

If you have problems viewing CHINESE words in this email, please right click the mouse and choose Encoding and then Unicode (UTF-8).  
You can also contact Mr. William Mak at [williammak@cuhk.edu.hk](mailto:williammak@cuhk.edu.hk) or 3943 3989 for technical support.



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#### 1. Dinner Gathering with Art Advisor 與藝術顧問晚聚



College Master Professor Anthony T.C. Chan (陳德章教授), College Associate Master and Dean of General Education Professor Sunny K.S. Kwong (鄭啟新教授), Founding College Master Professor Rance P.L. Lee (李沛良教授) and College Secretary Ms. Sandy P.S. Lee (李珮珊女士) had a dinner gathering with College Honorary Advisor (Art) Professor Lee Hon-ching (利漢楨教授) last Monday. Professor Hon-ching Lee is a renowned artist based in the US, specializing in sculpture and printmaking. His exhibition titled "How I Work" - An Art Exhibition by Professor Hon Ching Lee (「我點工作」——利漢楨教授作品展) is currently held at Chung Chi College Administration Building, and there is a "Meeting with the Artist" session on 19<sup>th</sup> Oct. Interested members and students please refer to [College Activities](#) for details.

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## 2. College Student Advisor Scheme Gathering 師生茶聚 - 聚會



To help the new students settling in College life, we match the students with a College member who serves as their advisor. Another gathering was held on 13<sup>th</sup> Oct with six groups. Advisors and students had an enjoyable lunch in our student canteen. Some of them enjoyed the autumn breeze in courtyard subsequently.

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



College Soccer, Basketball and Volleyball Teams participated in the Inter-collegiate Competitions (preliminary rounds) over the past week. We have been through victories and defeats, and all athletes enjoyed the competition, team work and sports fun.

Thanks to every athlete for their time and effort devoted for the teams!

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## 4. College Affiliated Fellow Serves as President of FAA CUHK



Congratulations to College Affiliated Fellow, Mr. John K.H. Lee (李劍雄先生) who serves as the 40<sup>th</sup> President of The Federation of Alumni Associations of The Chinese University of Hong Kong (香港中文大學校友會聯會). College graduates Mr. Tang Kin Tat (鄧建達先生) (2016/Chemistry) and Mr. Cheung Lik Hang Sam (張力行先生) (2016/LLB) attended the Inauguration Ceremony to share the joy with Mr. Lee.

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## College Activities 書院活動

### 1. WYS Toastmasters Regular Meeting – Summer Holiday



Missing your summer vacation already? What have you done during your summer? Busy travelling, eating, studying or working? We're eager to hear your wonderful stories!

Dare to speak, speak to succeed.

**Date:** 24<sup>th</sup> Oct 2017 (Tue)

**Time:** 7-9pm (Reception starts at 6:30pm)

**Venue:** W116

Free refreshment will be provided.

For enquiries, please feel free to contact Tommy at 9681 7386

Or Email us: [wystmc1314@gmail.com](mailto:wystmc1314@gmail.com)

Or Facebook pm us: WYS Toastmasters Club

Speak to Succeed,

Dare to Exceed

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### 2. Drama Performance: Three Kingdoms 三國



College members are most welcome to join the Drama Performance: Three Kingdoms 三國, which is co-organized by Wu Yee Sun College, Shaw College, United College & Chung Chi College. The show is produced by Hong Kong Theatre Works (香港戲劇工程).

**Drama Performance:** Three Kingdoms 三國

**Date & Time:** 31<sup>st</sup> Oct & 1<sup>st</sup> Nov 2017 16:00-18:00

**Venue:** Shaw College Lecture Theatre

**Language:** Cantonese

**Production:** Hong Kong Theatre Works (香港戲劇工程)

**Application:** Please register with Kathy by sending email to [kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk) on or before 25<sup>th</sup> Oct (Wed).

\*The event is co-organized by Wu Yee Sun College, Shaw College, United College & Chung Chi College

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

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### 3. Round Campus Run 環校跑

### CAMPUS RUN 環校跑



DATE: 3/11 (FR) 11:30-1:00  
QUOTA: 300 RUNNERS  
(FIRST COME FIRST SERVED)  
CONTACT: WOODY 55403304  
DEADLINE: 27/10/2017

EVERY RUNNER WILL BE AWARDED 4 PE MARKS!

