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You can also contact Ms. Michelle Li at michelleli@cuhk.edu.hk or 3943 3933 for technical support.



4 September 2017

Sunny Review 上周回顧

1. 2017 College Orientation Camp & Welcoming Dinner 2017 書院迎新營&迎新晚宴
2. Our College Student's Interview on RTHK Radio 2 學界超星道
3. Summer Overseas Language Programme - The University of Western Australia
4. Welcoming Lunch for incoming exchange students 2017/18
5. Opening Ceremony of International Students Orientation 2017
6. Hostel Check-in 2017/18 and Distribution of Second-hand items 2017/18 年度宿舍入宿及退宿回收物品派發

College Activities 書院活動

1. The Way To Success Course (TWTS) 成功之道<New>
2. 靜觀禪繞體驗工作坊 Zentangle Workshop<New>
3. 中國繪畫班<New>
4. Fitness Room User Introductory Course 2017-18 健身室使用者課程 2017-18<New>
5. Fitness Consultation Sessions 健身訓練諮詢<New>
6. 招募 clab 迎新音樂會表演者：你有 freestyle 嗎？<New>

College Announcements 宣佈事項

1. New College Members 新增書院成員<New>
2. "Meet the Dean" Hours 輔導長時間<New>
3. Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman 2017/18 黃學斌紀念獎學金(優異新生)<New>
4. Dorsett Admission Scholarship for Hospitality and Real Estate Freshman 2017/18 帝盛入學獎學金 - 酒店旅遊及房地產學系新生<New>
5. Application for Deferment of Fees 2017/18<New>
6. Wu Yee Sun College Sports Teams Tryouts 伍宜孫書院院隊選拔時間表<New>
7. Launching of Wu Yee Sun College Online Facilities Booking System<New>
8. Price adjustment and introduction of new items at Wu Yee Sun College Student Canteen 伍宜孫書院學生飯堂價格調整及引進新產品<New>
9. Exchange and Travel Grant/Loan 2017/18
10. WYS's Got Talents

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<Updated>
2. Be Entrepreneurial! Funding Scheme 創出我天地！資助計劃
3. Global Learning Award Scheme (Winter Round) 寰宇學習獎勵計劃 (冬季)
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

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

1. University Bursaries and Loans 2017/18 大學助學金及免息貸款 (For eligible full-time local undergraduate students)<New>
2. Student Residence Bursary Scheme 2017/18 學生宿舍助學金計劃 2017/18<New>
3. Helix Scholarship 2017/18<New>
4. Government Tertiary Student Finance Scheme (TSFS) and Non-means-tested Loan Scheme (NLSFT) 2017/18 政府資助專上課程學生資助計劃 / 全日制大專學生免入息審查貸款計劃<New>
5. Bei Shan Tang Foundation Scholarship Tenable at Stanford University 2018/19<New>
6. Li Kwan Hung Education Fund 2017/18 李鈞洪教育基金<New>
7. Information Session on Financial Aid Schemes 2017/18<New>
8. The Rhodes Scholarship 2018 for Hong Kong
9. 香港正念日 "HK Mindfulness Day" with Body · Mind · Spirit Platform<New>
10. 遊香港，做任務，贏獎品！(Chinese only)<New>
11. 網上心理健康計劃 - 《心導遊》

Sunny Review 上周回顧

1. 2017 College Orientation Camp & Welcoming Dinner 2017 書院迎新營&迎新晚宴



The 2017 College Orientation Camp was successfully held on 28th to 31st August 2017. To echo with the theme “To Brave the Wind and Billows” (乘風破浪), the Organizing Committee designed a variety of activities to let the freshmen embrace possible challenges in their upcoming university life. “Life Monopoly” (人生大富翁), “Yee Sun Go” and “Evening Party” helped the participants befriend with their peers and learn from each other. Be it a happy or challenging experience, the participants stood side by side and will certainly grow together in our College in the years to come.

The green cutlery sets is an initiative put forward by the Organizing Committee to reduce the use of disposable utensils. It is probably just a small step in Orientation Camp, but it can make a great difference if you continue to do so every day.



The College also hosted a Welcoming Dinner for every Sunnie in the first evening of the Camp on 28th August. Despite patches of rain, College members and students had a wonderful time.

Thank you again for the tremendous effort of the Organizing Committee which has made the Orientation Camp a great success. The adventures and fun time are valuable memories to each and every one of us.

