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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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### Sunny Review

#### 上周回顧

1. Shooting with Virtuous Spirit 日本弓道的精神價值



The Japanese Archery Class was held on 28<sup>th</sup> Nov to let students experience the art of archery – Kyūdō. It is practiced as sports but its aesthetic and spiritual nature has always been placed higher than just hitting the target.

Enlisted in Japanese Autumn Festival in Hong Kong (日本秋祭 IN 香港), the experts from Hong Kong Kyūdō Association (香港弓道協會) set up our courtyard as dojo, the training hall (道館), and demonstrated the whole shooting process to promote the spirit of Kyūdō and Japanese culture. Their perseverance is worth learning!

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## 2. 創意實驗室黑白菲林沖洗工作坊



Creativity Laboratory (c!ab) held a black and white film development workshop led by the former c!ab student convener, Victor Fung H.M (馮煇明同學), on 27<sup>th</sup> Nov (last Monday night). The workshop aimed at introducing the uniqueness of the traditional film photography to the Sunnies. Participants were required to shoot black and white photos in advance and developed their own films during the workshop. It was challenging for both the experienced and the firstly-joined participants to master the technique of film processing, which is more tactile and artisanal. Yet, all participants enjoyed the workshop very much that happy smiling faces with excited facial expression were always with them throughout that night. Though digital photography is very common nowadays, the characters of black and white films are still hard to be imitated. The FULL attendance rate with 12 participants gathering in c!ab was the best proof and c!ab is planning to re-run the workshop in seminar two. Stay tuned!

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## 3. 〈低碳·好行〉 co-authored by College students available at Yan Chak Study Room



College students Chung Sum-yue (鍾芯豫, GRM/3), Li Suet-ying (李雪瑩, CHL/4), Lui Wai-shan (呂瑋珊, CHL/3), Yeung Tsz-chun (楊子雋, GRM/2017), key members of V'air – an online platform that encourages local travel in a bid to reduce the environmental impact of air travel, have recently co-authored a book titled 《低碳·好行》. It introduces readers to local sight-seeing points from a low-carbon emission perspective, and provides knowledge on ecology and environmental tips.

Join us to share the College's pride of our students' achievement and read the book which is now available at Yan Chak Study Room (仁澤書房)!

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## College Activities 書院活動

### 1. Rance Lee Mentorship Programme 李沛良師友計劃 2017-18



**Objectives:** Enrich students' **social networking, people skills and career development**

**Benefits for Mentees:**

- Identify needs and goals for personal development
- Broaden horizons in real-life workplace
- Extend personal network for future development
- Brainstorm and act on new ideas together with mentors

**Mentorship Format**

- **“Group-to-group Mentor-mentee” model:** We match 2-4 mentors and 4-6 mentees of diversified backgrounds so as to bring in more creative insights.
- **Two-year Programme Period:** Mentors and mentees can utilize two years to establish closer bonding and pursue new goals together.

**Eligibility:** Year 2 and Year 3 full-time undergraduate students affiliated to Wu Yee Sun College (Priority will be given to Year 2 students)

**Application:** Submit [online application](#) on or before **19<sup>th</sup> Dec 2017**

**Selected students are required to attend the following activities**

1. Mentee Briefing: evening in mid-January, 2018
2. “Meet Your Mentor” – Mentorship Gathering: weekend afternoon in late-January or early-February, 2018

**More Details:** <https://goo.gl/Z1aYmf>

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

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## 2. Wu Yee Sun College Most Popular Canteen Staff Award Presentation 伍宜孫書院飯堂最受歡迎員工頒獎禮

Thank you very much for voting the Most Popular Canteen Staff. The Award Presentation will be conducted on Tuesday, 12<sup>th</sup> Dec 2017 in College Student Canteen. You are most welcome to join us and congratulate the winners!

