機會，仲有唔 join 嘅理由咩！我地仲請左專業嘅 P house，初賽會喺 ig/fb 直播，決賽會喺 YouTube 做全高清直播📺到時仲會有幾位特別嘉賓！喺伍唱你鍾意唱咩都得，當然原創歌曲就更加好啦！😊全中大嘅同學都歡迎參與架！不過宜孫嘅同學優先👍

初賽：2021 年 3 月 10-11 日

決賽：2021 年 3 月 18 日

截止報名時間：2021 年 3 月 3 日 23:59

其他比賽須知+ 報名方法📄 <https://linktr.ee/wysyyyyy21> or scan the QR code

聯絡人:

Helen 5106 6610

Sammy 5931 3118

The annual Wu Yee Sun College Singing Contest is coming to town! Don't hesitate to join and have fun under the COVID-19 epidemic! We have invited a professional production house, providing quality IG Live for the preliminary round, and Full HD YouTube live during the final round! There will be a few special guests in the final round too! You can sing whatever you want – even your original songs! All CUHK students are welcomed to be part of this exciting event, but priority will be given to WYS students! Come and unleash your talent and creativity!

Date of preliminary round: 10th – 11th Mar 2021

Date of final round: 18th Mar 2021

Deadline for application: 3rd Mar 2021, 11:59 pm

For further information, please go to our bio and get the [link](#) for the activity, or scan the QR code!

Enquiries:

Helen 5106 6610

Sammy 5931 3118

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6. 當代小說賞析及創作

當代小說賞析及創作

導師: 梁莉姿小姐

日期: 3月2日、9日、16日、23日
(逢星期二, 共四堂)

時間: 晚上8:00至10:00

語言: 廣東話

形式: 透過Zoom網上授課

截止日期: 2月25日

查詢: 胡佩德小姐
(phoebewu@cuhk.edu.hk / 3943 3988)

詳情及報名:

本課程旨在透過與同學圍讀中外文學小說，以學習小說寫作的的基本框架，每節以一種小說類型或主題切入，有關作品或與其國族、文學思潮或作者關注之母題相關。課程將梳理作品背景，同時與同學們一同賞析小說，以教授相關創作技巧。課堂形式以閱讀及討論為主，同時鼓勵同學創作，並將獲導師點評。

課節名稱及概要：

第一節 超現實的指涉——小說與魔幻

學習重點：關於「幻」，許多人以為都是脫離現實的虛構。事實上，文學中的「幻」，卻往往與現實有所對照。本節將閱讀魔幻寫實作品，讓同學了解那些「荒誕怪奇」的設定背後，埋藏怎樣壓抑而隱忍的指向。

所用文本：韓麗珠小說選、波赫士小說選

第二節 沒有情節的小說——小說與私語

學習重點：私小說是二十世紀日本文學的一種特有體裁，有別於純正的本格小說。私小說的特點為取材於作者自身經驗，採取自我暴露的敘述法。本節將與同學閱讀私小說選節，學習如何把敏感內在，投射轉化於文字中。

所用文本：芥川龍之介〈齒輪〉、葉愛蓮〈給K〉

第三節 互文的碰撞——小說與跨界

學習重點：當文學與其他藝術媒介有所碰撞，將會交織出甚麼新的點子？其他範疇又將如何影響寫作技巧？本節將以一些互文創作為例，讓同學試試以一些藝術品為對象，直感觀視下作聯想，看看會產生甚麼化學反應？

所用文本：西西〈浮城誌異〉、《光與暗的故事》選篇

第四節 紛亂當下，如何創作——小說與社會運動

學習重點：紛亂當下，寫作還有「意義」嗎？文學是否只是宣傳工具？瞬息萬變的時代，怎樣切入？本節將與同學閱讀台灣白色恐怖時期的相關作品，透過借鑒過去，以立足及思考當下。

