

Sunny Review 上周回顧

- [1. College Forum: Power up! 10 Actions for a Happy Life and Fighting the Pandemic \(發揮精神力量，抗疫·樂活 10 個 Action\)\(Speaker: Professor Chung-kwong Wong 黃重光教授\)](#)
- [2. Sunny Yeah Singing Contest 2021 宜嘢依夜伍唱決賽](#)
- [3. Pastel Nagomi Art DIY 和諧粉彩 DIY](#)



College Activities 書院活動

- [1. Time for Fun – Sports Activities \(2020/21 Term 2\) <New>](#)
- [2. 照顧身邊人: 多點認識創傷後遺症 <Deadline this Tue>](#)
- [3. 從中醫角度看新冠肺炎——抗疫香囊製作工作坊 <Deadline today>](#)

College Announcements 宣佈事項

- [1. College Photo Day for 2020/21 Graduating Class – Photo-taking Schedule <This Fri>](#)
- [2. Re-opening of Learning Commons \(Partial Areas\) 共享學習空間\(部份範圍\)重新開放](#)
- [3. Wu Yee Sun Award for the Most Distinguished Graduating Student 2020/21 <Deadline extended>](#)
- [4. Scholarship for Academic Excellence 2020/21](#)
- [5. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2020/21 \(Application Deadline: 14th May 2021\)](#)
- [6. Temporary Closure of College Catering Outlets 書院膳堂暫停營業](#)
- [7. "Meet the Dean" Hours 輔導長時間](#)
- [8. Student Pastoral Care](#)
- [9. WYS's Got Talents – Photography, Poster Design, MC and a lot more!](#)
- [10. 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. Self-Motivation Fund for Health and Well-being Activities](#)
- [2. Self-Motivation Fund for Sports Activities](#)
- [3. Self-Motivation Fund for Green Activities](#)
- [4. Mingle Fund](#)
- [5. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃](#)
- [6. Service-learning Project Funding Scheme 服務學習項目資助計劃](#)

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

- [1. Earth Hour 2021 地球一小時 2021 <New>](#)
- [2. AIESEC CUHK <TWINTERNSHIP> : 滿足你海外本地都有intern 做嘅願望>](#)
- [3. 心事日光浴 Emotion Sunbathing by Sunshine at CUHK](#)
- [4. Diversity & Inclusion Slogan Competition 2021](#)
- [5. Enrich Your Internships - Introducing Global Talent!](#)
- [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](#)
- [7. CUHK Independent Learning Centre \(ILC\)](#)
- [8. Flourishing First Year Programme 心盛計劃 2020-21](#)
- [9. Community Resources for Emotional Support](#)

Sunny Review

- [1. College Forum: Power up! 10 Actions for a Happy Life and Fighting the Pandemic](#)

(發揮精神力量，抗疫·樂活10個 Action)
(Speaker: Professor Chung-kwong Wong 黃重光教授)



The third College Forum entitled "Power up! 10 Actions for a Happy Life and Fighting the Pandemic (發揮精神力量，抗疫·樂活10個Action)" was conducted by Professor Chung-kwong Wong (黃重光教授), Former Chairperson, Department of Psychiatry, last Friday. Professor Wong introduced the three elements for a healthy, happy and long life. Through polling, he compared the audience's current mental status with the statistics in general public and further elaborated on the common problems we are facing. He then shared different actions we could take to ensure a happy life.

We were grateful to Professor Albert Lee (李大拔教授), College Associate Dean of General Education and Director of Centre for Health Education and Health Promotion, for moderating the Forum.

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

2. Sunny Yeah Singing Contest 2021 宜嘢依夜伍唱決賽



The College Singing Contest 2021 was successfully held by the Organizing Committee of Sunny Yeah on 18th March 2021. In view of the current development of the pandemic, the singing contest was broadcasted via YouTube and about 200 persons were enjoying the show online.

Professor Anthony T. C. Chan (陳德章教授) and Mr. Tsang-hei Chiu (趙增熹先生) were invited to be the judges for the contest and gave valuable comments to the contestants. The contestants of the Solo and Duet sessions gave their best performance to compete with each other. There were performances by Miss Mimi Yung (容潔恩小姐) (Winner of 2019 Wu Yee Sun Singing Contest) and Mr. Manson Cheung (張進翹先生) as well. We had an enjoyable evening. The College once again congratulates all the winners of the contest.

