

The Sunny Biweekly

Summer Edition



伍宜孫書院
WU YEE SUN COLLEGE

30 May 2016

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Sunny Review

上周回顧



Summer Programme Kick-off Ceremony 2016 2016 年暑期活動啟航禮



It is summer time! This year, over 100 Sunnies will be participating in College's outbound activities with great variety, ranging from cultural exposure, language learning, professional attachment and service-learning. Leading teachers and participating students were all invited to the Kick-off Ceremony marking the commencement of a fruitful summer. Professor Wong Kam-fai (黃錦輝教授), College Associate Master, gave an empowering speech and invited the students to share their experiences with the College members and their fellows when we all gather together in the new year. Everyone was ready for a delightful summer with this warm start!



2. Freecycling During Hostel Check-out 退宿回收活動



The Hostel Check-out Freecycling has been held at the College lift lobbies for the third year! Co-organized by College Green Team (書院環保小組) and CUxRubbish (免廢讀中大), the event was very successful with many boxes of items collected from hostel

residents. Most of the items collected, including very useful household products like hangers, rubbish bins and laundry baskets, will be stored in the summer and distributed to residents during Hostel Check-in of the next academic year on 3rd and 4th September 2016.

3. Programme Exploration Days: 中大課程探索日書院攤位



Secondary 6 students were invited to the Programme Exploration Days organized by the University on 16th & 17th May. This campus-wide event aimed to provide JUPAS applicants an opportunity to discuss their programme choices with faculty members and get personal admission consultation. Our Sunnies grasped the chance to introduce our college's missions and uniqueness to these potential students. We look forward to welcoming them in September!



4. Latest harvest of our Rooftop Organic Farm! 天台耕種最新收成!



With the continuous effort of Green Team, it is now harvest time for the red cabbages grown in our Rooftop Organic Farm! Such special gifts were of course presented to Professor Rance P.L. Lee (李沛良教授), College Master, Professor Chau Kwai-cheong (鄒桂昌教授), Chairman of the College Campus Environment Committee and Ms. Sandy P.S. Lee (李珮珊女士), College Secretary! Would you like to join hands with us and grow your own plants at the farm? "Like" the [Green Team Facebook page](#) and stay tuned!



1. 想成為中學生友師? 參加中大校友會聯會陳震夏中學暑期生活營!

伍宜孫書院與香港中文大學校友會聯會陳震夏中學合辦暑期生活營, 安排多項參觀、講座及學生分享環節, 期望中學生可體驗大學生活之餘, 書院同學亦可擔當友師, 分享在大學面對的經歷與挑戰, 輔導後輩, 提升領導能力及待人接物的技巧。

是次活動希望招募 5-6 位書院同學成為友師, 協助參與的中學生更了解自己的方向。詳情如下:

- 日期: 12-14/07/2016 (三日兩夜)
- 預計參與人數: 香港中文大學校友會聯會陳震夏中學 30 名中六學生
伍宜孫書院 5-6 人 (書院師友計劃同學優先)
- 內容: 30 位中六學生會被分成 5-6 個小組, 每組由書院同學負責帶領參與營期內各項活動, 協助介紹書院與中大特色 (例如書院制、書院活動、交流活動等等), 參觀校園, 及以同學自身的經驗解答中學生對大學生活的疑問。
- 住宿及膳食: 書院安排/資助
- 報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1716494> (截止日期: 31/05/2016)
- 簡介會: 20/6/2016 (暫定)

暫定日程

	12/7	13/7	14/7
上午	伍宜孫同學與陳中同學互相認識 書院介紹及參觀	早餐 參觀霍英東遙感科學館	早餐
下午	午餐 講座 - 個人成長 中大校園參觀	午餐 互動交流—自發項目體驗分享 陳中工作坊及溫習時間	---
晚上	晚餐 陳中同學溫習時間	晚餐 科普講座及觀月活動	---

查詢：Sonia (3943-3937/ soniayu@cuhk.edu.hk)



1. Hostel Fee for the year 2016/17 2016/17 年度宿費

It has been announced in the College's statement sent to students on 29th Apr that the nominal College hostel fee for the academic year 2016/17 will be adjusted according to the composite inflation rate of 4.18% calculated by the University (i.e. from HK\$11,458 to HK\$11,936 per bed). Because of a subsidy of HK\$750 per bed provided by the University for the academic year 2016/17, the College will be able to charge a concessionary rate below the new fee level. Considering that the hostel budget is in good financial health, the College Student Hostels Committee and the Assembly of Fellows confirmed that the actual amount to be paid by each resident student in 2016/17 will be HK\$10,958, i.e. same as in 2015/16.

