

Go Green!  
Be Sunny!



# The Sunny Weekly



10 April 2017

## Sunny Review 上周回顧

- [1. The Final College Forum of 2016/17 Term 2: Experience Sharing on Voluntary Teaching \(Speaker: Principal Chan Hung\) 2016/17 年度下學期第五次書院論壇「義教工作經驗分享」\(講者：陳荊校長\)](#)
- [2. College Introduction: Academic Planning Day for S.5 Students 中五學術規劃日書院攤位](#)
- [3. Hop Wai Art and Cultural Programme – “Art East and West” Seminars - Talk 1 洽蕙藝文計劃－「藝術中與西」講座：第一講](#)
- [4. Welcoming dinner for College Art Advisor](#)
- [5. Consultation on Hostel Fee 2017/18 2017/18 年度宿費諮詢](#)
- [6. Landscape painting workshop](#)
- [7. WYS Toastmasters Club Regular Meeting - Movies](#)

## College Activities 書院活動

- [1. 甜一甜 鬆一鬆 Take a Sweet Break <New>](#)
- [2. Creativity Lab \(clab\) – Recruitment of Video Production Crew <New>](#)
- [3. 報名成為學生友師! Be Our Student Mentor! \(Chinese Version Only\)](#)
- [4. Hiking and Planting Day 遠足植樹日](#)
- [5. Summer Overseas Language Programme 2016-17 - The University of Western Australia \(UWA\) - Grasp the last change, deadline this Thursday!!!](#)
- [6. 洽蕙藝文計劃－「藝術中與西」講座 Hop Wai Art and Cultural Programme – “Art East and West” Seminars \(Chinese Only\)](#)

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

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

## College Announcements 宣佈事項

- [1. University Market Place Issue 181 \(大學廣場第 181 期\) - Features on Wu Yee Sun College <New>](#)
- [2. News of College Members 書院成員消息 <New>](#)
- [3. Sunny Passion Programme 2016-17 – Finalist Shortlisted <New>](#)
- [4. Temporary Closure of College Catering Outlets at Easter Holiday 書院膳堂復活節期間暫停開放 <Updated>](#)
- [5. Scholarship for Semester Exchange Programmes 2016/17 open for application now](#)
- [6. “Meet the Dean” Hours & Lunch Gathering 輔導長時間及午餐聚會 <Updated>](#)
- [7. Locker Application for 2017 Summer 書院儲物箱申請 \(2017 年暑期\)](#)
- [8. Scholarships for Academic Excellence 2016/17 年度學業優異獎學金](#)
- [9. Drum Set and other Music Equipment Available for Booking](#)
- [10. Exchange and Travel Grant/Loan 2016/17](#)
- [11. WYS's Got Talents](#)
- [12. Student Pastoral Care](#)

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

- [1. HKMA Seminar - Benchmark Your Training and Development Practices with Some of the Excellent Organizations <New>](#)
- [2. Information Session on The Esther Yewpick Lee Millennium Scholarship 2018 <New>](#)
- [3. 香港大專生雙創內地行\(MEET4U\) <New>](#)
- [4. 講座：金庸小說的大文化圈：從通俗文學到流行文化（書院成員邱健恩博士主講）](#)
- [5. Tertiary Student Finance Scheme-Publicly-funded Programmes \(TSFS\) and Non-means-tested Loan Scheme for Full-time Tertiary Students \(NLSFT\) 2017/18](#)
- [6. “Opportunity Conference” by CUHK Business School](#)
- [7. Hong Kong Wetland Park Summer Internship Programme 2017 香港濕地公園 2017 年暑期實習計劃](#)
- [8. 環保有著『Soc』計劃 Green Student Society Scheme \(SO Green!\)](#)
- [9. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2016/17](#)
- [10. 網上心理健康計劃－《心導遊》](#)

1. The Final College Forum of 2016/17 Term 2: Experience Sharing on Voluntary Teaching (Speaker: Principal Chan Hung)  
2016/17 年度下學期第五次書院論壇「義教工作經驗分享」(講者：陳葳校長)



The College Forum entitled "Experience Sharing on Voluntary Teaching" was conducted by Principal Chan Hung (陳葳校長), Founder of Principal Chan Free Tutorial World. Principal Chan shared with students his devotion on helping the grassroots and some encouraging cases he had encountered over the years. The participants also discussed with Principal Chan the problems of the current education system.



We were grateful to have Mr. Lau Sai-yung (劉世鏞先生), Certified Public Accountant; Executive Chairman of Union Alpha CPA Limited; College Overseer and Affiliated Fellow, moderating the Forum.



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

2. College Introduction: Academic Planning Day for S.5 Students 中五學術規劃日書院攤位



More than a thousand of Secondary 5 students visited CUHK for the Academic Planning Day held on 8<sup>th</sup> April, 2017. The College student ambassadors took the opportunity to introduce the College mission and shared their college life with these prospective students. Organized annually by the Office of Admissions and Financial Aid, this on-campus outreach activity offered the participants an opportunity to have an understanding about the college system and have an initial contact with their desired programmes in order to help them plan for their university studies in future.