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

3. Pastel Nagomi Art DIY 和諧粉彩DIY





Some Sunnies joined Pastel Nagomi Art Workshop on 15th Mar via hybrid mode to fill the day with colours. Under the guidance of Art Instructors, our Sunnies enjoyed a relaxing, peaceful and comfortable moment through focusing on drawing pastel pictures using their fingertips. The finished artworks also gave them artistic satisfaction.

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

College Activities

1. Time for Fun - Sports Activities (2020/21 Term 2)

We encourage every student to live up the spirit “Sports for Life”. A series of sports activities are presented by College and Sports Association for all of you to taste sports fun and maintain exercise routine during the pandemic.

Have your own preference of sports activities? “Self-motivation Fund for Sports Activities” has got you covered!

Rather stay at hostel room to workout privately? Book a yoga mat and a yoga block to facilitate your workout routine!

WYS FIFA Competition 伍宜孫書院 FIFA 電競大賽

Preliminary Round:

Date: 29th Mar 2021 (Mon)

Time: 6:30 pm -10:00 pm

Mode of Competition: Online (via PlayStation only)

Semi-final and Final Round:

Date: 30th Mar 2021 (Tue)

Time: 6:30 pm - 10:00 pm

Mode of Competition: Live Streaming at College Theatre, Wu Yee Sun College [Note 1]

Interested students may commentate the final round with a professional caster!

Prize:

Champion: \$800 sports shop coupon

1st Runner-up: \$600 sports shop coupon

2nd Runner-up: \$400 sports shop coupon

3rd Runner-up: \$200 sports shop coupon

Click [HERE](#) for Registration (**Deadline: 25th Mar 2021**)

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 39433934)



Home Sports Challenge 居家運動大作戰

Join "Home Sports Challenge" for sports fun and prizes.

1. Try out the poses learnt in Online Yoga Class or Home Workout Demo*
2. Post it on Instagram with **#WYSSPORTSCHALLENGE2** and tag **@wys.sports.asso** during 22nd Mar – 9th Apr 2021

Yoga Mats and Blocks Reservation is available for **current residents.*

Follow Sports Association's Instagram **@wys.sports.asso** for details

Enquiries:

John (9032 1506)

Elena (96226762)



Let's Cornhole 沙包洞大作戰!

Date: 9th Apr 2021 (Fri)

Time: 3:00 pm - 5:00 pm

Venue: W112-114*

Registration:

<https://forms.gle/pVQLYVgfNVY1hKoT9>

Grand Prize: Mini Massage Gun

**The arrangement will be subjected to the latest university and government regulations.*

Enquiries:

John (9032 1506)

Sammy (5931 3118)

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

Application & Guidelines:

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

Self-motivation Fund for Sports Activities

Not available to the above activities? We support students to join sports activities organized by organizations other than College!

Sports climbing, abseiling, aerial yoga or archery class, name it and you may have financial support to enjoy sports fun! Check out the details at <https://www.wys.cuhk.edu.hk/whole-person-development/sports-health-education/>

Enquiries:

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

#Gym closed 🙄
#無得做gym點算好?

YOGA MATS & BLOCKS RESERVATION
瑜伽墊及瑜伽磚借用服務

All WYS Residents are eligible to borrow at most ONE yoga mat and ONE yoga block (First-come, first-served)

Reservation Period: 7 days

Deposit: \$100
(Deposit refund will be made upon returning materials on time)

Register at:
Dean of Students' Office (UG09)

Yoga Mats and Blocks Reservation

Sometimes you may not be able to catch the opening hour of the gym. The reservation of yoga mat and yoga block is now open for **current residents**.

You may utilize the yoga mat and yoga block not only in practicing yoga, but also other fitness training like core training and endurance training. Stay healthy and fit!

Important Notes:

- Each resident may borrow at most **ONE** yoga mat and **ONE** yoga block per reservation for 7 days (first-come-first-served)
- If all yoga mats and yoga blocks are reserved, students may register on the waiting list.
- Users cannot renew their booking if other students are on waiting list.
- Users must sanitize the equipment before and after use

Registration: Please register at College Dean of Students' Office (UG09) during office hour with presence of your CU Link.

Deposit: HK\$100 (full refund upon returning the borrowed equipment on time)

Enquiries:

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

2. 照顧身邊人: 多點認識創傷後遺症

失戀? 目睹車禍? 被人暴力襲擊?