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

2. Our College Student's Interview on RTHK Radio 2 學界超星道

Hanniel H.N. Chow (周漢聶同學) was invited to the interview in RTHK Radio 2 “學界超星道”. Hanniel is the recipient of College Outstanding Athletic Achievements Gold Award and HSBC Overseas Scholarship. He talked about his learning experiences which enlightened him in his athletic trainings and study. His new goal is in music – playing piano and learning more about music therapy. He will also spend an academic year as an exchange student in University of California, Los Angeles in 2017/18 academic year.

Let's share his experience at http://www.rthk.hk/radio/radio2/programme/2014_starfromschool/episode/450944

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

3. Summer Overseas Language Programme - The University of Western Australia



It was the second year the College organized the Summer Overseas Language Programme at the University of Western Australia (UWA) from 29 July to 19 August. It provided students with a great chance for cultural exchange and language enhancement in Perth. With the guidance and support from Dr. Jose S.H. Lai (賴陳秀卿博士), College Fellow and Director of English Language Teaching Unit as the leading teacher for the programme, students quickly adapted to the learning environment in Perth. Apart from attending the summer English lessons, students could also attend the UWA local lectures with other UWA students this year. Students also made new friends from different countries at the Australia China Youth Association (ACYA). Living with host families enabled them to better understand the Australian culture and further build up their confidence in communicating with local people in English.

Students enjoyed different excursions in Perth, including visiting the Kings Park and Swan Valley. They also paid a visit to the World Heritage-listed Fremantle Prison and watched the Australian Football League. The group also went to the Caversham Wildlife Park to feed the kangaroos and got very close to koala and other native Australian animals.

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

4. Welcoming Lunch for incoming exchange students 2017/18



40 incoming exchange students from 13 different countries are joining our College this semester! The International Team and the

College organized a lunch to present our warmest welcome to them on 1st September. Many College members attended the event and College Master, Professor Anthony T.C. Chan (陳德章教授), and College Dean of Students, Professor Man-hong Lai (黎萬紅教授) represented our College to greet the exchange students and shared their experience of staying overseas. They encouraged the students to explore and experience the culture in Hong Kong.



The exchange students learned some simple but useful conversations or greetings in Cantonese such as how to bargain for a lower price. They also shared some celebrities, food and places that they think are highly associated with Hong Kong. Last but not least, our students showed them around the College and introduce various College facilities and beautiful scenery to them.

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

5. Opening Ceremony of International Students Orientation 2017



The University admitted around 300 international undergraduates. To help the new students better adapt to the upcoming university life, the Office of Students Affairs and the International Students Association of CUHK (ISA) co-organized a five-day orientation programme for the new students. College Master, Professor Anthony T.C. Chan (陳德章教授) attended the Opening Ceremony of the orientation programme which was organized on 22nd August 2017 (Tuesday). He expressed warm welcome to the international students of our College and encouraged them to make good use of the time staying here to learn and grow.

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

6. Hostel Check-in 2017/18 and Distribution of Second-hand items 2017/18 年度宿舍入宿及退宿回收物品派發



Warm welcome to all hostel residents of 2017/18! Sunicity (伍義峻), the Executive Committee of the Resident Association this year, greeted the new residents on 2nd September at the College Gallery for hostel check-in. The Resident Association is dedicated to fostering hostel spirit and making the hostel the perfect second home for their fellow hall-mates. Please “like” their Facebook Fan Page (<https://www.facebook.com/520sunicity/>) to obtain the updates of their activities! Besides, Green Team (<https://www.facebook.com/WYS-Green-Team-CUHK-867238849989475/>) has also set up a booth for distributing second-hand items collected at the previous hostel check-out. Let's go green starting from the first day of hostel residence!

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



1. The Way To Success Course (TWTS) 成功之道



The Way To Success Course (TWTS) teaches students how to be **successful leaders** and focuses on **students' holistic development**. Seasoned business executives and experts in international education collaborate to build the TWTS curriculum and teach TWTS courses, resulting in a program rich in **practical experience, real-world professional skills and mentorship opportunities**. Students will have a solid understanding of themselves as significant and responsible individuals, and understand their personal and corporate responsibility to others. They become positive influencers in their daily lives and chosen professions, and are recognized for their **personal character, employability, social responsibility, and cross-cultural skills**.