所用文本：賴香吟〈暮色將至〉、黃凡〈賴索〉

導師: 梁莉姿小姐

導師簡介：香港青年作家，梁莉姿。畢業於香港中文大學中國語言及文學系，曾獲文學獎多項，任青年文學獎評判。作品散見文刊。現為香港電台節目《香港文學十三邀》製作人暨主持。著有小說集有《住在安全島上的人》、《明媚如是》，詩集《雜音標本》。另獲第十四屆香港藝術發展獎藝術新秀獎（文學藝術）。

日期: 3月2日、9日、16日、23日(逢星期二, 共四堂)

時間: 晚上8:00至10:00

語言: 廣東話

形式: 活動將以 zoom 進行，於活動開始前 2 天，參加者將會收到活動的連結。

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12054449>

截止日期: 2月25日

查詢:

胡佩德小姐 (phoebewu@cuhk.edu.hk / 3943 3988)

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7. Online Mindfulness Practice 網上靜觀練習

透過靜觀練習，學習觀察自己的身心，和壓力好好相處，提升身心健康
Practice Mindfulness and Enjoy the Present Moment



這一年來，疫情的反反覆覆，真令我們身心俱疲。整日宅在家裏，看著上上落落的數字，心情跌落谷底! 不想被負能量包圍，影響日常生活? 不如試下跟導師於網上一起進行靜觀練習。你可以安在家中，在最舒適及放鬆的環境下進行練習，這樣你更容易觀察自己的身心狀況，釋放憂慮，並培養自我關懷的能力。

導師: Prof. Eric Lee & Miss Molly Chan

Prof. Eric Lee 是香港家庭醫學專科醫生及中大精神健康碩士，並修畢英國牛津靜觀中心及香港靜觀中心之靜觀認知治療導師基礎課程。他也是中大敬靈靜觀研究與培訓中心研究人員之一。**Prof. Lee** 曾於中大醫學院，及不同機構擔任靜觀導師。

Molly 是港大社會工作學系學士及中大家庭輔導及家庭教育碩士，並修畢英國牛津靜觀中心及香港靜觀中心合辦之靜觀認知治療導師基礎課程。**Molly** 現為安寧服務社工，擅於融合靜觀於輔導工作之中。

日期: 25/2/2021

時間: 8:30pm - 10:00pm

語言: 粵語

*活動將透過 Zoom 形式進行，於活動前 2 天，參加者將會收到活動的連結。

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11880726>

截止報名日期: 22/2/2021

查詢:

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

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College Announcements

1. Invitation for Suggestions for the Next College Master of Wu Yee Sun College

歡迎建議伍宜孫書院下任院長人選

The Committee for the Appointment of the Next College Master of Wu Yee Sun College has collected views from College members via the online consultation conducted from January 18 to February 4, 2021 as well as the consultation forum held on January 28, 2021 on the expected qualities of the next College Master. All the valuable opinions are well received and much appreciated.

Based on the feedback collected, a list of six selection criteria in the order of priority has been summarized as below:-

Mandatory Priorities

- 1) Caring for students' whole-person development; willing to communicate with, listen to, and empathize with students' concerns; has passion for establishing trust and close rapport with students and supporting enthusiastically for students' diversified activities
- 2) Upholding and committing to the College vision and mission and is dedicated to the development of the College and its alumni network

Preferential Priorities

- 3) Be open- and fair-minded; recognizing and developing people's strengths and caring for staff wellbeing
- 4) Respecting academic freedom, and has attained academic achievements
- 5) Possessing charismatic leadership, communication, administrative and fundraising skills; is familiar with the University and College system
- 6) Demonstrating ability and experience in internal and external networking with strong stakeholder engagement

Invitation for suggestions for the next College Master of Wu Yee Sun College is open from February 18, 2021 until March 10, 2021. You are welcome to pass the name and department/faculty of the suggested candidates to Acting College Secretary Ms. Yolinda Wong by email or by post.

