

The Sunny Weekly

17 October 2016

Sunny Review 上周回顧

- [1. College Student Broke Hong Kong Junior Record and Seized the Champion of HK Junior Age Group Athletic Championships 2016 書院同學破香港青年紀錄及勇奪香港青少年分齡田徑錦標賽 2016 冠軍](#)
- [2. Latest harvest of our Rooftop Organic Farm! 天台耕種最新收成!](#)
- [3. Hop Wai Art and Cultural Programme: Visiting Artists of 2016/17 Autumn 洽蕙藝文計劃 2016-17 年度訪問藝術家活動](#)
- [4. Quick News of Inter-collegiate Competitions Results 院隊比賽結果快訊](#)
- [5. Non-Resident Hall Activity - Halloween Cookie Baking Workshop 走讀生舍堂活動－萬聖節骷髏曲奇烘焙班](#)

College Activities 書院活動

- [1. Green Team Night Talk on Organic Farming 綠色小組耕種教室 <New>](#)
- [2. 音樂放鬆分享會- 今個星期三 Relaxation through Music- This Wednesday! <Updated>](#)
- [3. College Anniversary Celebration Series - The Order of Wu Yee Sun 院慶活動系列－伍宜孫的密令](#)
- [4. Service-Learning Trip to Cambodia 柬埔寨服務學習之旅](#)
- [5. English through Music and Songs Appreciation: An Evening with Laymen in Jazz <Updated>](#)
- [6. English through Nature and Bird Watching](#)
- [7. Healthy Financial Management in preparing for your retirement 輕鬆規劃退休的個案分享](#)
- [8. Cheer for College Teams! 為院隊健兒打氣!](#)
- [9. 語文文化桌: 探討《那夜凌晨，我坐上了旺角開往大埔的紅VAN》的電影特色 <Updated>](#)
- [10. clab 電影欣賞會 Movie Night - 秒速5厘米 \(Chinese Only\)](#)
- [11. 身、心、靈靜坐教室 Meditation for Mind, Body & Spirit](#)
- [12. clab 招莊活動](#)
- [13. Fitness Consultation Session](#)
- [14. Symposium on Health and Education Sectors Together for Children's Health Today and Tomorrow: An International Dialogue 「兒童健康之當前今後：衛生與教育界的國際對談」研討會](#)

College Announcements 宣佈事項

- [1. Locker \(@YIA\) Application for WYS Students 書院\(康本\)儲物箱申請](#)
- [2. The Most Popular College Canteen Staff Polling 2016-17 Term 1](#)
- [3. Online Survey on Wu Yee Sun College Catering Outlets 伍宜孫書院膳堂網上問卷調查](#)
- [4. Get the updates of College and Student Bodies' activities](#)
- [5. Wu Yee Sun College Sports Teams Tryouts \(1st term, 2016-2017\)](#)
- [6. "Meet the Dean" Hours & Lunch Gathering 輔導長時間及午餐聚會](#)
- [7. Exchange and Travel Grant/Loan 2016/17](#)
- [8. Student Pastoral Care](#)

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 \(English only\)](#)
- [2. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃](#)
- [3. Global Learning Award Scheme \(Winter Round\) 寰宇學習獎勵計劃 \(冬季\)](#)
- [4. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃](#)
- [5. Service-learning Project Funding Scheme 服務學習項目資助計劃](#)
- [6. Sports for Life Award Scheme 體育運動參與獎勵計劃](#)

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

- [1. I·CARE Social Service Projects Funding: Workshop 博群社會服務計劃資助 - 工作坊](#)
- [2. HKMA x Recruit Seminar - The Way to Become a Top Trainer 名企專家攻略：如何成為頂尖培訓員」研討會](#)
- [3. Student Residence Bursary Scheme 2016/17](#)
- [4. CUHK Scholarship for Remarkable Endeavour for Admission 2016/17](#)



Sunny Review

上周回顧



- [1. College Student Broke Hong Kong Junior Record and Seized the Champion of HK Junior Age Group Athletic Championships 2016 書院同學破香港青年紀錄及勇奪香港青少年分齡田徑錦標賽 2016 冠軍](#)



Our College Student Hanniel H.N. Chow (周漢聶同學) ran a Hong Kong Junior Record of 9'34"57 to win the gold medal in the Boy's A1 3000m steeplechase (男子甲一組 3000 米障礙賽) in HK Junior Age Group Athletic Championships 2016 (香港青少年分齡田徑錦標賽 2016) held on 16th Oct. Hanniel went through a series of training in Canada last summer with support from the College's Global Learning Award Scheme. He learnt from his achievements and failure, and reached his breakthrough this time. Hearty Congratulations from all the Sunnies!

- [2. Latest harvest of our Rooftop Organic Farm! 天台耕種最新收成!](#)



With the continuous effort of College Green Team, it is now harvest time for the sweet potatoes grown at our Rooftop Organic Farm. Such special gifts were of course presented to College Master Professor Rance P.L. Lee (李沛良教授), as well as shared with other Sunnies in the form of sweet soup!



Would you like to join hands with us and grow your own plants at the farm? Come to our [Night Talk](#) on the topic of organic farming, and also “like” the [Green Team Facebook page](#) for other green activities!

3. Hop Wai Art and Cultural Programme: Visiting Artists of 2016/17 Autumn 洽蕙藝文計劃 2016-17 年度訪問藝術家活動



Hop Wai Visiting Artists visitation programme, supported by Hop Wai Tong (洽蕙堂) and co-organized by Wu Yee Sun College, Chung Chi College and United College, continued this week. Professor ZHANG Aiguo (張愛國教授) and Professor WANG Yongjiang (汪永江教授) gave advice on participants’ calligraphy skills and demonstrated seal carving (篆刻示範) in the Chinese Calligraphy Workshop (書法工作坊). All participants were amazed to see how the artists could finish a perfect seal in less than 15 minutes!