Course Description

The Way To Success introduces students to the concepts of **servanthood, integrity and soft skills leadership** in both theory and practice. The curriculum focuses on the identification and integration of soft skills and how these can be utilized to impact the student personally and their spheres of influence.

Objectives

At the completion of this course, students will have obtained:

- An increased ability to manage adversity and overcome life's challenges.
- A positive outlook on themselves and the world around them.
- Soft skills for interacting effectively and harmoniously with other people.
- Inspiration and strategies to make a positive contribution to their community.
- Increased focus on serving others' needs.

Prospective Students

This course is for students who want to better equip themselves to achieve their personal and professional goals. In particular, students who aspire to leadership will benefit greatly from this course.

Course Details

Date	Module
7 Oct 2017 (Sat)	The Way to Success
14 Oct 2017 (Sat)	Communication with Impact
4 Nov 2017 (Sat)	Life Management
11 Nov 2017 (Sat)	Trust & Integrity
18 Nov 2017 (Sat)	Servant Leadership
25 Nov 2017 (Sat)	Failing Forward

Venue: W112, Wu Yee Sun College

Time : 9:45am-12:45pm

Language : English

Course Fee : **Free** for students attending at least 5 lessons

Refundable deposit : \$850

Application deadline : 26th Sep 2017

***Students are required to attend an interview on 28 Sep 2017 afternoon.**

****A certificate will be issued by CEO Global to students who have attended at least 5 lessons**

Course Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3422756>

Please click [here](#) to view the details of teachers and mentors and [here](#) to view students' reflection.

Introduction Session:

You are most welcome to join the course introduction session to meet the mentors and get a better understanding on the course content.

Date : 19th Sep 2017

Venue: W112, Wu Yee Sun College

Time : 6:30pm-7:30pm

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3423397>

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

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



你有多久沒有純粹安坐下來，但不知道為什麼？

你希望透過禪繞，來一趟「心的瑜伽」嗎？

透過禪繞(Zentangle)及靜觀(Mindfulness)練習，讓你在忙碌的生活中，來個心靈小旅行，並發揮你的獨特性，體驗慢生活之美。

- 內容：
- 介紹禪繞(Zentangle)的基本概念及元素
 - 親身體驗禪繞及靜觀練習
 - 靜觀練習於日常生活的運用
 - 靜心分享 及 在家練習

To wipe away the day's stress and bring with it inner peace through Zentangle and mindfulness.

導師 Instructor：陳慕寧小姐 Miss Molly Chan & 伍佩華小姐 Miss Meko Ng (Certified Zentangle Teachers)

Molly 及 Meko 是美國禪繞認證導師(CZT)。Molly 亦是香港大學社會工作學系學士及中大家庭輔導及家庭教育碩士及已修畢英國牛津靜觀中心及香港靜觀中心合辦之靜觀認知治療導師基礎課程。Molly 現職醫院管理局病人資源中心社工，她亦擅於融合靜觀修習於輔導工作之中。Meko 乃香港中文大學社會工作系碩士，她現職危機介入及支援中心社工，並多次獲邀擔任本地及國外的表達藝術治療導師及分享者。

日期 Date：3/10/2017 (星期二 Tuesday)

時間 Time: 7:00 - 9:00pm

地點 Venue：W112, Wu Yee Sun College 伍宜孫書院

按金 Deposit：HK\$100 (完成活動後退回 Refundable after completion of the activity)

截止報名日期 Registration Deadline：27/9/2017

*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。

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

報名 Registration：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3430993>

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

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

3. 中國繪畫班



宗旨：本課程為中國繪畫基礎班，教授寫意畫，旨在透過學習中國繪畫之不同門類和技法，提高學員對中國繪畫之認識，奠定基礎，培養對中國文化之興趣。

導師：蔡德怡女士

導師簡介：蔡德怡，畢業於香港中文大學藝術系，獲文學士（2011）及藝術碩士（2015），主修中國畫，期間赴浙江大學藝術學系、北京畫院交流進修。曾獲康本國際交流獎學金、出爐 2011 傑出藝術新秀獎、詹雲白夫人紀念中國書畫獎、香港當代藝術獎 2012（入選）、才藝發展獎學金 2014（香港特別行政區政府獎學基金），亦為香港藝術館 2017 “賽馬會‘藝術館出動’教育外展”受邀藝術家等。蔡氏曾於香港舉辦三次個人展覽，亦同時積極參與多個香港及海外藝術聯展，作品為香港藝術館、本地與海外藏家及機構等收藏。同時在不同學校及公眾機構教授中國繪畫，推廣中國藝術。