人生不如意的事十常八九, 在遇到不幸的事情 或 發生意外後感到不安、傷心是正常的。

但如果於發生意外一個月後, 仍然出現緊張不安、經常失眠、發惡夢, 或者不斷回想起意外情景等等, 就可能有機會患上創傷後遺症。

好多時患者未必察覺到自己的問題, 故此, 如果你留意到身邊的朋友性格突然轉變或情緒轉差的話, 你和他都可以參加是次工作坊, 了解多些關於創傷後遺症的成因、病徵, 以及如何可以幫到身邊的人。

~幫助自己, 幫助身邊的人, 你都可以~

活動詳情:

日期: 2021年3月30日 (星期二)

時間: 6:30 pm - 7:30 pm

講者: 書院院務委員及中大心理學系 梁永亮教授

語言: 粵語

形式: 透過 zoom 網上進行

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12236434>

截止報名日期: 3月23日

註: 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。

查詢:

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



照顧身邊人:
多點認識創傷後遺症

日期: 2021年3月30日 (星期二)
時間: 6:30pm - 7:30pm
講者: 書院院務委員及中大心理學系 梁永亮教授
語言: 粵語
形式: Zoom
截止報名日期: 3月23日

失戀? 目睹車禍? 被人暴力襲擊? 人生不如意的事十常八九, 在遇到不幸的事情或發生意外後感到不安、傷心是正常的, 但如基於發生意外一個月後, 仍然出現緊張不安、經常失眠、發惡夢, 或者不斷回想起意外情景等等, 就可能有機會患上創傷後遺症。好多時患者未必察覺到自己的問題, 故此, 如果你留意到身邊的朋友性格突然轉變或情緒轉差的話, 你和他都可以參加是次工作坊, 了解多些關於創傷後遺症的成因、病徵, 以及如何可以幫到身邊的人。

幫助自己, 幫助身邊的人, 你都可以

查詢: Phoebe Wu (phobewu@cuhk.edu.hk / 3943 3988)

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

3. 從中醫角度看新冠肺炎——抗疫香囊製作工作坊

新冠肺炎已經困擾了我們一整年! 除了勤洗手及戴口罩外, 中醫自古已有防疫病之記載, 其中包括佩戴中藥香囊。中藥香囊具有芳香草藥, 可以驅除穢濁疫氣, 減低疫邪入侵。如果你都想製作一個抗疫香囊傍身, 或者問下中醫師如何從中醫角度應對新冠肺炎, 那就萬勿錯過是次工作坊。

活動詳情:

日期: 2021年4月14日 (星期三)

時間: 6:30 pm - 7:30 pm

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

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12363050>

截止報名日期: 3月22日

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. 製作抗疫香囊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授課後到書院院務室取回材料包。



抗疫香囊製作工作坊
從中醫角度看新冠肺炎

新冠肺炎已經困擾了我們一整年! 除了勤洗手及戴口罩外, 中醫自古已有防疫病之記載, 其中包括佩戴中藥香囊。中藥香囊具有芳香草藥, 可以驅除穢濁疫氣, 減低疫邪入侵。如果你都想製作一個抗疫香囊傍身, 或者問下中醫師如何從中醫角度應對新冠肺炎, 那就萬勿錯過是次工作坊。

製作抗疫香囊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授課後到書院院務室取回材料包。

日期: 2021年4月14日 (星期三)
時間: 6:30pm - 7:30pm
講者: 中大中醫學院 張保亭教授
形式: Zoom
截止報名日期: 3月22日

查詢: Phoebe Wu (phobewu@cuhk.edu.hk / 3943 3988)

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

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

College Announcements

1. College Photo Day for 2020/21 Graduating Class – Photo-taking Schedule



The College Photo Day for 2020/21 graduating class will be held on Friday, 26th Mar 2021. The graduates of Wu Yee Sun College are welcome to celebrate this memorable moment together. Please mark your schedule for faculty and departmental photo-taking.

Time:	1:00 pm – 3:15 pm
Venue:	Central Courtyard [Rain plan: Student Canteen]
Remarks:	Masks MUST be worn during the photo-taking. Students should arrive the venue <u>at least 5 minutes before</u> the scheduled time and follow the instructions from our photographer. Click here to view the full photo-taking schedule.

To avoid overcrowding the venue, NO booth area will be reserved for student organizations to organize celebratory activities during the photo-taking day. Yet, the Student Union of Wu Yee Sun College will collaborate with Resident Association to arrange two balloon arches as the backdrops for photo-taking. Meanwhile, photographer will stay in College Theatre from 12:00 to 16:00 to take portraits for the graduating class.

We very much look forward to seeing you on this joyful occasion!