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

### 3. Hop Wai Art and Cultural Programme – “Art East and West” Seminars - Talk 1 洽蕙藝文計劃－「藝術中與西」講座：第一講



“Art East and West” Seminar, jointly organized by Wu Yee Sun College, Chung Chi College and United College, kick started last week. Ms. Cheuk Ka-wai, Master of Fine Arts candidate (藝術系碩士生卓家慧女士) and Mr. Zhan Zhenpeng, PhD candidate of Fine Arts (藝術系博士候選人詹鎮鵬先生), shared with participants on the topic of “Contemporary Art in South Korea” (南韓當代藝術發展現況) and “Imperial Commemorative Images of War and Local Tributes from Suzhou: Starting with a Set of Lacquer Panels of ‘Campaign against Taiwan’ kept in Berlin” (帝國戰圖與蘇州貢品：從一組柏林藏《平定台灣戰圖》雕漆掛屏談起) respectively. The seminar series will continue this week and details can be found [here](#).



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

### 4. Welcoming dinner for College Art Advisor



Professor Rance P.L. Lee (李沛良教授), College Master and Professor Wong Kam-fai (黃錦輝教授), College Associate Master and Associate Dean of Engineering, had a dinner gathering with Professor Lee Hon-ching (利漢楨教授), College Honorary Advisor (Art), as well as other members and friends of the College last Monday. As a renowned artist, Professor Lee Hon-ching has been supporting the College on various arts and cultural programmes including the Hop Wai Art and Cultural Programme co-organized by Wu Yee Sun College, Chung Chi College and United College. Details of the talk series can be viewed [here](#).

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

### 5. Consultation on Hostel Fee 2017/18 2017/18 年度宿費諮詢



Consultation on Hostel Fee for the academic year 2017/18 was conducted on Wednesday, 5 April 2017. Participants learnt about the influencing factors of the matter, the financial assistance provided by the College and the University and also expressed their views to the representatives of the Student Hostels Committee.

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

## 6. Landscape painting workshop



Painting is a great way to relax. Some of our Sunnies enjoyed a painting workshop with Mr. Pradip Nath, Part-time instructor of English Language Teaching Unit last Wednesday, 5 April 2017. With kind guidance from Mr. Nath, they each created their own pieces of artwork with reference to photos of beautiful natural scenery.



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

## 7. WYS Toastmasters Club Regular Meeting – Movies



The last meeting of WYS Toastmasters Club in this term was held last Thursday. Exchange students and local students practised their public speaking while sharing their thoughts on some movies.

We were very much grateful to have invited Ms. Maggie M.K. Lau (劉美岐小姐), Assistant Lecturer of English Language and Teaching Unit, to be the language evaluator for the meeting and provide valuable comment for students to improve their public speaking skills. Always giving your speech a take-home message is the key point.

You are most welcome to join the next meeting after the summer vacation. Stay tuned and like [WYS Toastmasters Club Facebook page](#) for the updates!

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

## College Activities 書院活動

### 1. 甜一甜 鬆一鬆 Take a Sweet Break



中大有晴為你送上雪糕、糖水! 辛苦溫書的同學, 記得適時鬆一鬆, 享受甜蜜一刻。

Busy and stressed with the exams? Let's take a break and enjoy free ice cream and sweet soup by Sunshine at CUHK!

書院派糖水詳情:

Details of sweet soup distribution at College:

日期 Date : 19/4/2017

時間 Time : 8:45pm

地點 Venue: 書院藝廊 College Gallery

糖水 Sweet Soup: 紅豆沙及腐竹西米 Sweet Red Bean Soup and Dried Beancurd Skin with Sago Dessert

註: 請自備碗或杯盛載糖水。

Remark: Please bring along your own bowl or cup to get the sweet soup

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

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

## 2. Creativity Lab (clab) – Recruitment of Video Production Crew

<Below message is drafted by clab convenors and the organizing team>

話說呢，就有條片，想搵人一齊拍掂佢。

點解要拍呢條片呢？

我想創造一條屬於中大伍宜孫嘅片，只係喺中大先拍得出嘅一條片。講梗嘅唔單只故事喺中大發生，而係啲畫面、聲音，都會有一種中大、伍宜孫嘅感覺。

想一齊玩呢，就入去張表留個名咁：<https://goo.gl/forms/AIR4luun8weKOU73>

留名後我會向大家發放劇本初稿，同邀請大家嚟劇本會。

當然，如果你淨係想睇結果，完成後會搞放映會的了。

詳細資料請見 idea 頁面：<https://clab.wys.cuhk.edu.hk/idea/pai-pian>

祝 final 順利！

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

## 3. 報名成為學生友師! Be Our Student Mentor! (Chinese Version Only)



伍宜孫書院與香港中文大學校友會聯會陳震夏中學 (陳震夏中學) 合辦暑期生活營，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。書院同學不但可輔導後輩，傳承學長的寶貴經驗，薪火相傳；更能提升領導能力及待人接物的技巧。