Professor Wang also delivered a talk titled “Confucianism and Calligraphy Education” (儒家思想與書法教育) at the Wu Yee Sun College Theatre on 13th Oct. He shared his views on how calligraphy is not just a visual art but means to pass on knowledge and human values from generation to generation, and how different calligraphy styles were applied to match with its content and purpose.



4. Quick News of Inter-collegiate Competitions Results 院隊比賽結果快訊



College Soccer, Basketball and Volleyball Teams took part in the Inter-collegiate Competitions (preliminary rounds) over the past week. Basketball Men’s Team and Volleyball Women’s Team got a head start in their first match. Despite the initial defeat, Volleyball Men’s Team will strive their best in the next match on 18th Oct. Although other teams were not able to enter the semi-final, all athletes enjoyed the competition, team work and sports fun. The strong sense of sportsmanship is what we truly value. Our hearty appreciation for every athlete!

5. Non-Resident Hall Activity – Halloween Cookie Baking Workshop 走讀生舍堂活動—萬聖節黏糖曲奇烘焙班



Get in the spirit with the spooky yet frightfully delicious Halloween cookies prepared by College non-residents last Saturday! It was an afternoon filled with creativity, laughter and fun, and such a great opportunity for making new College friends! One more activity, namely handicraft workshop (線裝書工作坊) has been planned for this semester. Stay tuned for enrollment!



College Activities 書院活動

1. Green Team Night Talk on Organic Farming 綠色小組耕種教室



傳聞中的書院天台耕種，Green Team 現在為你揭開神秘面紗！歡迎所有對耕種有興趣的同學參加！

日期：
10月19日（星期三）

時間：
8:00pm

地點：
W116

講者：
校園環境委員會主席鄒桂昌教授

Walk-in 即可!!!

2. 音樂放鬆分享會- 今個星期三 Relaxation through Music - This Wednesday!



音樂可以陶冶性情，令人心情放鬆。經過繁忙的一天，最好靜下來聽一聽音樂，放鬆一下心情，把整天的煩惱拋諸腦後。音樂有這麼多類型，那些音樂可以幫助我們放鬆心情、舒緩日常的壓力呢？在是次的音樂會，鍾教授會跟同學們一起唱唱他的作品。屆時，鍾教授亦會與大家分享他如何在擔任研究工作之外，繼續追求自己的興趣，並把研究工作與音樂創作兩者取之平衡，同學們不容錯過！

活動由音樂人鍾一諾教授 (Prof. Roger Chung) 帶領

香港中文大學公共衛生學院助理教授，年輕香港男歌手、作曲及填詞人；與其兄鍾一匡組成的鍾氏兄弟是香港知名音樂組合，並獲得多個華語樂壇重要獎項，包括 2012 年全球華語金曲獎「年度最佳爵士藝人」、2014 年華語音樂傳媒大獎「最佳組合」、2014 年 CASH 金帆音樂獎「CASH 最佳歌曲大獎」、「最佳歌詞」、「最佳合唱演繹」等殊榮。2014 年推出本土話題大碟《極》，榮獲華語金曲獎七月份十大唱片首位，並被多個權威樂評網站選為年度最佳大碟。主打歌《時代的顛覆者》更一度被瘋傳於網絡，及被多個傳媒報章稱為「時代之歌」。文學泰斗李歐梵亦曾公開點名鍾氏兄弟為「香港音樂的出路」。

音樂試聽：<https://www.youtube.com/watch?v=LFOXiztJypA>

日期：2016 年 10 月 19 日（星期三）

時間：晚上 6:30 至 8:00

地點：The Lounge, House of Sunny Living (伍宜孫書院如日坊)

報名：

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1987438>

查詢：Miss Valentina Tsang (valentinatsang@cuhk.edu.hk/39433988)

3. College Anniversary Celebration Series - The Order of Wu Yee Sun 院慶活動系列—伍宜孫的密令

<The content is drafted by College Anniversary Celebration Organizing Committee and WYSSA>
<以下內容由院慶及體育學會籌委撰寫>



Attention please 🙋🙋🙋🙋🙋

伍宜孫嘅年度盛事——環校跑又嚟啦！為咗響應今年院慶主題《伍宜孫的密令》，我哋增設咗個神秘大獎 - Special Costume Award，呢個獎將會由院長揀出最獨特嘅跑手。你可以做哈利波特，着住隱形斗篷衝過終點，你亦都可以扮佛地魔，唔駛抖氣咁完成比賽。或者你可以同個 FD 合作，一個做蘋果，一個筆...唔講咁多啦，比賽資料如下：

Date : 04-11-2015 (Friday)

Time : 11:30-13:00

Quota : 300 participants

Route : Wu Yee Sun College (Lobby) → Residence 3,4 → United Road → New Asia College bus station → Friend Lodge → Chih Hsing Hall (return) → Mong Man Wai Building → New Asia College Bus Station → United Road → Residence 3,4 (垃圾房位置) → Wu Yee Sun College
(Total length: 2.1km)

Application Deadline: 28-10-2015

Contact: 5540 3304 (Woody)

Sign up now: <https://goo.gl/gqbpMQ>



【院慶一六 伍宜孫的密令】

☀️ Sunny Fest and The Order of Wu Yee Sun ☀️

📌 第二道密令：大笪地招攤

職銜：大笪地攤主／老闆／事頭

行動日期：11月10日

任務時限：18:30 - 22:30

駐守地點：伍宜孫書院

職責：擺攤、守攤、收攤（找錢、收錢、數錢）

成本（中大生）：不帶電 80 元／帶電 100 元

成本（校外人士）：不帶電 150 元／帶電 180 元

押金：100 元（活動當天發還）

酬勞：回憶無價，擺攤有市

接令限期：10月21日或之前

通關密碼：<https://goo.gl/wq61js>

☀️ 9th Anniversary ☀️ Sunny Fest and The Order of Wu Yee Sun

📌 The Second Order: Run a stall in Sunny Fest

Title: DA BOSS of the stall

Mission Period: 10 November

Mission Time: 18:30 - 22:30

Location: WYS College

Duty: Pay some, gain much and enjoy the most!