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

2. Re-opening of Learning Commons (Partial Areas) 共享學習空間(部份範圍)重新開放

Partial areas of Learning Commons will be reopened 9:00 am - 10:30 pm daily from 15th Mar 2021 onwards for **residents**. The area at the back will remain closed for temporary luggage storage.

Please be reminded to wear a mask at all times and maintain social distancing in accordance with the latest government regulations.

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

3. Wu Yee Sun Award for the Most Distinguished Graduating Student 2020/21



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

Application deadline extended to 30 March 2021


Apply Now

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

The application deadline has been extended to **30th Mar 2021 (Tue)** and the eligibility has been updated as follows:

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 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: Maximum HK\$ 50,000

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

Enquiries:

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

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

4. Scholarship for Academic Excellence 2020/21



伍宜孫書院 WU YEE SUN COLLEGE **SCHOLARSHIPS FOR ACADEMIC EXCELLENCE**
學業優異獎學金 2020/21

MASTER'S LIST 院長嘉許狀 Honor Award	ACADEMIC EXCELLENCE SCHOLARSHIP 學業優異獎學金 HK\$10,000	ACADEMIC IMPROVEMENT AWARD 學業成績進步獎 HK\$5,000
To acknowledge top College students of each academic programme of each class, with year GPA not less than 3.5 in 2020/21 academic year. (number of taking Pass/Fail units should not exceed 40% in each term) 頒發予書院系及年級最優秀的書院學生，其2020/21學年平均積點不少於3.5 (選擇以及格/不及格及評分等級之學分不多於該學期所修學分的百分之四十)	Students with excellent academic performance - Highest Year GPA in each faculty (with not less than 3.4) (number of taking Pass/Fail units should not exceed 40% in each term) 學業成績優異的書院學生 - 各學期最高學年平均積點不少於3.4之學生 (選擇以及格/不及格及評分等級之學分不多於該學期所修學分的百分之四十) Quota: 25 Faculty of Arts 文學院 3名 Faculty of Business Administration 工商管理學院 4名 Faculty of Education 教育學院 2名 Faculty of Engineering 工程學院 3名 Faculty of Law 法律學院 2名 Faculty of Medicine 醫學院 4名 Faculty of Science 理學院 3名 Faculty of Social Science 社會科學院 4名	To recognize top 3 College students who have shown the greatest improvement in terms of Term 1 and Term 2 GPA of 2020/21 academic year. (number of taking Pass/Fail units should not exceed 40% in each term) 學業成績於2020/21學年內第一學期及第二學期有顯著進步的書院學生 (選擇以及格/不及格及評分等級之學分不多於該學期所修學分的百分之四十)

Application to the above scholarships is not required. Scholarship recipients will be notified in August and will be presented in the College Inauguration Ceremony in September 2021.
學生無需申請，書院將於2021年8月通知各得獎同學，於2021年9月在書院開幕禮上頒發得獎獎。
For Details: College Website > College Life & Support > Scholarships and Financial Aid > Sort by Type > Scholarships for Academic Excellence
詳情：書院網頁 > 書院生活及支援 > 獎助學金與經濟援助 > 依類別 > 學業成績獎

Enquiries 查詢: Ms Karen Yiu | 3943 3936

To recognize college students with outstanding academic performance, the College is pleased to offer:-

Master's List [院長嘉許狀] - Honor Award

To acknowledge top College student of each academic programme of each class, with year GPA not less than 3.5 in 2020/21 academic year (number of taking Pass/Fail units should not exceed 40% in each term)

Quota: One student from each programme of each class will be awarded

Academic Excellence Scholarship [學業優異獎學金] - HK\$10,000

To acknowledge students with excellent academic performance - Highest 2020/21 Year GPA in each Faculty (with not less than 3.4) (number of taking Pass/Fail units should not exceed 40% in each term)

Quota: 25 [Arts(3), Business Administration(4), Education(2), Engineering(3), Law(2), Medicine(4), Science(3), Social Science(4)]

Academic Improvement Award [學業成績進步獎] - HK\$5,000

To recognize top 3 College students who have shown the greatest improvement in terms of Term 1 & Term 2 GPA of 2020/21 academic year (number of taking Pass/Fail units should not exceed 40% in each term)

Quota: 3

Application to the above scholarship is NOT required. Scholarship recipients will be notified in August and awards will be presented in the College Inauguration Assembly in September 2021.

For more details about eligibilities, please go to <https://www.wys.cuhk.edu.hk/college-life-support/scholarships/>

(College Life & Support > Scholarships & Financial Aid > Sort by Type > Scholarships for Academic Excellence)

Enquiries:

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

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

5. 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>.