Email: yolindawong@cuhk.edu.hk

Address: College Office, Wu Yee Sun College, The Chinese University of Hong Kong, Shatin, N.T., Hong Kong

Information of the Six Fellows for contact:

Professor Chi-yue CHIU	Dean of Social Science Choh-Ming Li Professor of Psychology	Tel: 3943 6234 Email: cychiu@cuhk.edu.hk
Professor Sunny K.S. KWONG	Associate Professor, Department of Economics, Associate College Master and Dean of General Education, Wu Yee Sun College	Tel: 3943 8198 Email: kaisunkwong@cuhk.edu.hk
Professor Albert LEE	Professor (Clinical), The Jockey Club School of Public Health and Primary Care, Associate Dean of General Education, Wu Yee Sun College	Tel: 2693 3670 Email: alee@cuhk.edu.hk
Professor Annisa C.H. LEE (Coordinator)	Associate Professor, School of Journalism & Communication, Associate Master, Wu Yee Sun College	Tel: 3943 7721 Email: annisalee@cuhk.edu.hk
Professor Ming-kay POON	Associate Professor, Department of Chinese Language and Literature, Dean of Students, Wu Yee Sun College	Tel: 3943 1767 Email: mkpoon@cuhk.edu.hk
Professor Kam-fai WONG	Professor, Department of Systems Engineering and Engineering Management, Associate Master, Wu Yee Sun College	Tel: 3943 8220 Email: kfwong@se.cuhk.edu.hk

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**2. Wu Yee Sun Award for the Most Distinguished Graduating Student 2020/21 -
Now Open for Application**



2020/21
Wu Yee Sun Award
for the Most Distinguished Graduating Student
伍宜孫最優秀畢業生獎

Awardee will receive max. HK\$50,000 and the name of recipient will be shown on campus prominently

Proactive graduating students of 2020/21 demonstrating College Motto by participating in various activities to broaden horizon

Have outstanding contributions to the College/Department/University/Society

Cumulative GPA reaches 3.4 or above, or Top 10% of the corresponding department (minimum number of taking Pass/Fail units should not exceed 40% in each term)

Application opens until 7 March 2021



Apply Now

Enquiries | Ms Karen Yiu | karenyiu@cuhk.edu.hk | 3943 3936

The prestigious Wu Yee Sun Award for The Most Distinguished Graduating Student 2020/21 is now open to graduating students of 2020/21 for application:

Eligibilities:

- proactive graduating students of 2020/21 academic year demonstrating the College motto by participating in various activities to broaden horizon; and
- cumulative GPA reaches 3.4 or above or Top 10% of the corresponding department (minimum number of taking Pass/Fail units should not exceed 40% in each term); and
- have outstanding contribution to the department / college / university or society

Applicants are required to submit a Personal Statement of not more than 1,000 words (English or Chinese) which illustrates his/her personality & aspirations, as well as achievement in demonstrating College motto. A Letter of Recommendation written by CUHK Teacher is mandatory.

Award Amount: HK\$ 50,000

Online Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10406775>

Application Deadline: 7th Mar 2021 (Sun)

Enquiries:

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

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3. Awards for Creativity, Student Development and Talents 2020/21 - Now Open for Application

To recognize the talents and contributions of College students in different areas, the following awards are now open for application:

伍宜孫書院
WU YEE SUN COLLEGE

2020/21年度創意、學生發展及才藝獎
Awards for Creativity, Student Development and Talents 2020/21