Cost (CUHK students): Without electricity: HKD80/ With electricity: HKD100

Cost (non-CUHK): Without electricity: HKD150/ With electricity: HKD180

Deposit : HKD100 (Return on 10 Nov)

Deadline to accept the order: 21 October

To accept the order, please click: <https://goo.gl/wq61js>



【院慶一六 伍宜孫的密令】

☀️ Sunny Fest and The Order of Wu Yee Sun ☀️

📌 第三道密令：523 人宴迎賓

職銜：座上客

行動日期：11 月 9 日

進場時間：18:00 - 18:30

賞味期限：18:30 - 22:00

駐守地點：伍宜孫書院學生膳堂

職責：邊飲邊食邊聽 Dear Jane (冇得捉壽包 sor 😞)

單人飯票：100 元/張

團購飯票：90 元/張 (10 張起)

酬勞：回憶無價，食飽有……

接令限期：10 月 24 日或之前

通關密碼：<https://goo.gl/forms/dxMSsDAUji4mdaOY2>

☀️ 9th Anniversary ☀️ Sunny Fest and The Order of Wu Yee Sun

📌 The Third Order: Be Our Guests at 523 Banquet

Title: Our honorable guests

Mission Date: 9 November

Reception: 18:00 - 18:30

Banquet: 18:30 - 22:30

Location: College Canteen, Wu Yee Sun College

Duty: Eat and drink and listen to Dear Jane

Price: HKD 100 per head

Group Buy: For group of 10 or more, HKD 90 per head

Deadline to accept the order: 24 October

To accept the order, please click:

<https://goo.gl/forms/dxMSsDAUji4mdaOY2>



【院慶一六 伍宜孫的密令】

☀️ Sunny Fest and The Order of Wu Yee Sun ☀️

「有實力，點解唔 show 畀人睇？」(宜孫飛蛾，2016)冇錯，我地第四道密令就係招 Sunny Fest 大笪地嘅 performers 喇！

📌 第四道密令：大笪地表演者招募

職銜：下一個 Ed Sheeran

行動日期：11 月 10 日

任務時限：18:30 - 22:30

駐守地點：伍宜孫書院

職責：拋頭露面，賣力表演

酬勞：掌聲鼓勵

接令限期：10 月 21 日或之前

通關密碼：<https://goo.gl/forms/oQI7SsGxvzm2CHNI3>

歡迎有志參與伍宜孫院慶的一眾人士接下密令，成為#大笪地 藝人，一齊為宜孫施展魔法。🌟🌟🌟🌟

據說 #伍宜孫的密令 🌟🌟 陸續有嚟，大家記住密切關注伍宜孫書院院慶一六嘅消息啦！🌟

☀️ 9th Anniversary ☀️ Sunny Fest and The Order of Wu Yee Sun

Wu Yee Sun's got talent! If you think you are one of the talented, then our fourth order is all for you! We are looking for performers at SunnyFest!

📌 The Fourth Order: Be the performers at SunnyFest!

Title: The next Ed Sheeran

Mission Period: 10 November

Mission Time: 18:30 - 22:30

Location: WYS College

Duty: Entertain everyone by all means

Deadline to accept the order: 21 October

To accept the order, please click

<https://goo.gl/forms/oQI7SsGxvzm2CHNI3>

If you are interested in joining us by being one of the #SunnyFest artists to celebrate, don't hesitate and accept this order!" Want to know what are the following orders? Stay tuned...

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

4. Service-Learning Trip to Cambodia 柬埔寨服務學習之旅



Serve with Love and Respect

This year we work closely with Cambodia YMCA and their local volunteers in teaching young children and street youth, visiting elderly people in village and harvesting for local farmers.

Get Closer to Khmer Cultures - Homestay#

Learn about the community while serving them. Participants can experience the way of local living by staying with local families for a few days during the trip.

Date: 30th Dec 2016 - 6th Jan 2017 (8 days)

Location: Phnom Penh and adjacent areas

Quota: 16 (Selection interview will be held on 28th Oct 11:30-14:30)

Fee: HK\$1,500

Deposit: HK\$500*

Application: <https://goo.gl/1kZ91s>

(Deadline: 20th Oct, 12:00n.n.)

Pre-trip Meetings

1. 7th Nov (19:00-20:30)
2. 16th Nov (19:00-21:30)
3. 30th Nov (19:00-21:00)
4. 28th Dec (10:30-12:30)

*Participants **MUST** attend at least 3 pre-trip meetings AND evaluation meeting to receive deposit refund.

There will be basic accommodation - a mat on the floor, pillows, blankets, mosquito nets, fans, and at least one shared bathroom per homestay. Participants will be divided in groups for each homestay, which has at least one English-speaking volunteer or member to facilitate the communication between the local family and participants.

Enquiries: Miss Jane Wu (3943-3934/ janewu@cuhk.edu.hk)

5. English through Music and Songs Appreciation: An Evening with Laymen in Jazz

To many, jazz is often regarded as a sophisticated and high-end form of art, exclusive to only the few who know how to appreciate the genre. "Laymen in Jazz" has been playing jazz standards and performing regularly for some years with the aim of reaching out to a wider audience in the local jazz scene. They believe that jazz should not be exclusive and that it is possible for everyone to understand and appreciate the beauty of this particular genre. The group performing for the evening will comprise of five musicians, including band leader Barry on bass, Jonathan on melodica, Six on guitar, Ivan on drums, and Elaine, the guest vocalist for the evening. Song selection will include *It's Only a Paper Moon*, *Stella by Starlight*, *It Could Happen to You* and *Fly Me to the Moon* - all poetic and lyrical. Come chill-out after work and classes, and enjoy a relaxed evening with Laymen in Jazz by the sunset at Wu Yee Sun College.