2. Summer Opening Hours of College Catering Outlets 書院膳堂暑期營業時間

The summer opening hours of College catering outlets are as follows :

Student Canteen	
Mon to Sat	
1/6 - 13/6 & 22/6 - 30/6	0745 - 2045
2/7 - 27/8	1100 - 2045
Sun & Public Holiday	Closed

Staff Dining Room	
Mon to Fri	
1/6 - 13/6, 22/6 - 30/6 & 2/7 - 27/8	1200 - 1500 & 1800 - 2045
Weekend & Public Holiday	Closed

All catering outlets at Wu Yee Sun College will be temporarily **closed** on **Thursday, 9 June 2016** for Dragon Boat Festival and from **14 to 21 June 2016** for annual overhaul.

3. Exchange and Travel Grant/Loan 2015/16

College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities/exchanges may apply for Exchange and Travel Grant/ Loan.

There are different rounds of applications. **For programmes/ activities held in Jun-Sep 2016, the application is open from 15th Apr to 14th Aug 2016.**

For programmes/ activities held in Oct 2016-Jan 2017, application will be open from 15th Aug to 14th Dec 2016.

Check out the following link for more information including eligibility:

http://www.wys.cuhk.edu.hk/wys_media/Download/Exchange_and_Travel_Grant_and_Loan_2015-16-Dec.pdf

For enquiries, please contact Ms. Carol Cheng at carolcheng@cuhk.edu.hk or Miss Yolinda Wong at yolindawong@cuhk.edu.hk

4. Scholarships for Academic Excellence 2015/16 2015/16 年度學業優異獎學金



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

Master's List - Honor Award

To acknowledge Top College student of each academic programme of each class, with year GPA not less than 3.5 in 2015/16 academic year

Academic Excellence Scholarship - HK\$20,000

To acknowledge students with excellent academic performance - highest 2015/16 Year GPA in each Faculty (with not less than 3.5)

Academic Improvement Award - HK\$5,000 (Selection Criteria UPDATED)

To recognize Top 3 College students who have shown the greatest improvement in terms of Term 1 & Term 2 GPA of the same academic year

Application to the above scholarship is not required. Scholarship recipients will be notified in August and will be presented in the College Inauguration Assembly in Sep 2016.

For more information, please visit <http://www.wys.cuhk.edu.hk/sl/scholarships/scholarships-for-academic-excellence>

Enquiries: Ms. Carol Cheng (carolcheng@cuhk.edu.hk / 3943 3936) or Miss Yolinda Wong (yolindawong@cuhk.edu.hk / 3943 3932)

5. "Meet the Dean" Hours & Lunch Gathering 輔導長時間 及午餐聚會

"Meet the Dean" Hours & Lunch hosted by Professor Annisa C.H. Lee (李賴俊卿教授), College Dean of Students and Associate Professor of School of Journalism & Communication, will be closed during exam period and summer vacation. The events will resume next semester with further notice. Any students who wish to meet Professor Lee may email Miss Sonia Yu (soniayu@cuhk.edu.hk) or Miss Zalon Wong (zalonwong@cuhk.edu.hk) for arrangement.

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

1. Mingle Fund (English only)

Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College. The Fund supports self-initiated activities with participation of both local and international/ incoming exchange students. Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

Application deadline: 31st May 2016 (tomorrow)

For more info, please visit: <http://www.wys.cuhk.edu.hk/pg/tlep/mingle-fund>
 For enquiries, please contact Miss Zalon Wong at zalonwong@cuhk.edu.hk or 3943 3935.

2. Sports for Life Award Scheme 體育運動參與獎勵計劃

Wanna move your body and get a prize in the same time?!

Sports for Life Award Scheme aims at motivating students to take part in more College's sports activities and exercising regularly for a healthy life. Students can earn award point(s) for participating in College's sports activities and gain prizes!

