

The Sunny Weekly

7 November 2016

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Sunny Review 上周回顧

1. College Drama Club's First Production in CUHK Drama Competition



Our College Drama Club (宜孫劇社) presented its first production at CUHK Drama Competition (中大戲劇比賽) 2016 on 2nd Nov. Titled "Ever After" (然後?), the play probed the audience what's next if everyone had their own apartment, in a society which takes the ownership of a flat as an ultimate life goal.



The whole team spent the whole summer planning for the production and recruiting the crews to bring us the first show of our College. Rounds of applause and we look forward to their next play!



2. Staff-student Hiking with HKPASEA 秋日師生遠足



Led by Prof. Wong Kam-Fai (黃錦輝教授), College Associate Master, a group of 36 students, College members and Hong Kong Professionals and Senior Executives Association (香港專業及資深行政人員協會) members went for hiking along the Ma On Shan Country Trail and Wilson Trail Section 5 on 5th Nov. The group enjoyed the view of Amah Rock (望夫石) and delicious bean curd custard along the trail. After the hiking, all participants had a tasty lunch buffet hosted by Professor Rance P.L. Lee (李沛良教授), College Master.



3. Tea Gathering with Recipients of Admission Scholarships 2016/17



About 20 local and non-local recipients of admission scholarships 2016/17 attended the tea gathering on Thursday, 3th November held in the College Staff Dining Room.



Professor Rance P.L. Lee (李沛良教授), College Master, encouraged the freshmen to involve actively in college life while maintaining good academic performance. We are grateful to have the presence and sharing of Professor Anthony T.C. Chan (陳德章教授), Associate College Master and Chairman of Scholarships and Financial Aid Committee, Professor Annisa C.H. Lee (李賴俊卿教授), Dean of Students, Professor Lai Man-hong (黎萬紅教授) and Dr. Leung Po-kin (梁寶建博士), College Member and Ms. Sandy P.S. Lee (李珮珊女士), College Secretary, at the tea gathering. Participants had a pleasant chat with our College Members and we hope they will enjoy their time in the college.

4. Orientation Day for Undergraduate Admission 2016 中文大學本科入學資訊日



Having been postponed for two weeks due to bad weather condition, the CUHK Orientation Day for Undergraduate Admissions 2016 was held successfully on last Saturday, 5th Nov on a perfect nice sunny day. Thousands of secondary school students, teachers and parents visited CUHK to understand more about the admission requirements of different academic programmes. The college booths were also set at the University Mall to introduce CUHK's unique collegiate system.



Two college talks and tours were conducted to introduce the College's missions, key programmes and major facilities to visitors. The Creativity Laboratory was also opened with mini-creative workshops held and led by our c!ab student team. We are grateful to have the presence of Prof. Wong Kam-fai (黃錦輝教授), Associate College Master at the college booth to show his support to our student ambassadors.



5. Drama Performance: Water Margin



The drama performance "Water Margin" (水滸) was on show on 2nd and 3rd Nov at Shaw College Theatre. It is an adaptation of one of the four great classical novels of Chinese literature. Presented by Hong Kong Theatre Works, the story focuses on a peasant uprising and is full of the political undertones of the era. Mr. Hardy S.C. Tsoi (蔡錫昌先生), our Senior College Tutor and Former Arts Administrator and Manager of Sir Run Run Shaw Hall, directed the performance and offered an entertaining and inspiring drama to the audience. The play was co-organized by our College, Chung Chi College, United College and Shaw College.



6. 香港中文大學職員協會三十五周年聯歡晚宴



香港中文大學職員協會三十五周年聯歡晚宴於上星期五順利舉行，院長李沛良教授獲邀出席。除了豐富晚宴外，協會更安排了歌唱表演、遊戲及抽獎環節，讓一眾參加者滿載而歸，一同渡過一個愉快的晚上。

College Activities 書院活動

1. College Term-long Exchange Programme 2017-18 書院交換生計劃



The College provides immense opportunities for students to expand global vision and explore different cultures. We have been developing exchange connections with a number of overseas universities.

In 2017/18, two more new exchange institutes have been included. Students can go on exchange in 18 institutes across 12 countries. On top of the destinations in Australia, Canada, China, Czech Republic, Korea, Germany, Sweden, The Netherlands, Finland, United Kingdom and the United States, new opportunities to participate in term-long exchange programmes in Singapore are granted. Students are also encouraged to join the exchange activities organized by the University's Office of Academic Links. For more info, please visit the College [website](#).