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## 1. Reading Out Award 2017/18 - Now open for application 外展體驗獎 2017/18 現已接受申請

Wu Yee Sun College full-time undergraduate students are now invited to apply for the Reaching Out Award 2017/18 (ROA) offered by the HKSAR Government. The award, in the amount of HK\$10,000 for each successful applicant, aims to support students in participating in events/competitions (e.g. conferences/forums/workshops/seminars/training camps/competitions/service projects etc.), internships or placements (credit-bearing/non-credit bearing), field/study trips or courses (e.g. foreign language immersion programmes/academic exchange programmes etc.) which are conducted outside Hong Kong in 2017/18 academic year (1st Sep 2017 - 31st Aug 2018).

Learn more about the selection criteria, supporting documents required and application procedures:-

<http://www.wys.cuhk.edu.hk/news-details.php?id=6879&lang=zh>

Application Deadline: 7<sup>th</sup> Feb 2018 (Wed)

Enquiries: Contact Rebecca at [rebecca\\_wong@cuhk.edu.hk](mailto:rebecca_wong@cuhk.edu.hk) / 3943 3936 or Yolinda at [yolindawong@cuhk.edu.hk](mailto:yolindawong@cuhk.edu.hk) / 3943 3932

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## 2. Complimentary Fruit at College Student Canteen 書院學生飯堂免費送水果

To show their support to students during the examination period, the caterer will offer complimentary fruit to Wu Yee Sun College students who purchase any meal (drinks excluded) from 4 to 22 December 2017 (Monday to Friday; Dinner session only) at the Wu Yee Sun College Student Canteen. Please present your CU Link Card as verification. Offers limited to 40 fruits per day and first-come first-served.

書院學生飯堂將於 2017 年 12 月 4 日至 22 日之星期一至五晚市時段贈送水果予本院同學，為同學考試溫習打氣！凡於上述期間惠顧晚市食品（飲品除外），可免費獲贈水果乙個。同學需出示學生證以茲證明。每晚限送 40 份，送完即止。

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## 3. Temporary Study Room during Examination Period (6-22 Dec)

Seminar Room 112 (1/F, West Block) will be open 24 hours as a temporary study room during centralized exam period from 6<sup>th</sup> to 22<sup>nd</sup> Dec 2017. College students can access the room with their CU link cards. Please observe rules of study room use and be considerate to other users.

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## 4. Temporary Counter Service Arrangement of Dean of Students' Office (UG/F)

Renovation work at Dean of Students' Office (UG/F) is being conducted **from 22<sup>nd</sup> Nov 2017 to 14<sup>th</sup> Jan 2018**. The office will be temporarily closed and noise may be generated during the early work period.

In regard of the **provision of following counter services**, please go to **College Office (G/F)**:

1. Submission and Collection of Documents/ Certificates
2. Submission and Collection of Deposit
3. College Facilities/ Equipment Booking

Dean of Students' Office will resume normal operation on 15<sup>th</sup> Jan 2018. If you have any enquiries, please contact Kathy at 3943-3942 / [kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk) or Kiki at 3943-3934 / [kiki.chan@cuhk.edu.hk](mailto:kiki.chan@cuhk.edu.hk).

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## 5. 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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## 6. "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 at Department of Educational Administration and Policy
- Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor at Department of Chinese Language and Literature
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer of Department of Physics

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)

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## 7. 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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## 8. 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 <Updated>



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.

Please stay tuned for updated activities!

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 (Summer Round) 寰宇學習獎勵計劃 (夏季)

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
Short-term	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 (whichever is lower)
<b>Long-term</b>	One to six months	Self-initiated programmes	HK\$15,000 or 100% of particular items (whichever is lower)
		*Participating in organized programmes	

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

The sooner you submit your application, the quicker to receive feedbacks, and more time to improve the contents. Comment from College Exchange Committee members on proposal of self-initiated programmes could be sought by 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, first date 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 two types of events:

1. **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)

2. **The course fee of qualification courses for sports coach.** *Rowing, Rope-skipping, Orienteering, Taekwondo* are some of the examples.