Please check out your award points earned at https://docs.google.com/spreadsheets/d/tXYaKb_k1j_AUubebmpqBmg/htmlview?pli=1

Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

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

Life begins at the end of your comfort zone!

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

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

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



Maximum Funding Amount: HK\$20,000

Eligibility

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

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

Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

4. 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 Zalon Wong (3943 3935 / zalonwong@cuhk.edu.hk)

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

1. WRAP (Wellness Recovery Action Plan) - 身心健康行動計劃



"開始照顧自己的心理健康，4 節 workshop，制定你獨有的、畢生受用的工具箱"

WRAP® 是由美國精神健康運動倡導者 Mary Ellen Copeland 所發展一套維持身心健康的系統化工具，在於協助參加者運用身心健全健康工具(WellnessTools)，學習應付生活中不同的變化，維持良好的精神健康狀態。提供容易、簡單及可行的維持身心健康計劃和自助方法，令參加者能預防心理健康問題。

日期(時間)：7/6, 10/6, 14/6, 17/6 (7:30-9:30pm)

地點：香港中文大學利黃瑤璧樓 415 室

費用：全免

名額：每班 15 人

報名方法：<http://goo.gl/UrGqbi>

*此計劃同時為研究項目，研究目的是進一步確立計劃成效，以便將來推展至不同大學舉辦。
如對是計劃有任何疑問，歡迎於辦公時間致電 3943-4189 與研究助理聯絡。

2. Seminar on “Benchmark Your Training and Development Practices with some of the Excellent Organizations”



INTRODUCTION

The Award for Excellence in Training and Development has been organized by the Human Resources Development Management Committee of The Hong Kong Management Association since 1990. It is the only award of its kind in Hong Kong that gives public recognition of achievements in training and development to individuals as well as organizations, whether large or small and whatever the nature of their businesses or services.

WHAT IS THE SEMINAR ABOUT?

Finalists of Skills Training Category and Development Category of the Award for Excellence in Training and Development 2016 will present at the Final Judging which will be held at the Seminar on “Benchmark Your Training and Development Practices with Some of the Excellent Organizations”. They will share with you the secret of success of their training and development programmes. Participants of the seminar will vote for the Best Presentation Award.

Date: 14th Jun, 2016 (Tue)

Time: 9:00 am - 5:45 pm (8:30 registration)

Venue: Room N101 (Keynote Speech and Seminar) Hong Kong Convention and Exhibition Centre

1 Expo Drive (New Wing) Wanchai Hong Kong

**5 complimentary seats for the whole seminar (without lunch) will be provided for our students.*

Interested students please send email to janewu@cuhk.edu.hk with i) student ID, ii) your full name, iii) major/ faculty, iv) contact number and v) contact email **on or before 20th May, 2016**.

3. Sustainable Development Promotion Award for Students of Higher Education Institutions (SDPA)

高等院校學生推動可持續發展獎

The SDPA is a new initiative launched in 2016 for students of higher education institutions. It aims to promote the concept of sustainable development (SD) to the students of higher education institutions in Hong Kong and raise their awareness of the importance of SD; and to encourage them to apply sustainable practices in their daily lives and spread the messages to their peers, families and the community.

Undergraduate students are encouraged to devise and implement projects which can apply the concept of SD in their daily lives and spread the message to the community. Awards would be given to outstanding proposals and projects that best meet the aim.

The competition consists of two phases:

(I) Proposal Phase - submission of project proposals

(II) Implementation Phase - implementation of the projects receiving awards in the Proposal Phase

The best five proposals in the Proposal Phase will be given the Proposal Award which will comprise a cash prize of \$3,000 and a certificate. All winners in the Proposal Phase are expected to proceed to implement their projects in the Implementation Phase. All entrants of Implementation Phase meeting the conditions as set out in the rules of competition will be given the Implementation Award with another cash prize of \$7,000 and certificate. The entrant which performs the best among the Implementation Award winners will be given the Outstanding Project Award with another cash prize of \$10,000 and certificate.

Details: www.enb.gov.hk/en/susdev/public/sdpa.htm

Submission period: 1 April 2016 - 5:00 pm, 30 June 2016.

Enquiries: 3150 8172 / sdinfo@enb.gov.hk