30 位中五學生會被分成小組，每組由兩至三位書院同學負責帶領參與營期內各項活動。過程中書院同學需要協助介紹書院與中大特色、書院生活(例如書院活動、交流活動等等)，及以同學自身的經驗解答中學生對大學生活的疑問。

**學生友師的角色：**

- 按照陳震夏中學及書院設定的主題，設計、籌劃及執行三日兩夜的活動流程
- 帶領陳震夏中學學生參與營期內各項活動及認識書院
- 以過來人的身份，與陳震夏中學學生分享經驗，啟發其個人成長

日期：17-19/07/2016 (星期一至三)

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 5-8 人 (書院師友計劃同學優先)

住宿及膳食：書院安排

簡介會：2017 年 4 月 20 日 (日子暫定，會上同時討論籌備工作)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2453936> (截止日期：4 月 13 日中午 12 時)

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

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

## 4. Hiking and Planting Day 遠足植樹日

你想實地了解香港郊野公園的情況以及認識不同的植物，甚至親手植樹嗎？機會來了！快來報名參加遠足植樹日啦！

日期：4 月 23 日 (日)

時間：~ 09:00 - 14:00

地點：大欖郊野公園大欖涌郊遊徑

帶領及講解者：資深書院導師及書院校園環境委員會主席鄒桂昌教授

集合點：

早上 8:50 - 伍宜孫書院藝廊

早上 9:00 - 大學地鐵站 A 出口

報名：

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3085144>

截止日期：4 月 12 日 (三)

查詢：Andy (3943 9768)



Would you like to understand the different features of country parks and plants better, and even try plant your own tree? Here comes the chance! Join our Hiking and Planting Day!

**Date:** Sunday, 23<sup>rd</sup> April  
**Time:** ~9:00am – 2:00pm  
**Venue:** Tai Lam Country Trail, Tai Lam Country Park  
**Leader & Guide:** Professor Kwai-cheong Chau, Senior College Tutor and Chairman of College Campus Environment Committee  
**Pick-up Point:**  
8:50am – Wu Yee Sun College Gallery  
9:00am – University MTR station Exit A

**Registration:**

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3085144> **Deadline: Wednesday, 12<sup>th</sup> Apr**

**Enquiries:** Andy (3943 9768)

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

**5. Summer Overseas Language Programme 2016-17 - The University of Western Australia (UWA)  
deadline this Thursday**



Have you thought of getting a taste of foreign education and culture? Or living in a city abroad as a student? This summer, the College Language Programme offers you a chance to enhance your language skills and broaden your horizons in Australia. An exciting summer experience is waiting for you!

Prior to arriving in Australia, you will be sent an online placement test so that the class teachers will plan lessons according to your proficiency. During the 3-week summer programme, you will attend the morning classes with weekly theme to improve your English. You will also participate in formal debates using relevant, logical and cohesive arguments. In the afternoon, you will have opportunities to attend the UWA lectures. You can also meet up with students from the Australia China Youth Association (ACYA) for cultural exchange. Different cultural excursions will be included.

**Date :** 29 July to 19 August 2017

**Final Programme Fee (HKD) :** \$19,000 (After College subsidy)

**Programme fee covers:**

- ✓ Tuition
- ✓ Round-trip Air Tickets
- ✓ Accommodation (host family)
- ✓ Meals (breakfast & dinner)
- ✓ Excursions (e.g. Perth City, Fremantle Prison, Kings Park, Swan Valley)

Please click [here](#) to view the detailed programme schedule :

*\*The College reserves the right to make changes in fees, schedules, and courses without notice, and to cancel courses if enrollment is insufficient*

**Programme Registration :** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2962738>

Deadline: 13 April 2017

Students who have financial need can apply for extra financial support from the College Exchange and Travel Grant/Loan: [http://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1481859267ExchangeandTravelGrantandLoan2016172nd.pdf](http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1481859267ExchangeandTravelGrantandLoan2016172nd.pdf)

Enquiries: Michelle Li ([michelleli@cuhk.edu.hk](mailto:michelleli@cuhk.edu.hk) / 3943 3933)  
Valentina Tsang ([valentinatsang@cuhk.edu.hk](mailto:valentinatsang@cuhk.edu.hk) / 3943 3988)

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

## 6. 洽蕙藝文計劃－「藝術中與西」講座

### Hop Wai Art and Cultural Programme – “Art East and West” Seminars (Chinese Only)

由伍宜孫書院、崇基學院及聯合書院主辦，中大文物館協辦之洽蕙藝文計劃－「藝術中與西」講座，將於四月舉行。詳情如下：



日期	題目	講者
6/4/2017 星期四	南韓當代藝術發展現況	卓家慧女士 (藝術系碩士生)
	帝國戰圖與蘇州貢品：從一組柏林藏《平定台灣戰圖》雕漆掛屏談起	詹鎮鵬先生 (藝術系博士候選人)
11/4/2017 星期二	長安地景 (普通話主講)	高坤翠博士 (香港理工大學中文及雙語學系導師)
	北行日記——尋訪廣東印譜	陳文妍女士 (藝術系博士候選人)
13/4/2017 星期四	尋訪關西中國書畫——大阪篇	張惠儀博士 (藝術系兼任講師)