Application period: From 12:00noon, 7th Nov to 5:00pm, 21st Nov

2016

If you want to learn more about the exchange programme, you can attend the Introduction Session on 17th Nov.

Date: Thur, 17th Nov 2016

Time: 6:30 – 8:00pm

Venue: College Theatre, WYS College

Registration:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2380178>

Registration deadline: Tue, 15th Nov 2016

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

2. 健康烹飪班，快樂迎聖誕 Healthy Cooking for Christmas



年年都食自助餐，今年的聖誕有沒有想過過得更特別，親自下廚，為自己或身邊的人炮製健康聖誕大餐，健康快樂地過聖誕? 星級營養師陳國賓(Leeslie Chan)將於十二月為大家舉辦烹飪班教大家煮聖誕大餐，為響應國際豆類年，聖誕大餐亦會加入健康豆類作食材，希望大家在這個聖誕節過得更健康。同場更加設烹飪比賽，烹飪高手可以一決高下!

星級營養師陳國賓(Leeslie Chan)簡介

陳國賓(Leeslie Chan)畢業於香港中文大學食品及營養科學系，其後轉往英國列斯都市大學進修醫療營養學，正式成為註冊營養師(英國)，並考獲基層健康護理碩士學位。Leslie 返港後從事長者健康服務，負責長者膳食治療及社區營養推廣活動。其後 Leslie 加入「幼聯」，於學校及社區向學童、家長推廣各種健康訊息及進行教師培訓，並於 2013 年創立「Kitchen Basic 必食廚房」，積極推廣優質有機飲食；並於 2015 年推出 BabyBasic 嬰幼兒食品系列，同時為孕婦及初生嬰兒的父母提供營養諮詢服務。

Leslie 積極參與社區健康推廣活動，並為《TVB 周刊》、《Baby 親子雜誌》、《Parents》、《OURS》、撰寫專欄。Leslie 現為《都市閒情—今晚食乜嘢》主持及新城電台節目嘉賓主持。食譜著作包括《A+孕婦營養食譜》、《0-3 歲 A+營養食譜》、《低卡美食》、《膽固醇營養食譜》及《糖尿病營養食譜》。

日期：2016 年 12 月 8 日 (星期四)

時間：上午 10:30 至下午 12:30

地點：伍宜孫書院學生飯堂

按金：\$50 (完成活動後退回)

參加烹飪班後，同學更可參加書院聖誕聯歡會，大家不容錯過!

名額有限，先到先得，欲報從速! 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。

報名:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2285028>

截止日期：12 月 1 日

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

3. WYS Toastmasters Regular Meeting - Catch Your Dreams

<<The content is drafted by WYS Toastmasters Club>>



It's the busy November again, did you left your dream behind your brain? No worries, come to our Toastmasters meeting to reignite it.

Date: 14 November 2016 (Monday)

Time: 7-9pm

Venue: W116, Wu Yee Sun College

Theme: Catch Your Dreams

Light refreshments will be served.

Walk-in are most welcome

4. Staff-student Sports Night 師生運動樂



Move your body and release your stress from revisions and projects!

Badminton: 18th Nov, 17:00-19:00 @ University Gymnasium
Soccer: 24th Nov, 18:15-20:00 @ Sir Philip Haddon-Cave Sports Field

Application:
Students - Please submit \$50 deposit to Dean of Students' Office on or before 16th Nov, 5:00pm.
College Members - Please email soniayu@cuhk.edu.hk with full name, phone and email.

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

5. Non-Resident Hall Activity - Thread-bound Notebook Workshop 走讀生舍堂活動－線裝書製作坊



~~動手做文青線裝書~~

喜歡書、做得文青既你，點會錯過呢次自己親手做書既機會？
一書在手，仙氣即刻翻晒嚟～
齊齊報名做個仙氣藝文青啦！

日期：2016年11月22日（星期二）
時間：18:45 - 21:15
地點：伍宜孫書院西座走讀生舍堂

費用全免! (按金\$150; 完成活動後可退還)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2362100>

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

6. 書院綠色小組活動：西貢海下灣文化生態遊 WYS Green Team Activity: Cultural and Eco-tour to Hoi Ha Wan, Sai Kung



海下灣？點止海岸公園咁簡單！校園環境委員會聯同綠色小組為你呈獻「西貢海下灣文化生態遊」，行程及探討項目包括：

- 客家人遷徙香港的歷史、客家村落、經濟活動及其文化習俗
- 海下灣的生態環境（包括河口生態、紅樹林、風水林及海岸公園）
- 發展（房屋建設）與保育的矛盾

Hoi Ha Wan is not limited to the famous Marine Park! Are you interested in the following topics?