截止申請日期 Application Deadline | 21 March 2021

獎項名稱	金額
環保貢獻獎 Environmental Conservation Award	HK\$7,000 / \$5,000
創新創意獎 Innovation and Creativity Award	HK\$7,000 / \$5,000
劉張桂蘭宿生服務獎 Lau Cheung Kwai Lan Service Award for Residential Students	HK\$3,500
藝術傑出獎 Outstanding Artistic Achievements Award	HK\$5,000
年度傑出學生獎 Outstanding Student of the Year Award	Max. HK\$10,000
社會服務獎 Social Services Award	HK\$7,000 / \$5,000
年度學生領袖獎 (新生) Student Leader of the Year Award (for Freshman)	Max. HK\$10,000
書院服務獎 College Services Award	HK\$7,000 / \$5,000
雅毅樂望音樂獎學金 Gestalt Music Scholarship	HK\$4,000
林鼎光社會服務獎學金 Lam Ding Kwong Scholarship in Social Service	HK\$5,000
劉姚寶華傑出社會服務獎學金 Lau Yiu Po Wah Scholarship for Outstanding Social Services	HK\$10,000
傑出運動表現獎 Outstanding Athletic Achievements Award	HK\$10,000 / \$8,000 / \$5,000
傑出學生團體獎 Outstanding Student Organization Award	Max. HK\$10,000 (for use as organization's operational fund)
年度學生領袖獎 Student Leader of the Year Award	Max. HK\$10,000

詳情：書院網頁>書院生活及支援>獎助學金及經濟援助>依類別>創意、學生發展及才藝獎
Details: College Website>College Life & Support>Scholarships and Financial Aid>Sort by Type>Awards for Creativity, Student Development and Talents

Enquiries | Ms Karen Yiu | karenyiu@cuhk.edu.hk | 3943 3936

Please note no selection interview will be arranged for "Outstanding Athletic Achievements Award" and "Social Services Award". For the rest of the awards, only eligible and shortlisted applicants will be invited to selection interviews to be conducted via Zoom, and be notified via their CUHK email accounts within 14 days after the close of application. Shortlisted applicants are required to reply their availability before stipulated deadline.

Applicants of "Outstanding Student of the Year Award" and "Student Leader of the Year Award" are required to submit a self-introduction video of not more than 3 minutes.

Selection Panel & Process:

- A selection panel normally consists of two to three Committee Members from College Scholarships & Financial Aid Committee (Sunny Sports Committee for "Outstanding Athletic Achievements Award").
- Applicants will be assessed holistically based on their information submitted on the application form and interview performance.
- Selection panels will consider the number of awards a student applied in the same round of applications.
- GPA is not a deciding factor unless otherwise specified.
- The decisions made by the selection panels shall be final.

More about eligibilities:

<https://www.wys.cuhk.edu.hk/college-life-support/scholarships/>
(Sort by Type > Awards for Creativity, Student Development and Talents)

Application Deadline: 21st Mar 2021 (Sun)

Enquiries:

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

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4. Gown Rental for Graduating Class of 2020/21 & College Photo Day Arrangement

The College Photo Day is scheduled on **26th Mar 2021 (Fri)**. For students who will be graduated in 2020/21, please read through the **Important Notes** and complete the following procedure for gown borrowing with the application deadline on **23rd Feb 2021 (tomorrow)**.

- Check this link (<http://www.cpr.cuhk.edu.hk/cong/page/31?lang=en#Bachelor>) for (a) size table of gown and cap, (b) hood color table for different faculties, and (c) proper way of wearing your gown
- Complete the online undertaking form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11697209>) to apply for gown borrowing
- Settle the deposit payment in amount of HK\$680 and submit a copy of bank-in slip or online transaction record of HK\$680 deposit to cassieli@cuhk.edu.hk

Students have to present the true copy of the bank-in slip (not applicable to online bank payment) to collect the gown from 4th Mar 2021 onwards. Kindly collect the gown during the office hour (Monday-Friday, 9:00 am – 5:00 pm) at College Office (G03, G/F, East Block, Wu Yee Sun College)

To avoid overcrowding the venue, **NO booth area** will be reserved for student organizations to organize celebratory activities during the photo-taking day.

Enquiries:

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

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

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5. Enlistment of Hostel Resident Tutors for Wu Yee Sun College (Academic Year 2021-22) 伍宜孫書院招募宿舍導師 (2021-22 學年)

Wu Yee Sun College now enlists volunteers to serve as (Senior) Resident Tutors for the academic year 2021-22. Full-time degree-holding CUHK staff members, full-time postgraduate students and final-year undergraduate students admitting to full-time postgraduate studies in CUHK commencing in the academic year of 2021-22 are welcome to apply.