時間：7:00 – 9:30 pm

地點：崇基學院牟路思怡圖書館 謝昭杰室

語言：除特別註明外，講座均以粵語主講

費用：全免

網上報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3023002>

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



### 1. University Market Place Issue 181 (大學廣場第 181 期) - Features on Wu Yee Sun College

The College would like to share with you some features on Wu Yee Sun College in the latest issue of University Market Place (大學廣場), a publication of the CUHK Office of Student Affairs. Enjoy!

[http://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1491538837UniversityMarket\\_032017\\_Extract\\_WYS.pdf](http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1491538837UniversityMarket_032017_Extract_WYS.pdf)

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

### 2. News of College Members 書院成員消息



Professor Albert Lee (李大拔教授), College Fellow, Director of Centre for Health Education and Health Promotion and Professor at The Jockey Club School of Public Health and Primary Care, has been re-appointed Member of the Advisory Council on the Environment (環境諮詢委員會) for a period of two years from 1<sup>st</sup> Jan 2017.



Professor Diana T.F. Lee (李子芬教授), College Fellow, Professor of Nursing at The Nethersole School of Nursing, has been re-appointed Member of the Hospital Authority (醫院管理局) for a period of two years from 1<sup>st</sup> Dec 2016.



Professor Wong Kam-fai (黃錦輝教授), Associate College Master, College Fellow, Associate Dean of Engineering and Professor at the Department of Systems Engineering and Engineering Management, has been re-appointed Member of the Consumer Council (消費者委員會) for a period of two years from 1<sup>st</sup> Jan 2017.

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

### 3. Sunny Passion Programme 2016-17 – Finalists Shortlisted

The Final Presentation of the Sunny Passion Programme was held last Monday, 3<sup>rd</sup> April and the Finalists have been shortlisted as follows (in arbitrary order):-

Team	Project idea
Easiotherapy	To develop a mobile application that promotes occupational health by regularly exercising
Venture Hong Kong	To educate secondary school students and public to discover the inherent assets of HK
伍在野	To promote eating insects to deal with food shortage problem

More details of their project ideas can be viewed [here](#) and fellow awards will be presented in the College Closing Assembly on 21<sup>st</sup> April 2017.

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

#### 4. Temporary Closure of College Catering Outlets at Ching Ming Festival and Easter Holiday

All catering outlets at Wu Yee Sun College will be temporarily closed from 14<sup>th</sup> to 17<sup>th</sup> April 2017 (Friday to Monday) for Easter Holiday.

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

#### 5. Scholarship for Semester Exchange Programmes 2016/17 open for application now

Scholarship for Semester Exchange Programmes 2016/17 is now open for College students participating in Term-long Exchange Programmes during academic year 2017/18, organized/ coordinated by units other than WYS College. Details are as below.

**Eligibility (Need to fulfill all criteria below):**

- full time WYS College undergraduates;
- going on exchange in academic year 2017/18 (one term/ whole year);
- participating in Term-long Exchange Programmes organized/ coordinated by units **other than WYS College**

Online application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3048880>

**Application deadline: 5pm on 21 April 2017 (Friday)**

Result announcement : June 2017

Applicants need not attend interview. The application result will be determined by the selection panel according to the application documents submitted and the content on the application form. Since members of the selection panel may not be able to read Chinese, you have to complete the application in English. **Incomplete or late application will not be handled.**

**Enquiries:**

Miss Kathy Fong ([kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk) / 3943 3942)

Miss Katie Yu ([katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) / 3943 3935)

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

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

"Meet the Dean" Hours

"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](mailto:soniayu@cuhk.edu.hk) / 3943 3937) and Miss Katie Yu ([katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) / 3943 3935)

"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, 19<sup>th</sup> April 2017

Time: 12:30 - 2:00pm

Enquiries: Miss Sonia Yu ([soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) / 3943 3937) and Miss Katie Yu ([katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) / 3943 3935)

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



## 7. Locker Application for 2017 Summer 書院儲物箱申請 (2017 年暑期)

Lockers located at 1/F, East Block (opposite to Learning Commons) are now available for WYS College students. Students can apply at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3007001>. Successful applicants will be assigned ONE locker for use in the period **2<sup>nd</sup> May – 11<sup>th</sup> Sep, 2017**

### Application Procedures

- 1) Submit application online by **12:00nn on 11<sup>th</sup> Apr.** 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 within two weeks 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: Miss Kathy Fong ([kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk) / 3943 3942)

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

## 8. Scholarships for Academic Excellence 2016/17 年度學業優異獎學金



To recognize college students with 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 2016/17 academic year

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

### Academic Excellence Scholarship – HK\$10,000 (Selection Criteria, Quota and Award Amount UPDATED)

To acknowledge students with excellent academic performance - Highest 2016/17 Year GPA in each Faculty (with not less than 3.4)

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

### Academic Improvement Award – HK\$5,000

To recognize Top 3 College students who have shown the greatest improvement in terms of Term 1 & Term 2 GPA of 2016/17 academic year

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 Sep 2017.