日期：2017 年 10 月 9、16、23、30 日 及 11 月 13、20 日（逢星期一，共六堂）

時間：晚上 7:00 至 9:00

地點：伍宜孫書院西座 112 室

語言：粵語/ 普通話

人數：最多 20 人

按金：港幣\$500 (出席四堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3419309>

截止日期：9 月 28 日

*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。

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

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

4. Fitness Room User Introductory Course 2017-18 健身室使用者課程 2017-18



The full Sea-view Fitness Room is now open for use. In accordance with the University's guidelines, only those who can present valid CUHK Fitness Room User Cards can use Fitness Rooms on University campus.

Students/ members who are not CUHK Fitness Room User Card holders may attend a Fitness Room User Introductory Course organized by the College with details as follows:

Date: Thursday, 21st Sep

Time: 7:00 - 8:00pm

Venue: College Fitness Room

Quota: 12 (first come, first served)

Instructor: Ms. Leung Ka-cheuk

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3853916>

Application Deadline: 15th Sep

*Year 1 students may obtain the CUHK Fitness Room User Card from PE lessons.

Enquiries: Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942)

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

5. Fitness Consultation Sessions 健身訓練諮詢



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: 7th Sep - 30th Nov (**Every Thursday, except Public Holidays**)

Time: Thursday 6:30-8:30pm

Venue: College Gymnasium



Instructor: Ms. Ka-cheuk Leung (Thursday)

Target: Wu Yee Sun students and staff (no prior application is required)
Enquiries: Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942)

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

6. 招募 clab 迎新音樂會表演者：你有 freestyle 嗎？

<The content is drafted by clab student conveners 內容由創意實驗室幹事會撰寫>



個個都表演，唔通個個都想表演咩。如果你哋身懷十八般武藝，識得唱歌、夾 band、rap、beatbox、伴奏，伴舞或者主持嘅話，歡迎嚟 clab 迎新音樂會當晚同我地一齊表演！

詳情如下：

日期: 9月21日(星期四)

時間: 晚上7:30

地點: 伍宜孫書院 clab

報名: <https://goo.gl/forms/kTBFH0ujdcvYMP5A2>

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



1. New College Members 新增書院成員

The following CUHK staff members have recently joined Wu Yee Sun College as teacher affiliates. Warm welcome from all the Sunnies!



Ms ACUÑA Almariana Jessica
BA (N. Carolina); MA (Belmont)

Ms Acuna obtained her Bachelor of Arts from the University of North Carolina and her Master of Arts from the University of Belmont. She joined CUHK in 2016 and currently serves as Assistant Lecturer at the English Language Teaching Unit. Her professional areas of interest include academic writing, creative writing, film studies, teaching pedagogy, and cultural competency.



Ms. COLLETT Jenna Lara
BA (Hons), MA (Rhodes)

Ms. Collett obtained her Bachelor of Arts and Master of Arts from Rhodes University in South Africa. She currently serves as an Assistant Lecturer at the English Language Teaching Unit. Her specialised research areas include English Contemporary Literature, African and Asian Literature, Re-visionary Fiction, Post-colonial Studies, and English Second Language Acquisition.

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

2. "Meet the Dean" Hours 輔導長時間

"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 Man-hong Lai (黎萬紅教授), College Dean of Students and Associate Professor of Department of Educational Administration and Policy
- Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor of Department of Chinese Language and Literature
- 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!

Academic Year 2017-18

Date: Every Wednesday

Time: 4:30 – 5:30pm

Venue: Dean of Students Office, Room UG09, Wu Yee Sun College

If you would like to register or have any questions, please feel free to contact Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943

3937) or Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935)

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

3. Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman 2017/18 黃學斌紀念獎學金(優異新生)

Acknowledge local freshmen of respective faculty with Level 5** in 2 subjects or above in HKDSE and proven leadership in social services or shown talents in creativity or innovation.

- Distinguished Arts Freshman
- Distinguished Business Freshman
- Distinguished Education Freshman
- Distinguished Engineering Freshman
- Distinguished Law Freshman
- Distinguished Medical Freshman
- Distinguished Science Freshman
- Distinguished Social Science Freshman

Award Amount: HK\$25,000 – HK\$50,000 per recipient

This scholarship is eligible for students who placed Wu Yee Sun College as their 1st College Preference and is open to local freshmen admitted via JUPAS stream.