# 523



FOR APPLICATION OR DETAILS, PLEASE VISIT OUR FB PAGE!



伍宜孫書院一年一度嘅環校跑又嚟啦 😊👍👍

摺完幾個禮拜 lib 溫 midterm? 📖👉

好想出去做下運動舒展筋骨? 🏃👍

咁仲等咩呀? 快啲報名參加宜孫環校跑啦! 😊👍

📅日期: 十一月三日 (星期五)

🕒時間: 11:30 - 13:00

👤報名資格: 中大學生 (伍宜孫書院學生優先)

!!!名額: 300 位

✖️截止報名日期: 十月二十七日 (星期五)

📄傳送門: <https://goo.gl/forms/y6lfE4wlvbZUVY2>

聽講男女子組頭五名仲可以拎到靚靚獎盃獎牌添! 🏆🏆🏆

快啲拉埋朋友仔同我地一齊跑啦 🏃👉

名額先到先得架 🐱🐱

**Date:** 3<sup>rd</sup> Nov 2017

**Time:** 11:30-13:00

**Eligibility:** CUHK full-time undergraduate students (priority will be given to WYS students)

**Quota:** 300 (first-come-first-served)

**Deadline:** 27<sup>th</sup> Oct 2017

**Application:** <https://goo.gl/forms/y6lfE4wlvbZUVY2>

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#### 4. 防癌秘笈：中西醫面面觀



“我得過十幾歲，應該吾會關我事掛?”

咁你就錯啦，世界衛生組織已於 2015 年宣佈，將加工肉例如香腸、火腿及煙肉列為最高風險致癌物，即 1 級致癌物，與煙酒睇齊；紅肉也可能致癌，列為 2A 級致癌物。世衛解釋，眾多研究證實加工肉會導致大腸癌，並與胃癌有關；紅肉則與大腸癌、胰臟癌及前列腺癌有關連。若果大家想知道更多關於癌症的成因及防癌方法，那就萬勿錯過是次健康講座。

**活動內容:**

日期: 2017 年 11 月 9 日 (星期四)

時間: 下午 12:30 至 2:00

講者: 書院健康生活委員會成員 及 中大醫學院腫瘤學系 陳林教授

書院健康生活委員會成員 及 中大中醫學院 張保亭教授

第一部份: 防癌之概念和方法

第二部份: 討論環節: 中醫好定西醫勁?

費用: 全免

講座後設有小食招待

歡迎同學、教職員及教職員家屬參加

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3584555>

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

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#### 5. A Taste on Wine: English through Wine Appreciation



**Aroma, Round, Thin.....Do you understand Wines? Do you know how to order wines at restaurants? Come and join our workshop to learn more about wine selection through interactive role play!**

**Date:** 14<sup>th</sup> Nov 2017 (Tue)

**Time:** 7:00pm-9:00pm

**Venue:** W112, Wu Yee Sun College

**Speakers:** Ms. Anna Tam & Mr. Tank Tan

**Biography of Speakers:**

**Ms. Anna Tam** has a few identities, that's why she is busy: a boutique wines importer, marketing solution provider, food and wine writer, WSET course tutor and wine judge for hotel wine sommelier cup, and she is not sure if she will take more roles in the future. Enjoying her happy hectic life and taking the WSET Diploma course, she never forgets to dance like there's no tomorrow and save the water like there's no tomorrow too. Pay attention to your radio when you drive, you may hear her voice sharing her opinions on wines and travelling. Take a look at the Food and Beverages magazines when you are in hotel lobby, you may find her articles introducing wine and cheese stories and pairing techniques.



Being a mysterious Scorpio, **Mr. Tank Tan** is considered to be the hottest sommelier in town even he drinks 2 cans of beers every night before he sleeps. He is a holder of Wine and Spirit Education Trust Advance Certificate and Court of Master Sommeliers. This young man currently works as a hotel sommelier and restaurant manager at Westin Shenzhen. Before he joins the Starwood group, he spent 6 years in Shangri-la Hotel Ningbo. If you would like to hang out with Tank, remember to update your google map and GPS, since it is his daily routine to get lost no matter where he is. Surprisingly, he never gets lost in the world of wine aromas. If you would like to see his wild side, give him Pu'er tea and take him to the dance floor. If you would like to see a charming gentleman, go to his restaurant and order a glass of wine, you will be definitely impressed by his perfect serving skills and smart advice on food and wine pairing.