For more details about eligibilities, please go to

<http://www.wys.cuhk.edu.hk/scholarships.php>

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

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

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

## 9. Drum Set and other Music Equipment Available for Booking



To promote music atmosphere on campus, the College recently arranged a drum set and other music equipment at College Theatre and made available for booking. You can come for practice, rehearsal or performance! Be a Music Team member and enjoy all the fun!



<b>Booking Period:</b>	Monday 19:00-22:00; Wednesday 14:00-17:00 (except public holidays & special situations)  *Other than the time specified above, please consult College Dean of Students' Office <b>ONE working day</b> prior to the proposed booking time.
<b>Registration:</b>	<b>BEFORE</b> submitting booking request to College Dean of Students' Office, applicants must  1) be Wu Yee Sun College Students;  2) register as a member of Music Team via <a href="https://goo.gl/AMzk0z">https://goo.gl/AMzk0z</a> ;  3) attend a briefing about the proper use of music equipment; and  4) read through the " <a href="#">Rules &amp; Regulations For Music Equipment</a> " and complete the <a href="#">booking form</a>  *For other student bodies' bookings, please follow the rules and procedures stated in the "Rules & Regulations For Music Equipment".  The upcoming briefing will be held again in April. Please stay tuned for updates.
<b>Enquiries:</b>	Sonia (3943-3937/ <a href="mailto:soniayu@cuhk.edu.hk">soniayu@cuhk.edu.hk</a> ) / Kan (3943-9767/ <a href="mailto:kanpoon@cuhk.edu.hk">kanpoon@cuhk.edu.hk</a> )

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

## 10. 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 in Feb - May 2017, the application is now open from 15<sup>th</sup> Dec 2016 to 18<sup>th</sup> Apr 2017.

For programmes/activities held in Jun - Sep 2017, application will be open from 19<sup>th</sup> Apr to 14<sup>th</sup> Aug 2017.

Check out the following link for more information including eligibility:

[http://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1481859267ExchangeandTravelGrantandLoan2016172nd.pdf](http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1481859267ExchangeandTravelGrantandLoan2016172nd.pdf)

For enquiries, please contact Ms. Carol Cheng at [carolcheng@cuhk.edu.hk](mailto:carolcheng@cuhk.edu.hk) or Miss Yolinda Wong at [yolindawong@cuhk.edu.hk](mailto:yolindawong@cuhk.edu.hk)

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

## 11. WYS's Got Talents

Are you interested in or excellent at **photography, video-production, art & design, simultaneous interpretation** or being the **Master of Ceremonies**? Or do you have any other talents to showcase?

The College is recruiting all sorts of talents to contribute in various College events including the upcoming College Opening and Anniversary Ceremony, College Forum and Assembly...etc. 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 Jane Wu (3943 3934/ [janewu@cuhk.edu.hk](mailto:janewu@cuhk.edu.hk) )

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

## 12. 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**.

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

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

### 1. 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!

**Upcoming Sports Activities:**

Please stay tuned for updates

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

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

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

## 2. 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 "Be Entrepreneurial!" Funding 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:** Mr. Kan Poon (3943-9767 / [kanpoon@cuhk.edu.hk](mailto:kanpoon@cuhk.edu.hk))

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

## 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
<b>Short-term</b>	Shorter than one month	Self-initiated programmes	HK\$8,000 or 100% of particular items ( <i>whichever is lower</i> )
		#Participating in organized programmes	HK\$8,000 or 80% of particular items ( <i>whichever is lower</i> )
<b>Long-term</b>	One to six months	Self-initiated programmes	HK\$15,000 or 100% of particular items ( <i>whichever is lower</i> )
		#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 <sup>st</sup> – Apr 30 <sup>th</sup>	May 1 <sup>st</sup> – Oct 31 <sup>st</sup>
Summer	May 1 <sup>st</sup> – Oct 31 <sup>st</sup>	Nov 1 <sup>st</sup> – Apr 30 <sup>th</sup>

#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](mailto:katieyu@cuhk.edu.hk)) now if you have any ideas in mind. Know more about the [details](#) and [apply](#) here!

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

#### 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: Katie ([katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) / 3943 3935)

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

#### 5. 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:** Kathy (3943-3942/ [kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk))

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

#### 6. 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 Miss Katie Yu at [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) or 3943 3935

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

## 1. HKMA Seminar - Benchmark Your Training and Development Practices with Some of the Excellent Organizations



The seminar aims at providing more opportunities for university students to learn from reputable HR leaders.