Online Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3652619>

Application Deadline: **6th September 2017 (Wednesday)**

Enquiries: Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943 3936) or Miss Yolinda Wong (yolindawong@cuhk.edu.hk / 3943 3932)

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

4. Dorsett Admission Scholarship for Hospitality and Real Estate Freshman 2017/18 帝盛入學獎學金 - 酒店旅遊及房地產學系新生



Acknowledge college outstanding freshmen studying in Hospitality and Real Estate Programme based on academic performance and participation in extra-curricular activities.

Award Amount: HK\$40,000

This scholarship is eligible for students who placed Wu Yee Sun College as their 1st College Preference and is open to all local and non-local freshmen. Award recipient will be offered internship opportunity in China hotel subject to availability.

Online Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3658730>

Application Deadline: **6th September 2017 (Wednesday)**

Enquiries: Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943 3936) or Miss Yolinda Wong (yolindawong@cuhk.edu.hk / 3943 3932)

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

5. Application for Deferment of Fees 2017/18

Students who have financial difficulties and would wish to defer payment on tuition and/or hostel fee, please submit application form together with supporting documents to the College Office (G03, G/F, East Block) on or before 25th September 2017 (Monday). Application form can be downloaded from http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1504143151TuitionFeeDeferment2017181.pdf. For enquiries, please contact Miss Rebecca Wong at rebecca_wong@cuhk.edu.hk / 3943 3936.

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

6. Wu Yee Sun College Sports Teams Tryouts 伍宜孫書院院隊選拔時間表

Wu Yee Sun College Sports Teams Tryouts
(1st term, 2017-2018)
2017-2018 上學期伍宜孫書院院隊選拔時間表

Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's Basketball	Sept., 12 (Tue)	6:00 – 7:00 p.m.	New Asia Gym.	Mr. Nelson LAM
	Sept., 12 (Tue)	7:00 – 8:00 p.m.		39433987
Women's Basketball	Sept., 12 (Tue)	6:00 – 7:00 p.m.	New Asia Gym.	Mr. Nelson LAM
	Sept., 12 (Tue)	7:00 – 8:00 p.m.		39433987
Men's Soccer	Sept., 14 (Thu)	6:00 – 8:00 p.m.	Lingnan Soccer Pitch	Mr. Nelson LAM 39433987
Men's Volleyball	Sept., 13 (Wed)	7:00 – 8:00 p.m.	U. C. Thomas Cheung Gym.	Dr. K. O. Lau
	Sept., 14 (Thu)	7:00 – 8:00 p.m.	Yeung Ming Biu Indoor Sports Centre	39433986
Women's Volleyball	Sept., 13 (Wed)	7:00 – 8:00 p.m.	U. C. Thomas Cheung Gym.	Dr. K. O. Lau
	Sept., 14 (Thu)	7:00 – 8:00 p.m.	Yeung Ming Biu Indoor Sports Centre	39433986
Men's & Women's Swimming	Sept., 11 (Mon)	6:00 – 8:00 p.m.	Swimming Pool	Dr. K. O. Lau
	Sept., 13 (Wed)	6:00 – 8:00 p.m.		39433986
Men's & Women's Rowing	Sept., 28 (Thu)	6:30 – 8:30 p.m.	Grand Stand,	Mr. Nelson LAM
	Oct., 3 (Thu)	6:30 – 8:30 p.m.	Sir Philip Haddon- Cave Sports Field	39433987
Men's & Women's Athletic	Please contact Mr. Nelson LAM to arrange try out according to Field/ Track Events before 27/10, e-mail: nelsonlam@cuhk.edu.hk			Mr. Nelson LAM 39433987

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

7. Launching of Wu Yee Sun College Online Facilities Booking System



The Wu Yee Sun College Online Facilities Booking System has been in effect starting from 1st September 2017.

Please click the link below and login the system using your Student ID and CWEM Password. You can also click "User Guide" to learn how to use the online booking system.

<https://www6.cuhk.edu.hk/WYS/frs/WYSLogin.aspx>

Music Rooms and Discussion Rooms of the Learning Commons can be booked by individual students.