**Registration:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3769349>

**Eligibility:** Students aged 18 or above

**Deadline:** 7<sup>th</sup> Nov 2017

**Deposit:** \$100 (Refundable with completion of the activity)

\*Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation.

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

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## 6. Hop Wai Art and Cultural Programme: Meeting with the Artist

洽蕙藝文計劃：藝術家對談



Jointly organized by Wu Yee Sun College, Chung Chi College and United College and co-organized by the Art Museum, "How I Work – An Art Exhibition by Professor Hon Ching Lee" is staged in Oct 2017.

A renowned artist based in the US, Professor Hon-ching Lee is specialized in sculpture and printmaking (雕塑及版畫). Early in the sixties, Professor Lee went to America to pursue his studies in architecture and art in different universities, and then received the Master of Fine Arts (sculpture) with honors from the University of Oregon in 1967. After that, he has been working in the art field for many years, including teaching art at University of Oregon and Rockford College, serving as the Director of the Clark Arts Center Gallery, etc.

The exhibition features more than twenty art pieces, including prints, sculptures, as well as images showing the process of the art creations. A talk will be organized along with the exhibition with details as follows:

**"How I Work" – An Art Exhibition by Professor Hon Ching Lee 「我點工作」－利漢楨教授作品展**

**Exhibition Period:** 3<sup>rd</sup> – 20<sup>th</sup> Oct 2017

**Time:** 9:00 am – 5:00 pm, Monday to Friday

**Venue:** Chung Chi College Administration Building Lobby Gallery



## Meeting with the Artist 藝術家對談

Date: 19<sup>th</sup> Oct 2017 (Thursday)

Time: 7:30-9:30 pm

Venue: Room G4, G/F Chung Chi College Administration Building

Language: Cantonese

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3882738>

(all CUHK students, staff members and alumni welcome)

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### 7. 鄭素素《跑步時，我孤獨，但不寂寞》讀書會 Reading Club - Join us tomorrow!!!



「我們跨過了別人的眼光，孤獨地去跑自己認為對的路。  
或許我們曾經迷失，但我們始終會在路上遇見。  
寂寞的感覺消失了，因為我知道你們就在我心深處。」

作者透過親身經歷，分享她如何由一個酒精上癮的 marketer 減掉 20 磅，跑進健康人生。她亦會分享如何透過長跑發現內心恐懼，從而克服心理障礙，挑戰自己，突破底線！除此之外，作者更會跟大家分享她在法國、日本、韓國、台灣等海外馬拉松賽事的參賽心得，透過跑步展示更大的世界，並分享別人的經歷，讓大家從中得到更多正能量！

#### 主講：鄭素素 (作者)

鄭素素，自知平凡小女子，卻願意為了夢想窮追猛打，幾近遍體鱗傷。全職品牌市場營銷、跑資六年的跑者；三年前開始自由寫作副業，現為《am730》報紙、《GoOut》、《Sportihealth》、《體路》、《Fitz.hk》跑步專欄作者及《運動筆記（香港）》特約記者。

日期：2017年10月17日（星期二）

時間：晚上 7:00 至 8:30

地點：伍宜孫書院如日坊 The Lounge

費用：全免

歡迎同學、教職員及教職員家屬參加

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3569313>

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

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### 8. 語文文化桌：從《孫子兵法》看大學生活 - 明日截止報名!!!