**Date:** Tuesday, 27 June 2017

**Time:** 8:30 am (Registration)

Morning Session

9:00 am - 1:00 pm (Keynote Speech and Skills Training Category Final Judging)

Lunch

1:00 pm - 2:00 pm

Afternoon Session

2:00 pm - 5:45 pm (Development Category Final Judging)

**Venue:** Room N101 (Keynote Speech and Seminar)  
Bauhinia Room (Lunch)  
Hong Kong Convention and Exhibition Centre (New Wing)  
1 Expo Drive Wanchai HONG KONG

**Keynote Speaker:** Mr. Matthias Li, Chief Executive, Ocean Park Corporation (海洋公園行政總裁李繩宗先生)

**5 complimentary seats (Whole-day Seminar without Lunch)** will be offered for our students. Interested students please complete application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3234630> on or before **12<sup>th</sup> May, 2017**.

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

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

## 2. Information Session on The Esther Yewpick Lee Millennium Scholarship 2018

The Esther Yewpick Lee Millennium Scholarship 2018 tenable at the University of Oxford will be open for application in May 2017. This full scholarship is exclusively offered to CUHK degree graduates. Candidates should be either final-year undergraduates/postgraduates of degree programmes in the academic year 2017/18 OR graduates holding degrees awarded by CUHK; and must be under the age of 25 years on 1 October 2018.

If you are interested in this prestigious Scholarship, please join the information session during which you will learn from the scholarship recipient about the application process and selection criteria of the Scholarship. Details of the information session are as follows:

**Date:** 15 May 2017 (Monday)

**Time:** 3:30 pm - 4:30pm

**Venue:** Room 205, Esther Lee Building, CUHK

To reserve a seat for the information session, please complete and submit by 8 May 2017 an online registration form which is obtainable from our website at <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid à Open for Application). Confirmation will be sent to you by SMS and email on 9 May 2017.

For enquiries, please contact Scholarships and Financial Aid Section, Office of Admissions and Financial Aid at [sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk) / or 3943 7204.

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

### 3. 香港大專生雙創內地行(MEET4U)



團結香港基金與科技部火炬中心，推出為期一周的「香港大專生雙創內地行」(MEET4U)，安排有志創業的香港大專學生參訪多個內地領先高新科技區，包括天津、太原、鄭州、西安。計劃定於6月5至11日舉行，費用全免；讓參加者參觀國家內地科技企業，並與內地的創業青年、學生、以及在當地的香港企業家互相交流認識。詳情如下：

日期：2017年6月5-11日

對象：約90名有志創業的香港大專學生

地點：

-6月5-7日：天津(生物醫藥、儲能技術)、太原(文化創意、煤化工)、鄭州(超硬材料)

-6月8-11日：西安(電子信息、生物醫藥、航空技術)

費用：食宿交通費用全免(成功申請者需支付\$2000訂金，訂金將於完成活動後全額退回)

報名程序：請於4月19日前經網頁

<http://ourhkfoundation.org.hk/en/form/2017meet4u> 報名 及 電郵 [perkinsho@cuhk.edu.hk](mailto:perkinsho@cuhk.edu.hk) 通知何先生已遞交申請。

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

### 4. 講座：金庸小說的大文化圈：從通俗文學到流行文化(書院成員邱健恩博士主講)

金庸小說自面世以來，以「自力輪迴，他力轉生」方式在華人以至世界各地傳播，早已超越文字的影響。六十年後的今天，「金庸館」開幕，標誌著金庸小說的成就與影響。

講座由香港中文大學文化研究中心主辦，香港中文大學專業進修學院、香港文學研究中心、文化管理碩士課程，以及香港文學生活館合辦，主要從「收藏金庸」、「研究金庸」與「展覽金庸」三個角度來分析金庸的小說如何建構出大文化圈。



日期：2017年4月13日(四)

時間：晚上7時半至9時

地點：香港中文大學鄭裕彤樓5號演講廳

講者：

邱健恩博士(伍宜孫書院成員及香港中文大學專業進修學院高級講師)

台灣大學中國文學士，浸會大學哲學碩士，蘇州大學文學博士，現職香港中文大學專業進修學院高級講師。曾於2009年舉辦「金庸小說版本展」，展出各種舊版的金庸小說與超過50種的金庸小說漫畫。2012年，獲香港文化博物館邀請，擔任特約研究員，就「金庸小說與流行文化」主題做研究。

主持：阿三(藝術評論者)

報名：[goo.gl/forms/ffTXkfAc4VdnM5XH2](http://goo.gl/forms/ffTXkfAc4VdnM5XH2)

活動以粵語進行。費用全免。

歡迎公眾人士參與。敬請於4月11日或以前留座。

查詢：3943 1255 / [cuccs@cuhk.edu.hk](mailto:cuccs@cuhk.edu.hk)

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

### 5. Tertiary Student Finance Scheme-Publicly-funded Programmes (TSFS) and Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2017/18

Both TSFS and NLSFT (2017/18) are now open for application from current students **starting from 1 April 2017**. Applications should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through the "SFO E-link - My Applications" online platform (<http://ess.wfsfaa.gov.hk>) on or before **19 April 2017**. After submission of the online form, applicants will be required to submit the declaration and the photocopies of supporting documents by online uploading, by post or in person to SFO's office. Applicants may also submit the documents to the collection box at Room 1206, 12/F, YIA from 8:45am to 1:00pm and 2:00pm to 5:30pm during the period from 19-21 and 24-26 April 2017. Students can visit website at <http://www.oafa.cuhk.edu.hk> for application details.