Applicants should be energetic, mature and responsible, and be fluent in Cantonese, Putonghua and English. It would be a distinct advantage if applicants have knowledge or experience in (i) hostel management, (ii) student counseling, (iii) first-aid, and/or (iv) organization of student activities, particularly in the fields of sports, music, arts or environmental protection.

Successful applicants will be nominated as (Senior) Resident Tutors and will be provided with free accommodation at the College Student Hostel. They are required to provide volunteer service on weekdays as well as Saturdays, Sundays and public holidays on a rotational basis. The nomination will normally last for one year and will start in August 2021 tentatively, subject to mutual agreement. This is not an employment either on a full-time or part-time basis and is not regarded as a concurrent employment with the University (if

applicable). There will not be any allowance/remuneration or any other employee benefits for the provision of this volunteer service.

Applications can be made online (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11811014>) by **21st Mar 2021**. Applicants will then receive an email notification summary, where submission of such email may be requested, at the email address provided. Shortlisted candidates will be invited to attend an interview in early-April 2021 and provide all supporting documents for verification.

Enquiries:

Ms. Polly Po (polly@cuhk.edu.hk / 3943 1741)

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6. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2020/21 (Application Deadline: 14th May 2021)

CUHK Golden Jubilee Celestial Civilian Scholarship 2020/21 is now open for application. The scholarship aims to encourage and recognize the excellence of research, analysis, and writing by our students in the use of primary sources and rare materials held by the Hong Kong Literature Collection of The Chinese University of Hong Kong Library (CUHK Library).

Full-time undergraduate or research postgraduate students are eligible to apply. Details of the Scholarship, including eligibility criteria and application procedures can be found in the application form below:

<http://admission.cuhk.edu.hk/assets/oafa/Scholarships/local/celestial-civilian-form-2021.pdf>

You may also visit the website of CUHK Library for the information on Hong Kong Literature Collection (香港文學特藏) at <http://libguides.lib.cuhk.edu.hk/HKLit>.

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7. College Student Grant/Loan Application (Freshmen Only) 書院學生助學金/貸款接受申請 (只限新生)

College students who have financial difficulties may apply for College Student Grant/Loan 2020/21.

Application is now open for **freshmen only** until **22nd Feb 2021 (Mon)**.

Please submit the completed application form with supporting documents by email to stephyleung@cuhk.edu.hk or in person to the College Office (G03, East Block).

Please note that late applications and incomplete forms will not be accepted.

https://www.wys.cuhk.edu.hk/cms/wp-content/uploads/2021/01/Student-Grant-and-Loan-202021_F_updated.pdf

Enquiries:

Miss Stephy Leung (stephyleung@cuhk.edu.hk / 3943 9773)

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8. 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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9. “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 Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)

Miss KiKi Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

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10. 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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11. 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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12. 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

The poster features a blue and white color scheme with the CUHK logo in the top right corner. It is divided into two main sections: 'Health and Well-being Activities' and 'Qualification Courses for Health and Well-being Instructors'. The first section lists a maximum funding amount of \$1,500 or 80% of the course fee, whichever is lower, with examples like 'Healthy Cooking Class' and 'Mental Health First Aid Course'. The second section lists a maximum funding amount of \$4,000 or 80% of the course fee, whichever is lower, with examples like 'Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course' and 'Art / Music Therapy Instructor Course'. A QR code for 'Application & Guidelines' is located in the bottom right, and contact information for Miss Phoebe Wu is provided at the bottom.

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**.

Category	Max. funding amount	Examples
Health and Well-being Activities	\$1,500 or 80% of course fee (whichever is lower)	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	\$4,000 or 80% of course fee (whichever is lower)	Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course Art / Music Therapy Instructor Course

Application & Guidelines

Enquiries:
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3968)

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

The infographic is titled "Self-Motivation Fund for SPORTS Activities" and features the CUHK logo. It is divided into two main sections: "Sports Activities" and "Qualification Courses for Sports Coach".