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

6. 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.

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

7. "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)

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

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 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.

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

9. 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)

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

10. 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. 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
or 80% of course fee
(whichever is lower)

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
or 80% of course fee
(whichever is lower)

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)

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

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 "Sports 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

Application & Guidelines:

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

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)

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

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)

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

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

Enquiries:

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

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

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 (florecetsui@cuhk.edu.hk / 3943 9767)

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

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

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

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

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

Other Activities & Announcements

1. Earth Hour 2021 地球一小時 2021



Pledge now to support Earth Hour by turning off all non-essential lights for one hour on Sat, 27th Mar at 8:30 pm! Wu Yee Sun College, together with other Colleges and Units of CUHK, will support to this global campaign to show our commitment to combat climate change and reduce our ecological footprint. During Earth Hour, all non-essential lighting on UG/F Podium and 5/F Sky Garden will be switched off as a gesture of support. Every one of you, especially hostel residents, is invited to take action by switching off your lights and signing up the online pledge at <https://earthhour.wwf.org.hk/en/home/>.

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

2. AIESEC CUHK <TWINTERNSHIP: 滿足你海外本地都有 intern 做嘅願望>



已經三月啦，寄咗好多份 CV? 煩緊唔夠工作經驗? 心思思想去外國實習，但又想係香港公司儲經驗? 好消息! 依家 AIESEC 嘅 'Twinternship' 可以一次過滿足你兩個願望! 參加 Twinternship 就可以獲得海外 intern 機會，踏出自己舒適圈，體驗外國工作文化，返黎之後仲會直接得到香港初創公司實習面試機會，成功就有海外加本地兩份 intern。即刻實踐返係第一份實習學到嘅嘢，雙重提升你嘅競爭力!

你嘅實習旅途並不孤單，過程中我地會提供專業指導，確保你嘅旅途豐富充實，服務包括：

- 全方位職涯規劃諮詢，幫你搵最適合嘅海外同香港實習
- 撰寫 CV 技巧同面試技巧專業意見，搵工冇難度
- 個人學生夥伴支援實習旅途

AIESEC 致力於提供不同海外實習同義工機會，開拓同學嘅發展潛能同領導能力。唔好諗啦，快啲[報名參加](#)啦！

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

3. 心事日光浴 Emotion Sunbathing by Sunshine at CUHK



世界太紛擾，節奏太急促，如你開始覺得身心俱疲的話，不如試試把壓抑良久的情緒拿出來曬一曬？中大有晴想和大家一起在心理健康及輔導中心靜觀庭院曬個「日光浴」！在靜觀庭院舒適及輕鬆的環境下、將積了塵的心事抖出來，讓陽光一掃心中鬱悶。無論是心事、煩惱，還是對自己或世界的祝願，歡迎你前來曬一曬！

The world may somehow be too busy and unrestful for you to breathe, how about unwinding yourself under the nice and warm sunshine? Sunshine at CUHK would like to invite you to join us in an “Emotion Sunbathing” at the Patio of Wellness and Counselling Centre, a restful place where you can embrace your deepest feelings and thoughts. Come to enjoy the tranquility and have a good chat with yourself.

日期 Date : 5th Mar – 30th Jun 2021

地點 Venue : 龐萬倫學生中心 2 樓心理健康及輔導中心靜觀庭院

Patio at 2/F Wellness and Counselling Centre, Pommerenke Student Centre

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

4. Diversity & Inclusion Slogan Competition 2021



The Diversity and Inclusion Slogan Competition 2021 is now open for application! Create a slogan to promote awareness of diversity and inclusion and its core values, which includes openness, civility and inclusivity, among CUHK.

Join now and win fabulous prizes!

Eligibility

All current CUHK students and staff

Requirements

Slogans should pertain to the theme:

“Diversity and Inclusion @CUHK” / 「多元共融在中大」

Categories:

Chinese Category : Within 30 characters including punctuation

English Category : Within 30 words including punctuation

*Each entrant can submit 1 ENTRY ONLY under either category.

Prizes

Champion Prize: iPad Mini

First runner-up Prize: \$800 LOG-ON Gift Card

Second runner-up Prize: \$300 LOG-ON Gift Card

Merit award Prize: \$40 Cafe330 Coupon

Guidelines and submission

<https://www.dio.cuhk.edu.hk/programmes-and-activities/slogan-competition-2021/>

Deadline

7th Apr 2021 (Wed), 6:00 pm

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

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!](#)

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

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)

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

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**”.

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>.

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

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)

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

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

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

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