Other venues, equipment and promotion areas can be reserved by Student Associations registered under the College Student Union or the College. The Chairperson of the Association has to click "Registration" on the login page for registration before any booking can be made. Enquiries regarding student association registration should be made to Miss Kathy Fong at 3943 3942 or kathyfong@cuhk.edu.hk

Please read through the booking rules before making any booking.

Students can still access Music Rooms, Discussion Rooms of the Learning Commons, Seminar Rooms (W112-114), Activity Room (W116), Multi-purpose Sports Room and The Lounge without booking. However, the individual student or Student Association who/which has made a booking will have the priority in using the booked facilities.

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

8. Price adjustment and introduction of new items at Wu Yee Sun College Student Canteen 伍宜孫書院學生飯堂價格調整及引進新產品

鑒於書院學生飯堂自 2014 年開業以來未有調整價格，而根據政府統計處資料顯示，過去三年綜合消費物價指數按年分別上升 4.4%、3%及 2.4%，書院膳食委員會於第 12 次會議批准書院學生飯堂承辦商於 2017 年 9 月 4 日(星期一)起調高部份膳堂食品/飲品價格之申請，以應付通脹。除此以外，承辦商亦回應同學的建議於新學年起新增多款食物。

As the price of food/drink items in College Student Canteen remain the same since opening in 2014 and according to the Census and Statistics Department of HKSAR Government, the Consumer Price Index was increased by 4.4%, 3% and 2.4% respectively in the past three years, the College Catering Services Committee has approved at its 12th meeting the price increase request by the caterer on some food/drink items in College Student Canteen due to inflation, with effective from 4th September 2017 (Monday). In response to students' suggestions, the caterer will introduce some new items in the new academic year.

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

9. Exchange and Travel Grant/Loan 2017/18

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 2017 - Jan 2018, the application is now open until to 14th Dec 2017.**

For programmes/activities held in Feb – May 2018, application will be open from 15th Dec 2017 to 14th Apr 2018.

Check out the following link for more information including eligibility:

http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1502848874ExchangeandTravelGrantandLoan2017182nd.pdf

For enquiries, please contact Miss Rebecca Wong at rebecca_wong@cuhk.edu.hk or Miss Yolinda Wong at yolindawong@cuhk.edu.hk

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

10. 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 Kathy Fong (3943 3942/ kathyfong@cuhk.edu.hk)

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

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!

How to redeem prizes? Check your accumulated points at <http://bit.ly/WYSSportsForLife> and redeem your prizes at College Dean of Students' Office from 11th to 15th September!

2017-18 Term 1 sports activities will be open for registration during the same period too! Stay tuned!

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

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

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 (<i>whichever is lower</i>)
		#Participating in organized programmes	HK\$8,000 or 80% of particular items (<i>whichever is lower</i>)
Long-term	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 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 (katieyu@cuhk.edu.hk / 3943 3935) 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 / 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 (kathyfong@cuhk.edu.hk / 3943 3942)

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

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

1. University Bursaries and Loans 2017/18 大學助學金及免息貸款 (For eligible full-time local undergraduate students)

The University Bursaries and Loans (UBL) are now available for local students who are studying full-time undergraduate programme and cannot get sufficient financial assistance under the Government Tertiary Student Financial Scheme – Publicly-funded Programmes (TSFS) to apply.

Applicants should complete and submit the online application via CUSIS (Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "University Bursaries and Loans") during the period **from 4th to 27th September 2017**.

For application details, please visit <http://www.oafa.cuhk.edu.hk>

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

2. Student Residence Bursary Scheme 2017/18 學生宿舍助學金計劃 2017/18

To be eligible to apply for the CUHK Student Residence Bursary 2017/18, 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 term;
- (3) have average monthly household income (during 1st April 2016 to 31st March 2017) lower than the median of the monthly household income published in the most recent Quarterly Report on General Household Survey by the Census and Statistics Department (Please refer to the Guidelines for the monthly household income bandings);
- (4) be not able to benefit from Community Care Fund (CCF) hostel subsidy or receive less than \$1,300 per term 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 \$1,300 per term.
2. For eligible needy students who receive less than \$1,300 per term under CCF hostel subsidy, the value of each bursary will be the difference between \$1,300 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 Procedures

1. Eligible students who live in hostel for the first term or the whole year should submit their online application in Chinese University Student Information System (CUSIS) (Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "Student Residence Bursary") during the application period **from 4th September to 31st October 2017**.
2. Applicants should print out Section 7 of the online application form and submit together with the supporting documents to the College on or before the application deadline.