- 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.

At the bottom, it includes an "Enquiries" section for Miss Chillies Tam (3943-3934/chilliestam@cuhk.edu.hk) and a QR code for "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



The poster features a title 'Self-Motivation Fund for GREEN Activities' with a globe icon. Below it, a descriptive sentence states: 'Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.' The poster is divided into two columns. The left column is titled 'Green Activities' with a plant icon, listing a max funding amount of '\$1500 or 80% (whichever is lower)' and examples like 'Eco-cultural Tour, Upcycling Workshops, Forest Bath'. The right column is titled 'Qualification Courses for Instructor of Green Activities' with a person icon, listing a max funding amount of '\$4000 or 80% (whichever is lower)' and examples like 'Horticultural Therapists, Trainer for Organic Farming, Docent Training on Ecotourism'. At the bottom right, there is a QR code labeled 'Application & Guidelines:' and an enquiry contact for Ms Sonia Yu.

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

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

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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!**

Online application is now available, simply submit your application through one click
- <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10631420>

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

Enquiries:
Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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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 KiKi Chan (kikiwokchan@cuhk.edu.hk / 3943 3935)

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Other Activities & Announcements

1. Morningside College Photography Competition 2021



Morningside College Annual Photography Competition 2021 is open for submission and welcome all CUHK undergraduates to join.

Categories:

1. Chaos
2. Meaningfulness
3. Resilience

Please click [here](#) for details.

Submission Deadline : 26th Feb 2021

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2. HKMA Youth Development Programme

HKMA has organized the following seminars for students to join in March. Under the threat of pandemic, seminars will be conducted **online** and **free of charge**. Quota limited. Tickets will be provided on first-come-first-serve basis. Details are as below:

Item	Date and Time	Online Event	Language
1	4 th Mar (Thu), 1:00 pm – 1:45 pm	鞋佬之「女鞋國」分享會 Guest Speaker: 女鞋國(Love Vintage)創辦人陳胤華(Jaguar Chan) (Details: https://membership.hkma.org.hk/event/SME-48006-2021-2-NL/)	Cantonese
2	5 th Mar (Fri), 1:30 pm – 6:00 pm	Manulife/ HKMA DMC Digital Marketing Summit	Cantonese

		Featured speakers from We Marketing Group, yuu Rewards Club, Zeek, Airstar Bank, KKday, Tencent, Facebook, Google, Weibo HK and Verizon Media HK (Details: https://membership.hkma.org.hk/event/mdmc-dmc-2021-1-p/)	
3	10 th Mar (Wed), 3:30 pm – 5:30 pm	Training and Development Award Best Practices Showcase Featured speakers from Airport Authority Hong Kong, The Hong Kong Jockey Club, Inclusive Impact HK, MHK Restaurants Ltd (McDonald's) (Details: https://membership.hkma.org.hk/event/MMP-ADM-2021-5-P/)	Cantonese

Should you be interested in this seminar, please send e-mail to rachelpoon@cuhk.edu.hk on or before 24th Feb, stating your personal details including **your SID, name, major, year, phone number and contact e-mail**. If you register through HKMA online system, event fee may be charged.

Remarks: Students are also encouraged to join **HKMA Student Membership free-of-charge**, which is open for post-secondary college full-time students who are interested in management. Applications could be made [here](#).

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3. 【NEW Start】CUHK Young Alumni Career Week 2021 Goes Online



CUHK Young Alumni Career Week 2021, organized by the CUHK Alumni Torch Fund, will be held online on 22nd – 27th Feb, providing insightful career development tips to the worldwide CUHK members. Themed as "**New mindset; New opportunities; New industries; New skill sets**", this year's Career Week aims to empower young alumni and students to get past the obstacles in career path by offering a new angle on the ever-changing business environment during the pandemic.