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

## 6. "Opportunity Conference" by CUHK Business School

Opportunity conference is an annual outreach tech business event organized by the Master of Science Program in Information Technology Management, Department of Decision Sciences and Managerial Economics, CUHK. The conference is designed to connect the university with citizens by establishing a dialog between practitioners, professionals or policy makers; and to explore doable ideas to create an environment conducive to technology startups in Hong Kong.

This year, we will talk about "Artificial Intelligence (AI) and Augmented Reality/Virtual Reality (AR/VR)", "how retailers should embrace technology" as well as "Internet of Things (IoT)" in the conference.

Free registration: <http://dsme.baf.cuhk.edu.hk/opportunity2017/registration.html>

Conference website: <http://dsme.baf.cuhk.edu.hk/opportunity2017/index.html>

Contact: Tel: (852) 3943 8567/3943 3797, Email: [opportunityconference@cuhk.edu.hk](mailto:opportunityconference@cuhk.edu.hk)



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

## 7. Hong Kong Wetland Park Summer Internship Programme 2017 香港濕地公園 2017 年暑期實習計劃

The Hong Kong Wetland Park (HKWP) Summer Internship Programme aims at offering opportunities for students of tertiary institutions to gain working experience through taking part in the daily operations and front-line environmental education works in HKWP. Interns will receive a series of trainings, covering basic knowledge on wetlands, park management, interpretation skills, as well as basic wildlife identification.

Application for Summer Internship 2017 is now open. HKWP targets to recruit 18 interns among all candidates from local and overseas institutions.



### --- About the Internship Programme:

#### Programme Webpage:

[http://www.wetlandpark.gov.hk/tc/volunteer/group\\_internship.asp](http://www.wetlandpark.gov.hk/tc/volunteer/group_internship.asp)

#### Programme Outline:

[http://www.wetlandpark.gov.hk/images/wcms/Summer\\_Internship\\_Program\\_2017.pdf](http://www.wetlandpark.gov.hk/images/wcms/Summer_Internship_Program_2017.pdf)

#### Application Form (application deadline: 12 April 2017):

[http://www.wetlandpark.gov.hk/images/wcms/HKWP\\_SI2017\\_student\\_application\\_form.pdf](http://www.wetlandpark.gov.hk/images/wcms/HKWP_SI2017_student_application_form.pdf) (nomination by relevant programme coordinator of institution is necessary)

Shortlisted candidates will be invited to a selection interview by the end of April 2017.

Enquiries: Volunteer Unit, Education and Community Services Section, Hong Kong Wetland Park (Tel: 2617-5200)

### --- About College Allowance:

Wu Yee Sun College will provide an allowance of **HK\$2,500** to students of the College who complete the above internship programme. Students who have been selected by Hong Kong Wetland Park should contact Ms Candy Shek of the College Office [by email](#) by 9 June 2017.

Enquiries: Ms Candy Shek (Tel: 3943 1615 / [candyshek@cuhk.edu.hk](mailto:candyshek@cuhk.edu.hk))

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



## 8. 環保有著『Soc』計劃 Green Student Society Scheme (SO Green!)



「環保有著『Soc』」計劃將向學生組織提供高達\$1000的資助，支援他們在日常會務、項目或活動中加入環保元素，又或者以環保為題舉辦活動實踐和推動環保。

參與的學生組織只需承諾於計劃期間實行計劃中指定的一些簡單環保行動。實行最多項行動的三個學生組織更可獲頒「SO Green!」大獎。名額有限，先到先得，有興趣請即報名！

計劃網站: [http://www.cuhk.edu.hk/sustainability/en/so\\_green/chi.html](http://www.cuhk.edu.hk/sustainability/en/so_green/chi.html)

海報: [http://www.cuhk.edu.hk/cpso/documents/2017\\_SOGreen.jpg](http://www.cuhk.edu.hk/cpso/documents/2017_SOGreen.jpg)

**舉辦單位：**校園規劃及可持續發展處

**學生組織可索取資助金額：**最高\$1000

**報名限期：**2017年4月19日

**計劃期：**2017年5月1日至11月30日

The [Green Student Society Scheme \(SO Green!\)](http://www.cuhk.edu.hk/sustainability/en/so_green/eng.html) provides funding to student societies / groups for greening their daily operations or implementing green projects/ green event measures. Funding of up to \$1000, on reimbursement basis, will be offered to participating student societies / groups for expenses during the Scheme period.