- Hakka migration and Hakka village in Hong Kong - its history, setting, economic activities, culture and traditions
- Ecology in Hoi Ha Wan (including estuary ecology, mangrove, fung shui woods and marine park)
- Conflicts between development (housing construction) and conservation

日期 **Date:** 12/11/2016 (星期六 Saturday)
活動時間 **Time:** 2:00pm - 5:00pm

集合地點及時間 **Gathering Time and Location:**
1:20pm @ 伍宜孫書院大堂 College Gallery, Wu Yee Sun College
1:25pm @ 大學港鐵站 University MTR Station

領隊 **Leader :**

校園環境委員會主席鄒桂昌教授

Professor Chau Kwai-cheong, Chairman of Campus Environment Committee

報名 Enrollment (名額有限, 先到先得 First-come First-served) :
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2289982>

查詢 Enquiry:

Andy (3943 3941 / andy_cheung@cuhk.edu.hk)

7. 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>



宜孫院慶當然要玩轉宜孫！今年就搞搞新意思，為大家呈獻好玩又刺激嘅 魁地奇！☺☺

☺想 5 想好似哈利波特咁騎住飛天掃帚玩比賽？

☺想 5 想同朋友仔一齊飛上半空渾灑汗水燃燒青春？

☺想 5 想挑戰自我一嘗飛天打波嘅刺激感？

你有畏高？唔洗驚㗎！伍宜孫屹立於中大山城，入面嘅 courtyard 系安全無比㗎！☺☺

♥♥心動不如行動！贏左仲有豐富獎品添！快 d 留意比賽詳情，報名參加啦！☺☺

日期: 11 月 11 日 (星期五)

時間: 13:30-15:30

地點: 伍宜孫中央庭園 (Central Courtyard)

同學可以自由組隊，或者報住名先，由我哋幫你組隊都得架👍☺

聯絡人: 6096 1830 (Cynthia) & 6231 4657 (Siu)

速速接令，歡迎 walk-in:

https://docs.google.com/forms/d/e/1FAIpQLSfHoLIr9GYmMx5c5nCHDezfaP-g_mbynAtgv69maffaQ9teMw/viewform

Apart from that, the information and rules of the event are as follows.

規則:

1. 每場比賽為一節十分鐘。
2. 參賽隊伍不分男女，五至七個人一隊。
3. 同學可以自由組隊，亦可先報名，由本會分組，分組名單將容後公佈。
4. 比賽中每隊隊伍只能派出五位球員出賽，其中必須有一位龍門員，比賽中隊伍可以無限次換出入隊員。
5. 球場兩端各設有一個得分球門，以鬼飛球投進己方球門內，可獲 10 分。
6. 每個隊員必須騎著掃帚進行比賽。
7. 每場比賽以三個球進行，分別為兩個遊走球，一個鬼飛球。
 - 鬼飛球 (Quaffle)：比賽中有一個鬼飛球，隊員可用此球投於球門得分，亦可用此球阻擋遊走球。
 - 遊走球 (Bludger)：比賽中有兩個遊走球，隊員可用此球擊向手持鬼飛球的敵方隊員，而當隊員被此球擊中，該隊員需放下手上的所有球，並繞過敵方隊伍的球門，才能繼續比賽。
8. 比賽以單循環賽制進行，設有冠、亞、季軍，勝出隊伍將有豐富獎品。



【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（冇得掙壽包 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

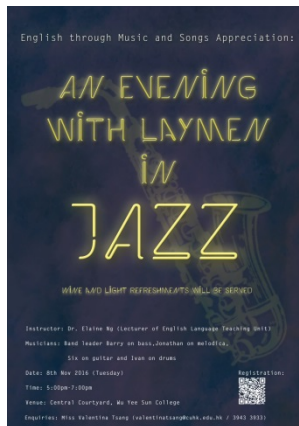
Group Buy: For group of 10 or more, HKD 90 per head

Deadline to accept the order: 24 October

To accept the order, please click:

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

8. 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)

9. 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)

10. 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)

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

11. 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



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	Opening Address
9:45am – 11:15am	<p>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?</p> <ul style="list-style-type: none"> - 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. Souhail 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 <p><u>Moderator:</u></p> <ul style="list-style-type: none"> - 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	Tea break and networking