Elaine's biography

Dr. Elaine Ng is a lecturer in the English Language Teaching Unit (ELTU) at the Chinese University of Hong Kong. She holds a PhD from the University of Sydney (USYD) and started her career in Australia. She is passionate about teaching and genuinely enjoys working with her students. Outside of teaching, Elaine also loves music, particularly in the genres of soul and jazz. As a pianist with a classical background, she is currently training to be a jazz vocalist and keyboardist and hopes to someday be an all-round amateur musician in the local music scene.

Date: 8th November 2016 (Tuesday)

Time: 5:00pm-7:00pm

Venue: Central Courtyard, Wu Yee Sun College

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2214519>

Wine and light refreshments will be served.

*Only those who are aged 18 or above are allowed to drink Wine

Enquiries: Miss Valentina Tsang (valentinatsang@cuhk.edu.hk / 3943 3988)

6. English through Nature and Bird Watching



Long Valley is a large and diverse area of farmland near Sheung Shui which was saved from being destroyed by the construction of a railway line thanks to a campaign led by Hong Kong Bird Watching Society members in 2001. Parts of Long Valley are now managed for birds and birdwatchers by Hong Kong Bird Watching Society staff and volunteers and the site is one of the best in Hong Kong for birdwatching. Waterbirds and farmland birds have quickly adjusted to the bird-friendly environment and are far more approachable than anywhere else in Hong Kong.

Instructor: Mr. Richard Lewthwaite

Richard Lewthwaite is a part-time English Language Teaching Unit instructor. He is also an active birdwatcher in Hong Kong and also enjoys going on birdwatching trips to China, especially Guangdong and Hainan. He is one of the co-authors of "The Avifauna of Hong Kong" and has written papers on a variety of birds including owls and nightjars of Hong Kong, waterbirds of Guangdong and forest birds of Southeast China.

Date: Saturday, 5th November 2016

Activity Time: 3:30pm - 6:00pm

Gathering time and location: 2:45pm@College Gallery

3:00pm@University MTR Station Exit A

Location: Long Valley, Sheung Shui (Shuttle bus will be arranged for round trip)

Quota: 10

Deposit: \$50 (Refundable upon completion of the activity)

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2122101>

Application Deadline: 28th October 2016

*Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation. Place is limited. First-come, first-served. Time of deposit payment will be the determinant.

Enquiries: Miss Valentina Tsang (valentinatsang@cuhk.edu.hk /3943 3988)

7. Healthy Financial Management in preparing for your retirement 輕鬆規劃退休的個案分享



過去數十年社會變化急速，面對人均壽命越來越長和生活水平不斷提升，盡早有系統地為自己和家人預備未來是非常重要的。

在今次講座，程俊昌先生會深入淺出地分享退休規劃的實務操作方案，助你輕鬆迎接豐盛的退休生活。

你會學到：

1. 面對退休的實用理財概念
2. 掌握不同工具對退休規劃的功能
3. 如何令未來的退休生活更輕鬆
4. 三個必須避免的理財陷阱

主講嘉賓: 財務策劃師 程俊昌先生

日期: 10月25日(星期二)

時間: 下午 12:30 至 2:30

地點: 伍宜孫書院教職員飯堂

語言: 粵語

費用: 全免

活動內容:

第一部份: 講者分享退休規劃的實務操作方案

第二部份: 與講者午膳，並作進一步交流

歡迎同學、教職員及教職員家屬參加

網上報名留座:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1911096>

查詢: Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

8. Cheer for College Teams! 為院隊健兒打氣!

Support your friends at the matches! Cheer for every athlete's effort!

為你的朋友打氣! 為每位運動員的努力喝采!

Inter-Collegiate Competition Schedule (Preliminary Rounds) 書院院際比賽賽程 (初賽)

Teams	Date	Time	Venue	Against Team
Basketball (Men)	17 Oct 2016	19:15	Yeung Ming Biu Indoor Sports Centre (University Gymnasium)	New Asia College
Volleyball (Men)	18 Oct 2016	19:00	United College Thomas Cheung Gymnasium	New Asia College
Volleyball (Women)	17 Oct 2016	19:00	United College Thomas Cheung Gymnasium	Shaw College
CUHK Athletic Meet	16 Nov 2016	18:30	Sir Philip Haddon-Cave Sports Field	---

9. 語文文化桌: 探討《那夜凌晨，我坐上了旺角開往大埔的紅VAN》的電影特色



高登討論區小說《那夜凌晨，我坐上了旺角開往大埔的紅VAN》由香港導演陳果改編為電影，引起各界的關注及討論。

《紅VAN》是一個以懸疑驚悚手法包裝，透過一台通宵小巴與十七位乘客的經歷，來刻劃現代香港社會的故事，探討末世環境下的人性愛情，因果宿命，核能環保等問題。如果世界人口消失於一旦，作為現代都市人的我們，是否真的能夠應付'求生'這學問? 為了重拾昔日生活，回到正常世界，你又願意作多大犧牲? 一同坐上這輛開往大埔的紅van讓我們回到原點，以最本土的人物和場景，說最曲折離奇的故事——因為，最極致的恐怖從來不是外星鬼怪，而是你我熟悉的都市，如今居然變得陌生。

是次文化桌葉嘉詠博士會跟同學一起探討電影中的政治隱喻、人性、身分認同等議題，並概略介紹兩岸三地網絡文學的特色。

講者: 葉嘉詠博士

講者簡介:

葉博士畢業於香港中文大學中大中國語言及文學系，現於同校擔任講師，開設中國現代文學導論、文學與電影改編、文學創作等課程。研究範圍包括台灣文學、香港文學及電影研究。

日期: 10月26日(星期三)

時間: 晚上 6:30 至 8:30

地點: 伍宜孫書院教職員飯堂

語言: 粵語

按金: \$50(準時出席可即晚退回全部按金)

報名:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2162978>

截止日期: 10月20日(星期四)

*名額有限，先到先得。報名次序以遞交按金先後次序為準。請將按金交至書院辦公室。

查詢: 曾煒婷小姐 (valentinatsang@cuhk.edu.hk/3943 3988)

10. clab 電影欣賞會 Movie Night - 秒速5厘米 (Chinese Only)

<以下內容由籌辦同學撰寫>



電影欣賞會: 秒速5厘米

新海誠作為近年急速崛起的動畫導演，他創作的作品往往能夠打動人心，深受歡迎。趁著他的最新作品於香港上映前，於 College Theatre 欣賞其中一套誠意之作，《秒速5厘米》，重溫新海誠帶給我們的感動。放映完結後設有映後坐談會，讓同學們分享。

日期: 20/10

時間: 9:00pm-10:30pm

地點: College Theatre

-電影放映: 9:00pm-10:00pm

-映後坐談會: 10:00pm-10:30pm

主持: 李梓健同學

11. 身、心、靈靜坐教室 Meditation for Mind, Body & Spirit



我們認為，活在繁華的都市裡，每一個人都應該學習靜坐，以令自己能擁有片刻寧靜，就像寧靜可令一杯混濁的水慢慢回復清澈一樣，你選擇學習「身、心、靈靜坐」是為你自己的心靈送上一份最佳的禮物！

內容簡介：

- 許多人希望擁有冷靜、平和及優質的人生，但不知如何獲得
- 許多人希望擁有清明、敏銳快捷的思考，但不知如何獲得
- 許多人希望擁有健康、正面的思維，但不知如何獲得

身、心、靈靜坐法就是以上種種的答案。

靜坐？好神秘啊！

是的，如果你未曾深入了解的話。

「身、心、靈靜坐教室」旨在助你將被煩囂生活導至混濁的心靈平復，令你更清明、更專注、身心更健康！

導師：周東妮博士 (Dr. Kanny Chou)

日期：2016年11月17日及24日（逢星期四，共兩堂）

時間：晚上7:00至9:00

地點：The Lounge, House of Sunny Living (伍宜孫書院如日坊)

按金：港幣\$50 (出席兩堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1956317>

截止日期：11月11日

查詢：Miss Valentina Tsang (valentinatsang@cuhk.edu.hk/3943 3988)

12. clab 招莊活動

<內容由創意實驗室幹事會撰寫>

【喂喂喂！clab 招莊啦！】

想知道 clab 要做啲咩、可以做啲咩？嚟 O Night 同傾莊啦！

O Night (BBQ)：21 Sept 18:30 @ clab 門外集合

***報個靚名（以免浪費食物～去綠！）：www.goo.gl/QIr3Wu ***

傾一（木工）：26 Sept 19:30 @ clab
傾二（打邊爐）：6 Oct 18:30 @ clab
傾三（藍染／絲印）：12 Oct 19:30 @ clab
成莊日：21 Oct 19:00 @ clab

* 三次傾莊最少出席兩次 *

有咩問題可以搵 Candice Ng (9201 8285) 㗎！好期待見到你地！想知我地有咩 update？記住 like 埋我地個 Facebook page [WYS clab CUHK](#) 呀！

13. Fitness Consultation Session



If you want to keep fit or build up your body, join us in the College's Gymnasium! Fitness consultation sessions are NOW available. You can seek instructor's advice on the use of fitness equipment, body fitness or other health-related issues during the sessions. The details are as follows:

Period: 8th Sep – 1st Dec (Every Thursday, except Public Holidays)

Time: Thursday 6:30-8:30pm

Venue: College Gymnasium

Instructor:



Ms. Leung Ka-cheuk

Target: Wu Yee Sun students and staff (no prior application is required)

14. Symposium on Health and Education Sectors Together for Children's Health Today and Tomorrow: An International Dialogue
「兒童健康之當前今後：衛生與教育界的國際對話」研討會



Date: 12 November 2016 (Sat)

Venue: Yasumoto International Academic Park, the Chinese University of Hong Kong

Target: Teachers, parents, students, social workers, headmasters, nurses, health professionals from Hong Kong