《孫子兵法》為先秦重要兵書，其中的兵學理論對中國文化、人的思考方式影響甚巨，至今不衰。現代著名學者李零教授在《〈孫子〉十三篇綜合研究·導言》曾說：「如果有人要問《孫子兵法》到底給我們留下了什麼樣的精神財富，那麼我們的回答是：它留給我們的與其說是實用的指導，倒不如說是智慧的啟發。」故此，若從《孫子兵法》的理論去思考大學生活，或許對我們的人生有所啟迪。本講將簡明地介紹《孫子兵法》的核心理論，並從這些理論切入，談談《兵法》對我們大學生活的啟發。

#### 講者：梁德華博士

梁博士畢業於香港中文大學中國語言及文學系，現職本校中文系講師，並兼任中大中國文化研究所劉殿爵中國古籍研究中心名譽副研究員，主要教授中國古代文獻科目，如古籍導讀、荀子、古代文獻經典選讀等，曾於 2014-15 年度獲「校長模範教學獎」。

日期：10月24日(星期二)

時間: 晚上 6:30 至 8:30  
地點: 伍宜孫書院教職員飯堂  
語言: 粵語  
按金: \$80 (準時出席可獲退回全部按金)  
報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2657681>  
截止日期: 10月17日(星期二)

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

查詢: 曾焯婷小姐 ([valentinatsang@cuhk.edu.hk](mailto:valentinatsang@cuhk.edu.hk) / 3943 3988)

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## 9. 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: 7<sup>th</sup> Sep – 30<sup>th</sup> 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](mailto:kathyfong@cuhk.edu.hk) / 3943 3942)

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## College Announcements 宣佈事項

### 1. Temporary Closure of College Catering Outlets at Chung Yeung Festival

All catering outlets at Wu Yee Sun College will be temporarily closed on 28<sup>th</sup> Oct (Saturday) for Chung Yeung Festival.

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### 2. 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 14<sup>th</sup> Dec 2017.**

For programmes/activities held in Feb – May 2018, application will be open from 15<sup>th</sup> Dec 2017 to 14<sup>th</sup> 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](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](mailto:rebecca_wong@cuhk.edu.hk) or Miss Yolinda Wong at [yolindawong@cuhk.edu.hk](mailto:yolindawong@cuhk.edu.hk)

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

#### **“Meet the Dean” Tea Gathering**

Any thoughts about College life? Join the afternoon tea and share with our Dean of Students and Associate Deans of Students.

Date: 25<sup>th</sup> Oct, 15<sup>th</sup> Nov

Time: 4:30 - 5:30pm

Venue: College Staff Dining Room

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4050386>

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#### **4. Student Pastoral Care**

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain new perspectives! DON'T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

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.

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#### **5. Wu Yee Sun College Sports Teams Tryouts (1<sup>st</sup> term, 2017-2018) 2017-2018 上學期伍宜孫書院院隊選拔時間表**

For the tryout of Athletic Team (Men and Women), please contact Mr. Nelson LAM ([nelsonlam@cuhk.edu.hk](mailto:nelsonlam@cuhk.edu.hk) / 3943 3987) to arrange according to Field/ Track Events before 27<sup>th</sup> Oct.



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#### **6. 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](mailto:kathyfong@cuhk.edu.hk))

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## 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

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>.

For enquiries, please contact Miss Kathy Fong at [kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk) or 3943 3942.

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



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

Sports for Life Award Scheme aims at motivating students to take part in more College's sports activities and exercising regularly for a healthy life. Students can earn award 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>! Redemption will be arranged by the end of every semester.

#### Updated Activities:

[Round Campus Run](#) (15 points)

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

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

Life begins at the end of your comfort zone!

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

If you are planning for any short-term projects containing elements of Creativity, Entrepreneurial Spirit or Social Responsibility, apply "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: Ms Florence Tsui ([florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk) / 3943 9767)

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

If you are planning to expand your wisdom and horizon with support from the scheme, ACT NOW! The scheme supports Wu Yee Sun College students to create, design, plan or participate in non-local academic or experiential learning programmes outside Hong Kong, in order to broaden students' international perspectives and enrich their experiences. The quality of the proposals and applicants' track records are the main considerations in evaluating applications. This Scheme is divided into Short-term and Long-term Scheme. Successful applicants will be awarded "Global Learning Award", which is a merit-based award and 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\$12,000 or 100% of particular items ( <i>whichever is lower</i> )
		*Participating in organized programmes	HK\$5,000 or 50% 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 sending request to [kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk). The request shall be made at least month before application deadline together with submission of the completed proposal, budget plan and application form.

Application is opened twice a year - Winter and Summer Round.