11:45am – 1:15pm	<p>Plenary Session: Case studies from different countries</p> <p><u>France</u> - Thierry Weishaupt, International cooperation director, Mutuelle Generale de l'Education Nationale (MGEN) - Principal of French International School in HK (TBC)</p> <p><u>Taiwan</u> - Professor Fu-Li Chen, Department of Public Health, Fujen University, Taiwan</p> <p><u>Macao</u> - Dr. Walter Ho King Yan, Faculty of Education, University of Macau</p> <p><u>Hong Kong</u> - Dr. Robin Cheung Man Biu^{1,2} / Professor Albert Lee¹, ¹Centre for Health Education and Health Promotion, ²Department of Education Policy and Administration of Faculty of Education, The Chinese University of Hong Kong - German Swiss International School in HK (TBC)</p> <p><u>Canada</u> - Liane Comeau, Scientific counsellor, National Institute of Public Health of Québec (INSPQ)</p> <p>Moderator: - Professor Didier Jourdan, Blaise Pascal University, Clermont-Ferrand II, France. Vice-president of the Committee specialist in Prevention, Education and Promotion of Health (CSPEPS)</p>
Afternoon Session	
2:15pm – 3:15pm	<p>Plenary Session: Prevention and Promotion of Health for school children</p> <p>- 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</p> <p>- 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</p> <p>- Emotional Health Promotion Ms. Mariela Galli, M. Galli & Co, Psychologist and Consultant in health promotion, France</p>
3:15pm – 3:45pm	Tea break and networking
3:45pm – 5:00pm	<p>Parallel Free Paper Sessions: Two parallel sessions to share school based health promotion programmes based on abstracts submitted and invited.</p> <p>- Series of short presentations of various programmes (10 minutes each around 4 to 5 presentations) - Designated discussants to comment Open discussion</p>

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



1. Opening of House of Sunny Living (The Lounge) 如日坊 The Lounge 開放予書院師生使用

The establishment of **“House of Sunny Living”** is Wu Yee Sun College’s new initiative for promotion of healthy living style. It aims to transform our students into a **positive and radiating energy force to make the world a better place**. Our whole person approach starts with helping students to **discover their passions, dreams and sense of purpose in life** so that they can **form their own identity** and develop a **character of integrity and perseverance**.

The House adopts a holistic three-pronged community approach integrating three dimensions of “health and spiritual well-being”, “sports for life” and “go green and lead the society” to target the well-being of the body, mind and spirit of our students and encourage their contributions to the environment and society.

We are happy to announce that the renovation work of The Lounge (former cafe) in House of Sunny Living is completed. It will be open to all College members and students at **8:00am – 2:00am** (access by CU link card) starting from **TOMORROW, 8 November 2016**. The Lounge not only provides an intimate environment for relaxation, it also equipped with AV equipment to allow you to enjoy your relaxing music. A new vending machine is also installed to provide healthy choice of snacks and drinks. You are most welcome to come to relax and mingle with your friends here.

By establishment of House of Sunny Living, we hope that our Sunnies could lead healthy and sunny lives at our Wu Yee Sun Campus.

2. Revised Opening Hours of College Amenities

The opening hours of the following College amenities will be revised with effect from **8 Nov 2016** in order to better accommodate for students’ needs:

College Full-Seaview Fitness Room (Lower Floor, House of Sunny Living)

The opening hours of the College Fitness Room will be **extended to 6:00am – 2:00am**. College members and students are very welcome to make good use of the fitness room to keep your body and mind fit! First-time users please present your CUHK Fitness Room User Card at the College Office for registration.

Yan Chak Study Room (1/F, West Block)

Yan Chak Study Room will be open around the clock in term time. During term breaks, the opening hours will be **revised to 8:00am – 2:00am**.

3. College Canteen is awarded EatSmart Restaurant 書院膳堂成為有營食肆

We are pleased to announce that Wu Yee Sun College Canteen has been awarded as an **EatSmart Restaurant (有營食肆)** by Department of Health. Five healthy EatSmart dishes below will be available during lunch or dinner time:

1. 蘿蔔西芹炆鯪魚肉
2. 香草蕃茄天使麵
3. 野菌翠玉瓜菜粒炒飯
4. 香蒜肉絲蒸茄子
5. 黃薑粉蔬菜粒炒飯

4. Change of Opening Hours of College Catering Outlets on 9 and 17 November 2016 書院膳堂於 11 月 9 日及 17 日更改營業時間

Due to College Events, the opening hours of all catering outlets at Wu Yee Sun College will be changed as follows:

9 November 2016 (Wed)	7:45am - 5:00pm
17 November 2016 (Thu)	4:00pm - 8:45pm

5. 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, Wu Yee Sun College has established "The Most Popular Canteen Staff Award" for voting.