*FREE FOR ADMISSION

Time	Programme
Morning Session 9:15am – 9:45am 9:45am – 11:15am	Opening Address Keynote: Health and Education Sectors Together for an effective health promotion and disease prevention for school children: main obstacles, main advantages for the actual Society, main challenges? - Professor Didier Jourdan , Professor in Sciences of Education, Blaise Pascal University, Clermont-Ferrand II, France. Vice-president of the Committee specialist in Prevention, Education and Promotion of Health (CSPEPS) - Dr. Souhaïl Latrèche , Head of Health Promotion and Disease Prevention, La Chaux-de-Fonds, Switzerland - Professor Lawrence St Leger , Honorary Professor and Former Dean, Faculty of Medicine, Health, Nursing and Behavioural Science, Deakin University, Australia <u>Moderator:</u> - Professor Albert Lee , Clinical Professor in Public Health and Primary Care and Director of Centre for Health Education and Health Promotion, The Chinese University of Hong Kong
11:15am – 11:45am 11:45am – 1:15pm	Tea break and networking Plenary Session: Case studies from different countries <u>France</u> - Thierry Weishaupt , International cooperation director, Mutuelle Generale de l'Education Nationale (MGEN) - Principal of French International School in HK (TBC) <u>Taiwan</u> - Professor Fu-Li Chen , Department of Public Health, Fujen University, Taiwan <u>Macao</u> - Dr. Walter Ho King Yan , Faculty of Education, University of Macau <u>Hong Kong</u> - Dr. Robin Cheung Man Bui ^{1,2} / Professor Albert Lee ¹ , ¹ Centre for Health Education and Health Promotion, ² Department of Education Policy and Administration of Faculty of Education, The Chinese University of Hong Kong - German Swiss International School in HK (TBC) <u>Canada</u> - Liane Comeau , Scientific counsellor, National Institute of Public Health of Québec (INSPQ) <u>Moderator:</u> - Professor Didier Jourdan , Blaise Pascal University, Clermont-Ferrand II, France. Vice-president of the Committee specialist in Prevention, Education and Promotion of Health (CSPEPS)
Afternoon Session 2:15pm – 3:15pm	Plenary Session: Prevention and Promotion of Health for school children - How to improve health literacy of school children in cervical cancer prevention and improving uptake rate of HPV vaccination Professor Albert Lee , Clinical Professor in Public Health and Primary Care and Director of Centre for Health Education and Health Promotion, The Chinese University of Hong Kong - How should we prevent childhood infectious diseases? Professor Chun-bong Chow , Honorary Associate Clinical Professor, Centre for Health Education and Health Promotion, The Chinese University of Hong Kong, and Honorary Professor of Department of Paediatrics and Adolescents, University of Hong Kong - Emotional Health Promotion Ms. Mariela Galli , M. Galli & Co, Psychologist and Consultant in health promotion, France
3:15pm – 3:45pm	Tea break and networking

- 3:45pm – 5:00pm **Parallel Free Paper Sessions:** Two parallel sessions to share school based health promotion programmes based on abstracts submitted and invited.
- Series of short presentations of various programmes (10 minutes each around 4 to 5 presentations)
 - Designated discussants to comment
 - Open discussion

For updated programme and details, please visit the website: www.chep.cuhk.edu.hk/symposium2016



1. Locker (@YIA) Application for WYS Students 書院(康本)儲物箱申請

Lockers located at 4/F, Yasumoto Academic International Park (near Room 406 & 410) are now available for College NON-residents. Students can apply at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2073937>. Successful applicants will be assigned ONE locker for use in the period 1st Nov, 2016 – 30th Apr, 2017.

Application Procedures

- 1) Submit application online by **12:00nn on 19th Oct**. First come, first served.
- 2) Submit a deposit of \$50 via HSBC or Hang Seng Bank ATM to The Chinese University of Hong Kong (293-005005-001) after being notified by email of the success of application.
- 3) Submit the bank-in slip / ATM advice to the Dean of Students' Office (UG09) in person after receiving the confirmation email sent by the Office.
- 4) Each successful applicant will be assigned one locker.

Regulations for the Use of Lockers

1. Users should take care of their personal belongings kept in lockers. The College will not be responsible for any loss or damage.
2. Due to hygienic reasons, no food, beverages, condiments or similar items should be kept in the lockers.
3. Users are responsible for cleaning the lockers and removing all the personal belongings inside them before returning the lockers to the College. After the stipulated period of use, any leftover items inside the lockers will be disposed of without any notification (no compensation will be made for destroyed locks).
4. Deposit will be refunded by auto-pay. Students should check their bank accounts in due course.
5. Deposit will be forfeited if any damage is made or failure to clear the locker upon expiry of the period of use.
6. The College may seize the student's right to use the locker if he / she violates the regulations or misuses the locker.
7. Users are fully responsible in taking care of their lockers. To avoid any misunderstandings, users are strongly recommended to lock their lockers even if they do not leave anything inside.

Enquiries: Ms. Kitty Lau (kitty_lau@cuhk.edu.hk / 3943 3942)

2. The Most Popular College Canteen Staff Polling 2016-17 Term 1

With a view to enhancing the canteen services and strengthening the communication between canteen staff and students, the College canteen staff has put up their name tags and the College also established "The Most Popular Canteen Staff Award" since 2015-16 Term 2. The Most Popular Canteen Staff Polling will be conducted again in November 2016. Before the voting period, you are encouraged to dine at the College canteen more frequently, observe the performance of the canteen staff or even chat with them like your friends. Do remember the name of the canteen staff who is worthy of your vote. Each student can vote for three canteen staff at most. Stay tuned for the voting details.

3. Online Survey on Wu Yee Sun College Catering Outlets

The Catering Services Committee will commence a meeting soon and the student representatives hope to gather your views on the catering services through an online survey for discussion in the meeting.

伍宜孫書院膳食委員會將於短期內召開會議，學生代表希望於 2016 年 10 月 30 日或以前收集同學對膳堂服務質素的意見，以便在會上提出及討論。

<https://docs.google.com/forms/d/e/1FAIpQLSdFCaVjChAF1YntPCjWMFbq0zXxcyOjeBqKFrYAKG7YEz663g/viewform>

Survey deadline 問卷調查截止日期: 30 October 2016

Enquiries 查詢:

Miss Sammi Lo 羅芯宜同學 (sammisylo@gmail.com)

Miss Amy Lam 伍慧琳同學 (slcssamy@gmail.com)

4. Get the updates of College and Student Bodies' activities

The latest updates of activities and announcements from College and student bodies can be accessed at below. Please follow/subscribe the page! Explore and enjoy your College life!