For enquiries, please contact the Office of Admissions and Financial Aid at 3943 1898 or 3943 7205.

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

3. Helix Scholarship 2017/18

Helix System Limited (the donor) is now inviting applications from outstanding local full-time Year 2 or above undergraduate students of The Chinese University of Hong Kong for Helix Scholarship 2017/18.

Amount

HK\$10,000

Eligibility

To be eligible for the scholarship, the applicants must:

- be full-time Year 2 or above undergraduate students studying any UGC-funded bachelor's degree programme;
- be Hong Kong permanent residents with the right of abode in Hong Kong;
- have demonstrable financial need and meet at least one of the following conditions:
 - o Have received Government grant and/or loan in the academic year 2016/17 or 2017/18.
 - o Have received University bursaries and/or loan in the academic year 2016/17 or 2017/18.
 - o The family of the student is receiving Comprehensive Social Security Assistance from the HKSAR Government.
 - o The monthly family income per capita must not exceed HK\$15,000.
- have attained a Year GPA of 3.0 or above in the academic year 2016/17;
- demonstrate to contribute to the local society by their knowledge and expertise; and
- have active participation in extra-curricular activities and/or voluntary services.

Students must not receive this Scholarship before.

More details and application form can be downloaded from <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid > Open for Application). Completed application form together with all requisite documents should be submitted to College Office (G03, G/F, East Block) **on or before 3rd October 2017**.

For enquiries, please contact the Office of Admissions and Financial Aid at 3943-7209 / 3943-1737 or sfas@cuhk.edu.hk.

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

4. Government Tertiary Student Finance Scheme (TSFS) and Non-means-tested Loan Scheme (NLSFT) 2017/18 政府資助專上課程學生資助計劃 / 全日制大專學生免入息審查貸款計劃

New College students who have financial difficulties should apply for TSFS or NLSFT. Application forms should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through "SFO E-link - My Applications" online at <http://ess.wfsfaa.gov.hk> **on or before 22nd September 2017**. Applicants are reminded to visit <http://www.oafa.cuhk.edu.hk> for application details.

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

5. Bei Shan Tang Foundation Scholarship Tenable at Stanford University 2018/19

Bei Shan Tang Foundation has generously donated a scholarship tenable at Stanford Graduate School of Education for an

outstanding graduate from CUHK to pursue one of the following full-time taught Master's (MA) degrees in the academic year 2018/19. **Local graduates and final-year postgraduate students in any discipline are eligible to apply even though the designated programmes are education related.**

- Curriculum Studies and Teacher Education
- International Comparative Education
- International Education Policy Analysis
- Learning, Design and Technology
- Policy, Organization and Leadership Studies
- Stanford Teacher Education Programme

The Scholarship will basically cover all of the following:

- the University composition (tuition) fee for the normative study period of the programme; and
- the cost of one return airfare between Hong Kong and the United States via the most economical route.

Details of the Scholarship and its application form are obtainable from our website at <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid → Open for Application).

Application Deadline: 4th October 2017 (Hong Kong time)

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

6. Li Kwan Hung Education Fund 2017/18 李鈞洪教育基金

This Fund is intended to assist students with disabilities who are studying with their able-bodied counterparts in local educational institutes at various levels.

Criteria of Application

Applicant should meet all the following criteria:

1. Hong Kong permanent residents;
2. students with physical disabilities, mental disabilities (including autism/ attention deficit and hyperactivity disorder/ dyslexic), chronic illness, visually impairment or hearing impairment;
3. full-time student studying with their able-bodied counterparts in local educational, technical or vocational training institutes at primary, secondary, post-secondary, university or post-graduate level;
4. in need of financial assistance for educational purposes

Application is now open **until 22nd September 2017**. Application form should be submitted to the College by the deadline. Late applications will not be considered.

For more details and download of application form, please visit <http://www.oafa.cuhk.edu.hk/sfas> (Open for Application > Financial Aid)

For enquiries, please contact the Headquarters of Hong Kong PHAB Association at 2551 4161.

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

7. Information Session on Financial Aid Schemes 2017/18

An "Information Session on Financial Aid Schemes", organized by the Office of Admissions and Financial Aid, will be held in September to provide you with information on the University and Government Financial Aid Schemes.