For funding requirements, participating student societies / groups shall pledge to implement certain simple green actions as listed in the Scheme guidelines to make their operations and events greener during the Scheme period. The three societies / groups that have fulfilled the highest number of green actions will receive the 'SO Green!' Award.

Due to limited quota, application will be approved on a first-come, first-served basis. Apply now if interested!

Scheme website: [http://www.cuhk.edu.hk/sustainability/en/so\\_green/eng.html](http://www.cuhk.edu.hk/sustainability/en/so_green/eng.html)

Poster: [http://www.cuhk.edu.hk/cpso/documents/2017\\_SOGreen.jpg](http://www.cuhk.edu.hk/cpso/documents/2017_SOGreen.jpg)

**Organizer:** The Campus Planning and Sustainability Office

**Funding for student organizations:** Up to \$1000

**Application deadline:** 19 Apr 2017

**Scheme period:** 1 May - 30 Nov 2017

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

## 9. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2016/17

CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature aims to encourage and recognize the excellence of research, analysis, and writing by the students of CUHK 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). Applicants can visit the website of CUHK Library for the information on Hong Kong Literature Collection (香港文學特藏) at <http://www.lib.cuhk.edu.hk/tc/collections/spc/theme/hklit>.

### **Number and Value of Scholarship**

There will be two scholarships of HK\$10,000 each. The scholarship recipients should be able to demonstrate their strong competence in using the Hong Kong Literature Collection for their outstanding research papers on Hong Kong literature and related fields. No award will be granted if there is no suitable candidate.

### **Eligibility**

Applicants must:

• be full-time students taking undergraduate / research postgraduate programmes;

• submit a research paper / thesis / dissertation \* on Hong Kong literature and related fields; and

• submit a statement in 500-800 words, written in either English or Chinese, on how to make use of the Hong Kong Literature Collection for the research paper / thesis / dissertation.

\* For research paper, thesis and dissertation written in language other than English or Chinese, applicants are required to translate the academic works into either English or Chinese for submission.

### **Selection Criteria**

A panel will meet to review applications and take into account the following during selection:

1. The originality, quality of analysis and interpretation of the research paper.
2. The excellence of writing style and thoroughness of documentation of the paper.
3. The extent and effectiveness of the applicant's use of the Hong Kong Literature Collection in the research.

### **Application Procedures**

Information on the Scholarship and its application form can be downloaded from the website of our Office at <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid > Open for Application).

Completed application form together with all requisite documents should be submitted **in person** to the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park during office hours (Monday - Friday 8:45 a.m. - 1:00 p.m. and 2:00 p.m. - 5:30 p.m. except Public Holidays) **on or before 30**

**June 2017. Late or incomplete applications will NOT be considered.** Please refer to Notes for Applicants attached to the application form for the requisite documents to be submitted by the applicants.

Selection results will be announced by August 2017.

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

## 10. 網上心理健康計劃－《心導遊》

(由香港中文大學心理學系舉辦)



### 簡介:

在忙碌的都市生活中，你有覺得疲累、心情低落，或是不安、焦慮嗎？工作上的責任和重擔，有令你感到負荷不來嗎？你覺得沒有時間，但又想為到自己既心理健康做些什麼？《心導遊》是一個為期八至十個星期的網上心理健康研究計劃。目的旨在提升大眾生活質素及心理健康，並預防廣泛性焦慮症及抑鬱症。在心導遊這個旅程之中，我們會從旁輔助你。希望你在過程之中，學習、練習、以及反思，並預備好去面對充滿未知、驚喜以及挑戰的人生。

### 詳細內容：

i) 對象：18 歲以上，能閱讀及理解廣東話，能閱讀及理解廣東話，具高風險會患上抑鬱症或焦慮症，而未曾確診患上抑鬱症、躁狂抑鬱症、廣泛焦慮症、精神分裂症譜系疾患或有自殺傾向的人士參加。

ii) 《心導遊》包括了三個不同的課程：思緒遊、靜觀遊、知識遊。合資格的人士將會被隨機分派到以上三個課程的其中一個，每個課程為期約六個星期。參加者只需每星期花約半小時，就能提升自己的心理健康或對心理健康的認識。

iii) 參加者需於課前、第六節課後、完成課程後三個月及九個月後於網上填寫有關精神健康的問卷以檢討計劃成效。

iv) 為鼓勵參與，首 180 名完成課程及課後各階段評估的參加者，可獲得港幣\$100，最高合共\$300 的答謝金（答謝金將為現金或同等金額的現金券）。答謝金將於會面評估後派發。

有興趣參加的人士，可於網上登記（<http://www.psy.cuhk.edu.hk/tourheart/>），並填寫一份簡單問卷。我們將會預約初步合資格的參加者到香港中文大學進行簡單的會面評估，以確定符合參加條件。

如有查詢，歡迎於辦公時間致電多元文化及全人健康研究室研究助理 黃小姐 3943-4189 或電郵 [swywong@psy.cuhk.edu.hk](mailto:swywong@psy.cuhk.edu.hk)。

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