College Website: <http://www.wys.cuhk.edu.hk/>

College Official Facebook Page: <https://www.facebook.com/WuYeeSunCollege/?fref=ts>

伍宜孫書院學生交流 Group : <https://www.facebook.com/groups/154554771349617/>

Contacts of Other Student Bodies: <http://www.wys.cuhk.edu.hk/student-organizations.php>

5. Wu Yee Sun College Sports Teams Tryouts (1st term, 2016-2017)



不論你是運動愛好者或是專業運動員，都不要錯過伍宜孫書院院隊選拔的時間！書院現正招募**田徑院隊**隊員，快來發揮你的運動天賦！
If you are a professional sports player or are simply keen on doing sports, do not miss the College Team try-outs. The College is now recruiting athletes for the **athletic teams**. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

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

"Meet the Dean" Hours is a regular time schedule particularly for you to talk directly to the College Dean of Students on any matters you feel interested or concerned. The session is hosted by Professor Annisa C.H. Lee (李賴俊卿教授), College Dean of Students and Associate Professor of School of Journalism & Communication, Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor of Department of Chinese Language and Literature, and Dr. Lancelot W.H. Mui (梅維浩博士), College Associate Dean of Students and Lecturer of The Jockey Club School of Public Health and Primary Care. Every Sunnie is welcome!

Date: Every Wednesday
Time: 2:30 – 3:30pm
Venue: Dean of Students Office, Room UG09, Wu Yee Sun College
Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

"Meet the Dean" Lunch Gathering will be held every other Wednesday. Individual students or representatives of student organizations are all welcome to register for the Gathering. Please email Sonia before the *closest Monday noon to register for the event.
**remarks: registration has to be made on the previous working day if the closest Monday is public holiday*

Upcoming gathering

Date: Wednesday, 19th Oct 2016
Time: 12:30 – 2:00pm
Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

7. Exchange and Travel Grant/Loan 2016/17

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

There are different rounds of applications. For programmes/ activities held in **Oct 2016 - Jan 2017**, the application is open from **15th Aug to 14th Dec 2016**.

For programmes/activities held in **Feb - May 2017**, application will be open from **15th Dec 2016 to 18th Apr 2017**.

Check out the following link for more information including eligibility:

http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1469415873ExchangeandTravelGrantandLoan2015164th_2.pdf

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

8. Student Pastoral Care

It is not uncommon for college students like all of you to encounter various academic, emotional, interpersonal or family concerns and difficulties when you adjust to university life or pursue personal growth. You may wish to know the below ways that you can seek support or advice from the College and the University when you face problems:

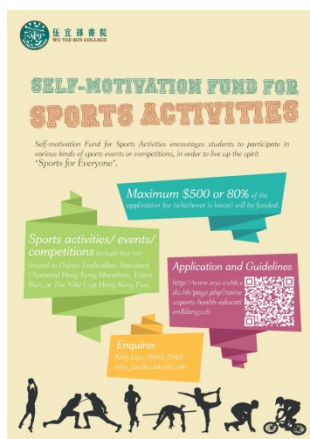
- 1) You are welcome to speak with our College Dean of Students when you have problems that need resolving. Please call **3943 3942** for arrangement.
- 2) You may also approach the University's Student Counselling and Development Service at **3943 7208** for help.
- 3) A 24-hour Emotional Support Hotline is also launched 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. The hotline number is **5400 2055**.

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.

For more info, please visit: <http://www.wys.cuhk.edu.hk/exchange.php?lang=zh&cat=others>
 For enquiries, please contact Ms. Kitty Lau at kitty_lau@cuhk.edu.hk or 3943 3942.

2. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃



Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports events or competitions, in order to live up the spirit “Sports for Everyone”.

The College will subsidize the **application fee** of sports events/ competitions/ activities organized by organization(s) OTHER THAN College. *Oxfam Trailwalker, Standard Chartered Hong Kong Marathon, Totem Run, or The Nike Cup-Hong Kong Five* are some of the examples.

Funding Amount: \$500 or 80% of application fee (whichever is lower)

Guidelines: <http://www.wys.cuhk.edu.hk/page.php?name=sports-health-education>

Application: Please submit application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1935668> at least 14 working days **BEFORE** the start date of the activity. We will notify applicants the results within two weeks.

Enquiries: Kitty (3943-3942/ kitty_lau@cuhk.edu.hk)

3. Global Learning Award Scheme (Winter Round) 寰宇學習獎勵計劃 (冬季)

If you are planning to expand your academic wisdom with support from the scheme, ACT NOW!

The scheme supports Wu Yee Sun College students to take part in or self-initiate academic programmes, such as academic conferences, competitions, field trips and language programmes outside Hong Kong. Last academic year, the scheme has supported students to South India, Belgium, Inner-Mongolia and so on!

Students successfully selected by the Scheme will be awarded the Global Learning Award. The maximum award amount varies for programmes of different length and nature.

	Programme Length	Programme nature	Maximum Award amount
Short-term	Shorter than one month	Self-initiated programmes	HK\$8,000 or 100% of particular items (whichever is lower)
		#Participating in organized programmes	HK\$8,000 or 80% of particular items (whichever is lower)
Long-term	One to six months	Self-initiated programmes	HK\$15,000 or 100% of particular items (whichever is lower)
		#Participating in organized programmes	

#Programmes organized by the College and Term-long Exchange Programmes will not be considered for this scheme.

The sooner you submit your application, the quicker to receive feedbacks, and more time to improve the contents. Comment from College Exchange Committee members on proposal of self-initiated programmes could be sought by special request. The request shall be made at least month before application deadline together with submission of the completed proposal, budget plan and application form.

Round	Applying for trips taken during (for trips overlapping both rounds, <u>first date</u> of the trip shall determine the application period)	#Application period
Winter	Nov 1 st – Apr 30 th	May 1 st – Oct 31 st
Summer	May 1 st – Oct 31 st	Nov 1 st – Apr 30 th

#application documents shall be submitted to DOS Office by the last working day within the application period.

Contact Ms. Kitty Lau (3943 3942/ kitty_lau@cuhk.edu.hk) now if you have any ideas in mind. Know more about the [details](#) and [apply here](#)!