Details of the Information Session are as follows:

Date: 13th September 2017 (Wednesday)
Time: 6:30pm - 7:30pm
Venue: CMA Lecture Theatre (LT2), G/F, YIA, CUHK
Language: Cantonese

All local undergraduate students are welcome.

Registration Procedures

1. To reserve a seat for the information session, please complete and submit **on or before 10th September 2017** an online registration form which is available at our website at <http://www.oafa.cuhk.edu.hk/sfas> (Scholarships & Financial Aid What's on Events).
2. Confirmation on registration will be sent to students' **CUHK@link email on Monday, 11th September 2017**.

For enquiries, please contact Scholarships and Financial Aid Section, Office of Admissions and Financial Aid by email at sfas@cuhk.edu.hk or by telephone at 3943 1898 / 3943 7205.

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

8. The Rhodes Scholarship 2018 for Hong Kong

The Rhodes Scholarship is a postgraduate award supporting exceptional students from around the world to study at the University of Oxford. The Rhodes Scholarship Selection Committees seek young women and men of outstanding intellect, character, leadership, and commitment to service, and who demonstrate a strong propensity to emerge as 'leaders for the world's future'.

Value of the Scholarship

Each year, there is one Rhodes Scholar selected from Hong Kong. The basic tenure of the Scholarship is two years, subject to satisfactory academic performance and personal conduct. At the discretion of the Academic Committee of the Rhodes Trust and

the Rhodes Trustees, Scholars may apply for a third year of Scholarship to complete the DPhil. A Rhodes Scholarship covers all University and College fees, University application fee, a living stipend and one economy class airfare to and from Oxford at the beginning and end of tenure.

Application Deadline

30th September 2017 (by 23:59 (Hong Kong time))

For more information, please visit https://www.oafa.cuhk.edu.hk/oafa_media/article/scholarships-financial-aid/scholarships/overseas/rhodes-2018-poster.pdf

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

9. 香港正念日 “HK Mindfulness Day” with Body · Mind · Spirit Platform



日期: 2017年10月15日(星期日)

時間: 上午場(上午10時至下午1時)及下午場(下午2時至下午5時)

地點: 康本國際學術園, 一號演講廳

對象: 中大師生及教職員, 市民

報名: <https://www.bmsp.hk/mindfulness-day/>

名額: 1000 (中大佔 25%)

費用: 全免

主辦單位: 身心靈平台、香港中文大學學生事務處
心理健康及輔導中心合辦

截止日期: 30-9-2017

參加者需於 15/10 出席活動前, 完成以下一項正念體驗工作坊:

工作坊一

主題: 正念—化壓力為動力

日期: 2017年10月3日(星期二)

時間: 中午12時至下午2時

地點: 龐萬倫學生中心3樓303室

工作坊二

主題: 如何用正念快速轉化情緒

日期: 2017年10月6日(星期五)

時間: 下午3時至5時

地點: 龐萬倫學生中心3樓303室

報名: <https://webapp.itsc.cuhk.edu.hk/ras/restricted/eventlist?id=67>

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

10. 遊香港, 做任務, 贏獎品! (Chinese only)

難得周末有得放鬆下, 梗係要去下香港唔同地方玩, 但又有冇諗過去多啲唔同地方, 可以認識本地嘅環境同文化之餘, 仲有機會贏到比賽, 拎獎品呢?

由一班伍宜孫同學組成嘅 V'air 低碳本地遊推出【香港遊蹤】比賽, 俾鐘意去探索香港隱世景點嘅你挑戰下自己, 喺一個月裏面去多啲地方進行唔同嘅任務, share 任務成果上 Facebook Page, 就有機會贏到比賽喇!

由 29/8 - 25/9, 留意 V'air 網頁 www.vairhk.com 同 Facebook Page www.facebook.com/vairhk 嘅景點推介進行相關任務, 任務完成越多就越高分, 認識多啲香港景點之餘, 仲可以拎走獎品添!

有關比賽細則, 獎品, 點樣參加, 都可以登上 <http://www.vairhk.com/venturehk/> 或者繼續留意我地嘅 facebook page 拎第一手資訊!

* 【香港遊蹤】比賽為書院 2016-17 年度愛陽光計劃金獎項目。

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

11. 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，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 swywang@psy.cuhk.edu.hk。

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