Besides the 2 **Thematic Talks**, 4 **Industry Talks** and 2 **workshops**, a series of interactive programmes including **CV Clinic**, **one-to-one consultation sessions** as well as the **GCDF/CCSP Career Development GPS Scheme** will facilitate attendees to get inspirations, connections and insightful tips for developing career in various industries. For those who are interested in obtaining bundles of wisdom and experience or exploring a new career direction, please do not miss the opportunity!

Register now (Chinese only):

For Thematic and Industry Talks: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11920116>

For Workshops: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11977588>

For Interactive Programmes: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12004753>

For the lists of mentors and details of CUHK Young Alumni Career Week 2021, please visit <http://www.alumni.cuhk.edu.hk/careerweek/> (Chinese only).

Follow CUHK Alumni Affairs Office's [Facebook Page](#) and [Instagram](#) to keep posted on the latest event updates. Looking forward to seeing your participation in Career Week!

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4. CUHK English Public Speaking Competition held by ELTU



It aims to promote English public speaking on campus, and provide an opportunity for students to practice and showcase their English public speaking skills. The winners will also have a chance to *represent CUHK* to compete in the annual *National English Speaking Competition (Hong Kong Region)* organized by China Daily.

Topic : “Protect The Blue Planet”

Date : 25th Mar 2021 (Thu)

Time : 6:30 – 8:00 pm

For details and application, please visit the Competition website at <http://eltu.cuhk.edu.hk/EPSC2021>
Application and video submission deadline : 7th Mar 2021 (Sun), 11:59 pm

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5. Enrich Your Internships - Introducing Global Talent!



AIESEC Global Talent

人人都返 intern，唔通人人都想返咩

Let's face it: you are only applying for internships just to fill up your resume, or because others told you so. Want to maximise your learning and takeaways in various career experiences? AIESEC's **Global Talent** is the perfect service for you to explore your inner capabilities and ascertain future career directions under extensive guidance!

Why should I join Global Talent?

- **Comprehensive career consultancy sessions** for occupational planning
- **Practical CV polishing and interview advice** for early preparations
- **Personal student buddy** for comfy sharings and experience consolidation
- Discover own values, strengths, weaknesses and learn what's best for you
- Enhance self-understanding and become leader of your own life
- Chance for semi-virtual internships to apply scientific learnings and get innovative/ gain hands-on experience and create impact

Don't hesitate and sign up for more information [here!](#)

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6. Online Quiz Game on Preventing Sexual Harassment – Chance to Receive One 8GB USB Memory Stick 防止性騷擾網上問答遊戲 — 可獲贈一枚 8GB USB 記憶體

防止歧視及性騷擾委員會推出網上問答遊戲 (<https://policy-harass.cuhk.edu.hk/zh-tw/training-events/online-quiz-game>)，以提高教職員和學生對在校園內可能構成性騷擾行為的意識，並加深大家對大學防止性騷擾政策及程序的認識。

電腦會從 25 條問題中隨機抽出其中 5 題，請選出每條問題的正確答案。答中所有 5 條題目，可獲贈一枚 8GB USB 記憶體 (數量有限，送完即止)。委員會將以電郵通知各得獎者。

如有查詢，請致電 3943 0826 或 3943 1722 與陸小姐聯絡。

The Committee Against Discrimination and Sexual Harassment has launched an online quiz game (<https://policy-harass.cuhk.edu.hk/en-gb/training-events/online-quiz-game>), with an aim to raise awareness of members of the University community on behaviour that may constitute sexual harassment on campus and assist staff and students in having a better understanding of the University's policy and procedure against sexual harassment.

5 out of 25 questions will be randomly selected. Choose the correct answer for each question. An 8GB USB memory stick will be presented to those who have got all 5 correct answers while stocks last. The winners will be notified individually.

Enquiries:

Ms. Yvonne Luk (3943 0826 / 3943 1722)

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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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