4. 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)

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



If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College's Service-learning project Funding Scheme supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project. Learn to serve and serve to learn! Please visit the [website](#) for more info.

Enquiries: Miss Jane Wu (janewu@cuhk.edu.hk / 3943 3934)

6. 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 points for participating in College's sports activities and gain prizes!

How to join? You will be enrolled into the Scheme after joining your first sports activity!

What are the prizes? 30 points for Sports Towel & 40 points for Water Bottle

How to redeem prizes? Prize redemption will be arranged every semester! Please follow the College news!

[Upcoming Sports Activities](#)

[College Anniversary Celebration x WYSSA - Round Campus Run: 15 marks](#)

Check your accumulated points at <http://bit.ly/WYSSportsForLife!!>

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

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

1. I-CARE Social Service Projects Funding: Workshop 博群社會服務計劃資助 - 工作坊

To facilitate students to understand better the application requirements and to plan a better social service project, I-CARE is organizing workshop in this semester. You and your friends are welcomed to register for the workshop.

【 'Cambodia Again?': Reflection on overseas voluntary services 】

There are increasing number of university students participating in overseas social services. In order to examine the social impact of these services, an NGO called STIR (<http://stirimpact.wixsite.com/stir>) visited orphanages in Cambodia with a group of youth in June. They found that some children with living parents were sent to orphanages; many children speak fluent English therefore it is unnecessary for volunteers to teach children basic English.

University students travel so far to Cambodia to serve. Yet do the services really cater for the needs of the beneficiaries? Are there any unexpected impacts? Let's explore a more sustainable model of overseas voluntary services with STIR!

Date: 19 October 2016 (Wed)

Time: 7:00pm - 8:30pm

Venue: FYB 502

Speaker: Lucia Choi, Student Take Initiative Rally (STIR)

Language: Chinese

Register Now: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1876103>

Enquiry: Mr. Chan (3943 3714 / sunchan@cuhk.edu.hk)

2. HKMA x Recruit Seminar - The Way to Become a Top Trainer 名企專家攻略：如何成為頂尖培訓員」研討會



Every year, the Hong Kong Management Association organizes a Seminar on "The Way to Become a Top Trainer" jointly with Recruit Magazine. Many distinguished guest speakers were invited from various renowned companies to share their successful experience in training and development. This year, the Seminar will be held concurrently with the HKMA Annual Conference entitled "Adapting to Change - Hong Kong's Core Ability".

Date: **Wednesday, 2 November 2016**

Time: **9:30 am - 12:40 pm**

Venue: S221-S227 Level, Old Wing, Hong Kong Convention and Exhibition Centre, 1 Harbour Road, Wanchai, HONG KONG

Opening Address:

Mr Hans Helmuth Hennig, Group Managing Director, Jebsen & Co Ltd

Keynote Speaker:

Mr Stephen Ng, Chairman and Managing Director, The Wharf (Holdings) Limited

Speakers of Seminar on "The Way to Become a Top Trainer":

- Ms. Connie Chan, Head of Human Resources, Hong Kong, Yahoo! Hong Kong Limited;
- Ms. Kyon Chow, Head of Human Resources, Asia, Johnson Electric; and
- Ms. Dorothy Wong, Professional Coach/Trainer/Consultant, ICC Limited.

10 complimentary seats are provided for our College full-time undergraduate students. If you are interested, please apply at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2283443> **on or before 5pm, 20th Oct, 2016.**

For any enquiries, please contact Miss Jane Wu (3943-3934/ janewu@cuhk.edu.hk).

3. Student Residence Bursary Scheme 2016/17

This scheme aims to help those needy students who are not able to benefit substantially from the Community Care Fund (CCF) hostel subsidy, applicants must:

1. be local full-time undergraduate students;
2. be registered residents of the hostel and have resided in hostel for at least 75% of the time of the semester;
3. have average monthly household income roughly less than \$20,000 (during 1 April 2015 to 31 March 2016); and
4. be not able to benefit from CCF hostel subsidy or receive less than \$1,000 per semester under the CCF hostel subsidy

Amount of Bursary

1. for eligible needy students who are not able to benefit from CCF hostel subsidy, the value of each bursary will be \$1,000 per semester
2. for eligible needy students who receive less than \$1,000 per semester under CCF hostel subsidy, the value of each bursary will be the difference between \$1,000 and the approved amount of CCF hostel subsidy
3. the maximum amount of bursary for residents of all types of shared rooms will be the same.

Application Procedure

1. By online application via CUSIS (MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "Student Residence Bursary" during application period from **5 Sep to 31 Oct 2016**. For students who live in hostel for the 2nd term only, they should submit their applications during **9 January to 28 February 2017**.
2. Applicants should print out Section 8 of the online application form and submit together with the supporting documents to the College on or before the application deadline.

4. CUHK Scholarship for Remarkable Endeavour for Admission 2016/17

This scholarship is designated for the students with special educational needs (SEN) in recognition of their extra efforts made to pursue higher education at CUHK. The SEN students should have at least one of the following conditions that affect their ability to learn:

- Specific learning disabilities
- Visual impairment
- Intellectual disabilities
- Hearing impairment
- Autism spectrum disorders
- Speech and language impairment
- Attention deficit / hyperactivity disorders
- Others proven special educational needs
- Physical disabilities

Value of the Scholarship

There are a maximum of 10 non-renewable scholarships of HK\$10,000 each.

Application Procedures

Interested students can download application form from Office of Admissions and Financial Aid (OFA) at www.oafa.cuhk.edu.hk (Scholarships & Financial Aid > Open for Application) and submit the forms together with supporting documents IN PERSON to OFA, Room 1202, 12/F, YIA during office hours **on or before 27th October 2016**.

For enquiries, please contact Ms. Angel Au at 3943 7209 or sfas@cuhk.edu.hk