**Funding Amount:** \$800 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. The D.H. Chen Foundation Scholarship 2018/19

The D. H. Chen Foundation Scholarship 2018/19 is now open for application. To be eligible, applicants must:

- be permanent residents of Hong Kong;
- be full-time Year 1 undergraduate students in the academic year 2017/18^;
- be studying a UGC-funded undergraduate programme;
- attain a Year GPA of at least 3.5 out of 4.0 or equivalent in Year 1; and
- demonstrate leadership, civic mindedness and commitment to social service.

^ Students enrolled in two-year undergraduate programmes are **NOT** eligible for this Scholarship Programme.

For details of the Scholarship and its application form, please visit <http://admission.cuhk.edu.hk/> (Financing Your Studies > Scholarships > Open for Applications).

**If you would like to learn more about the Scholarship, please join the upcoming Information Session.**

Date : 17<sup>th</sup> Jan 2018 (Wed)

Time : 4:30 p.m. – 5:30 p.m.

Venue : LT8, 2/F, Yasumoto International Academic Park, CUHK

Speakers : Representatives of The D. H. Chen Foundation

The D. H. Chen Foundation Scholars

Language : Cantonese

**All LOCAL Year 1 undergraduate students admitted into CUHK in 2017/18 are welcome.**

#### **Registration Procedures**

1. To reserve a seat for the Information Session, please complete and submit **by 11<sup>th</sup> Jan 2018** an online registration form which is available at the website of the Office of Admissions and Financial Aid at <http://admission.cuhk.edu.hk/> (Financing Your Studies > Events).

2. Confirmation on registration will be sent by email **on or before 12<sup>th</sup> Jan 2018 (Fri)**.

#### **Enquiries**

For enquiries, please contact us by email at [sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk) or by telephone at 3943-7209 / 3943-1737.

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### 2. Sweet Little Joy in Exams 午休一點甜 Final 小確幸



Reward yourself for your hard work for exams!



Enjoy the sweets by Sunshine at CUHK four days in a row.  
中大有晴一連四天，送你四款小甜點！  
來點小確幸，鼓勵努力的自己！

**4/12 (Mon 星期一) 12:00-2:00p.m.**

Ice-cream @ Outside Sir Run Run Shaw Hall 雪糕 @ 邵逸夫堂外

**5/12 (Tue 星期二) 12:00-2:00p.m.**

Candy Floss @ Cultural Square 棉花糖 @ 文化廣場

**6/12 (Wed 星期三) 12:00-2:00p.m.**

Popcorn @ Cultural Square 爆谷 @ 文化廣場

**7/12 (Thu 星期四) 12:00-2:00p.m.**

Malt cookie @ YIA open area 麥芽糖餅 @ 康本國際學術園

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### 3. Student Leader Training Scheme 2018 學生領袖培訓計劃 2018

常聽說「生活要用心經營」。「經營」二字時時刻刻在我們身邊出現——經營愛情、經營友情、經營家庭、經營事業、經營學業。字典是這樣說的：「經營」包含籌劃經營、組織計劃之意。網絡上載林林總總關於經營生活的妙法；良方再多，亦離不開一個字——「人」。大學生活中，無論你上課、「上莊」、「傾 project」、「去 exchange」、做義工或兼職，每天總少不免為大大小小的事情討論、思考、決策及取捨。義大利裔美籍企業家、美國克萊斯勒汽車（Chrysler）的前總裁李·艾柯卡先生（Lee Iacocca）曾說：「動機最重要，你可以做兩個人的工作，但你不能成為兩個人。你必須鼓舞下一個人，並使他鼓舞他的團隊。」艾柯卡先生握要道出領袖的基本素質——啟發、感染和推動他人。

學習不局限於課堂；由學生事務處學生發展及資源組舉辦的「學生領袖培訓計劃」Student Leader Training Scheme (SLTS)，將透過一系列活動，讓大家：