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	1 <sup>st</sup> Nov - 30 <sup>th</sup> Apr	1 <sup>st</sup> May - 31 <sup>st</sup> Oct
Summer	1 <sup>st</sup> May - 31 <sup>st</sup> Oct	1 <sup>st</sup> Nov - 30 <sup>th</sup> Apr

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

Know more about the details and [apply](#)! Please contact Miss Kathy Fong ([kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk) / 3943 3942) if you have any enquiries.

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

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## 6. 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](mailto:kathyfong@cuhk.edu.hk) / 3943 3942)

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

### 1. Invitation to 《The Hunting Ground》 Movie Screening & Discussion Forum 《The Hunting Ground》電影放映及座談會



防止性騷擾委員會、社會工作學系、性別研究課程與風雨蘭於 10 月 26 日合辦《The Hunting Ground》電影放映及座談會。電影 *The Hunting Ground* 自 2015 年發行起, 在全球超過一百間教育機構播放, 亦包括美國白宮。電影以美國大學校園內的性侵文化為題目, 紀錄了受害人的自我剖白及推進法律改良的過程。詳情請瀏覽[網頁](#)。

日期: 2017 年 10 月 26 日 (星期四)

時間: 下午 6 時 30 分至 9 時

地點: 香港中文大學康本國際學術園 3 號演講廳

講者: 防止性騷擾委員會馮應謙教授

關注婦女暴力協會風雨蘭總幹事王秀容女士

語言：英語配以中文字幕

(座談會以廣東話進行)

報名請[按此](#)，歡迎所有中大教職員、學生及校友參加。

查詢請致電 3943 1721 或電郵至 [pash@cuhk.edu.hk](mailto:pash@cuhk.edu.hk)。

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## 2. Company Visit to IngDan Experience Centre

To provide more opportunities for students to learn more on tech start-ups, Professional Managers' Club is going to organize a company visit to IngDan Experience Centre (exclusive to students) which will be held:

**Date:** Wednesday, 18<sup>th</sup> Oct 2017

**Time:** 3:00pm - 5:00pm

**Venue:** Units 811-813, 8/F, Core F, Cyberport 3, 100 Cyberport Road, HONG KONG

**Guest Speakers include:**

- Mr Terry Tam, Showroom Operation Manager, IngDan
- Ms Juliana Ko, Co-founder, Bonnect (Hong Kong) Limited

**Language:** Cantonese

**Quota:** maximum 20 people for the company visit (in first-come-first-served basis)

**Application:** Please email [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) on or before 12:00n.n. 17<sup>th</sup> Oct 2017.

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## 3. The Standard Chartered Hong Kong Marathon - CUHK Marathon Team

The Standard Chartered Hong Kong Marathon will be held on 21<sup>st</sup> Jan 2018 (Sunday). CUHK will form its own marathon team once again. We welcome all CUHK/CUSCS 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 seminar 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 (eg. R-12345678 / C-12345678) from the Organiser of the Standard Chartered Hong Kong Marathon in the result announcement of its public ballot system released on 21<sup>st</sup> Sep 2017.

Step 2

Starting from now, 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 17<sup>th</sup> Nov 2017.

To know more about the CUHK Marathon Team, please check out our website at [www.cuhk.edu.hk/cpr/marathon](http://www.cuhk.edu.hk/cpr/marathon). For enquiries, please email to [marathon@cuhk.edu.hk](mailto:marathon@cuhk.edu.hk), or call 3943 3173.

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## 4. 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 1<sup>st</sup> April 2016 to 31<sup>st</sup> 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 4<sup>th</sup> September to 31<sup>st</sup> 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.

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## 5. 時間管理工作坊 Time Management Workshop



日期: 2017年10月20日(五)  
時間: 5:30pm – 7:00pm  
地點: 龐萬倫學生中心二樓  
心理健康及輔導中心活動室  
語言: 廣東話  
內容: 透過分享、互動遊戲及練習，讓同學掌握有效管理時間的竅門，包括：  
-訂立緩急先後的方法  
-戰勝拖延的技巧  
人數: 30人  
報名: <https://webapp.itsc.cuhk.edu.hk/ras/restricted/eventlist?id=67>  
查詢: 3943 7208 / wacc@cuhk.edu.hk

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## 6. 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 [swywong@psy.cuhk.edu.hk](mailto:swywong@psy.cuhk.edu.hk)。

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