Please click onto the link below to vote for the most popular canteen staff.

(Each student can vote for three canteen staff at most)

Online voting : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1883575>

Voting period : 1 - 30 November 2016

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, 2nd Nov 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**.

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.

For more info, please visit: <http://www.wys.cuhk.edu.hk/exchange.php?cat=others=en>

For enquiries, please contact Miss Katie Yu at katieyu@cuhk.edu.hk or 3943 3935

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 (Summer Round) 寰宇學習獎勵計劃 (夏季)

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 Miss Katie Yu (3943 3935 / katieyu@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 – Quidditch](#): 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. CUHK Marathon Team

The Standard Chartered Hong Kong Marathon will be held on 12 February 2017 (Sunday). CUHK will form its own marathon team once again. We welcome all CUHK students, staff, alumni and their relatives and friends to join the team and take up the challenge together!

Each team member will be entitled to the following exclusive benefits:

- 1) A CUHK running tee-shirt or singlet specially designed for sports runners, sponsored by [Antonhill Co. Ltd.](#)
- 2) Participation in marathon seminars and training to be conducted by the professionals from the Department of Sports Science and Physical Education, the Physical Education Unit and the Department of Orthopaedics and Traumatology, CUHK.
- 3) On-field physiotherapy provided by the CUHK Sports Medicine Team on the race day.
- 4) A souvenir from the CUHK booth located at the finishing area.
- 5) Support from CUHK cheerers along the racing routes.
- 6) Taking photos along the race routes and at the CUHK booth (You are welcome to download the photos as mementos, for free, from our website).

Registration procedure is as follows:

Step 1

To be a member of the CUHK Marathon Team, a runner must be a **successful registrant** who has received a **reference number** from the Organiser of the Standard Chartered Hong Kong Marathon in the result announcement of its public ballot system released on **11 October 2016**.

Step 2

Starting from **11 October 2016**, successful registrants of the Standard Chartered Hong Kong Marathon can then register for the CUHK Marathon Team on the [CUHK Marathon website](#). Registration will be closed on 25 November 2016.

To know more about the CUHK Marathon Team, please check out our website at www.cuhk.edu.hk/cpr/marathon. For enquiries, please email to marathon@cuhk.edu.hk, or call 3943 3916.

Run for CUHK and show our spirit!

2. HSBC Overseas Scholarship 2017/18 Now Open for Application

The scholarship will enable **local non-final year full-time undergraduate students** to spend a semester or an academic year as a visiting student or an exchange student at one of the overseas universities selected from the List of Overseas Universities. The maximum total value for each scholarship is HK\$300,000, which can only go towards tuition fees and mandatory college fees, a minimum economy return airfare, reasonable room and board costs, books, a small portion of living expenses and visa application fees.

If you would like to learn more about the application and selection process of these scholarships, you are most welcome to join the

upcoming Information Session. Details of the Information Session are as follows:

Date: 21 November 2016 (Monday)
Time: 4:30 pm – 5:30 pm
Venue: Room 203, Esther Lee Building, CUHK
Language: Cantonese

Speakers:

- Representative of HSBC
- Representative of Secretariat of the Innovation and Technology Scholarship Award Scheme
- Awardee of HSBC Overseas Scholarship 2014/15
- Awardee of Innovation and Technology Scholarship Award Scheme 2015

Registration Procedures:

1. To reserve a seat for the Information Session, please complete and submit on or before 15 November 2016 an online registration form which is available at our website at <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid → Open for Application).
2. Confirmation on registration will be sent to students' CUHK email account (i.e. @Link) on Wednesday, 16 November 2016.

Details of the Scholarship and its application form can be downloaded from our website at <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid → Open for Application). The application deadline is **28 December 2016**.

For enquiries, please contact the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid at 3943 7204 or sfas@cuhk.edu.hk.

3. Love Food Hate Waste – Save Food Ambassador Training Programme 「有衣食達人」計劃



The EMO Environmental Sustainability Team is now recruiting **Save Food Ambassador (有衣食達人)** to promote food cherishing culture in CUHK. It is one of the major activities under Love Food Hate Waste @ CUHK Campaign.

With visits and seminars on food cherishing and food waste reduction, students will have a deeper understanding and knowledge on food waste issues. Trained ambassadors will be Sinvolve32d in canteen promotion (with allowances) in CUHK canteens during lunch hour.

Enrollment/Enquiries:

Miss Joanne Chan

(Tel: 3943 4444 / joannechan@emo.cuhk.edu.hk)