- S - 認識自我 (SELF) : 學習聆聽自我內在聲音，了解自我性格，明白內心的真正需要；
- L - 聯繫溝通 (LIAISON) : 掌握與人溝通的要訣，加強同理心，從而提升處理人際關係的能力；
- T - 建立團隊 (TEAM) : 提高團隊精神及領導才能；
- S - 掌握技能 (SKILLS) : 加強演說、危機處理、財務管理及短片製作技巧。

#### 計劃內容

計劃內的活動語言以廣東話為主，各項活動分屬四大單元：

##### 單元一：認識自我 (SELF)

1. 「MBTI® 性格類型」工作坊 (REF: S-02)
2. 「性格透視®」工作坊 (REF: S-01)
3. 「體驗戲劇 探索生命」工作坊 (REF: S-03)

##### 單元二：聯繫溝通 (LIASON)

1. 「團隊教練」工作坊 (REF: L-01)
2. 出走校園：參觀「毋忘愛」 (REF: L-02)
3. 出走校園：「香港導盲犬服務中心」體驗日 (REF: L-03)
4. 「口述電影」工作坊 (L-04)

##### 單元三：建立團隊 (TEAM)

1. 歷奇領袖訓練營 (REF: T-01)
2. 悟宿基金本科生外展訓練計劃 2017-18 (REF: T-02) 2018 年 5 月 (待定)

##### 單元四：掌握技能 (SKILLS)

1. 「危機處理」工作坊 (REF: SK-01)
2. 「學生團體財政管理」工作坊 (REF: SK-02)
3. 「拍攝宣傳短片」工作坊 (REF: SK-03)
4. 「成功演說」工作坊 (REF: SK-04)

參加者資格：	香港中文大學全日制本科生及研究生 (校內本科生團體或研究生團體的現任或候任幹事優先)
申請活動之數目：	不限
費用：	全免 (悟宿基金本科生外展訓練計劃 2017-18 (REF: T-02) 除外)
獲取鼓勵：	完成 6 項活動或以上之參加者將獲得：

	1. 香港中文大學學生領袖培訓計劃證書 (香港中文大學首張記錄參加者學生團體名稱及職位之證書)； 2. 港幣五十元書券乙張。
注意事項：	1. 學生事務處保留更改活動及計劃細則的權利； 2. 學生事務處將在活動期間拍照及攝錄影片以製作花絮；有關照片及影片之版權均屬學生事務處所有； 3. 報名期間所收集的個人資料，僅作此培訓計劃後勤及聯絡學生團體之用。

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2281295>

首輪截止報名日期：2017年12月18日11:55pm

詳情：[www.cuhk.edu.hk/osa/slts.pdf](http://www.cuhk.edu.hk/osa/slts.pdf)

查詢：羅佩詩女士 (3943-7947/[cecilaw@cuhk.edu.hk](mailto:cecilaw@cuhk.edu.hk)) & 司徒峰先生 (3943-5909 / [szetofung@cuhk.edu.hk](mailto:szetofung@cuhk.edu.hk))

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#### 4. Hong Kong Scholarship for Excellence Scheme 2018/19

To support outstanding local students to pursue undergraduate and postgraduate studies in world renowned universities outside Hong Kong. Up to 100 scholarship offers would be made per cohort. Each awardee will receive a non-means-tested scholarship of up to \$250,000 and a means-tested scholarship of up to \$200,000 per annum. The value of the award may be correspondingly reduced if an awardee also receives other awards to finance his/her same studies overseas.

More details about the scheme and to apply online, please visit [www.edb.gov.hk/hkses](http://www.edb.gov.hk/hkses). For enquiries, please call 3509 7395 or [hkses@edb.gov.hk](mailto:hkses@edb.gov.hk)

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#### 5. HSBC Overseas Scholarship 2018/19 Now Open for Application

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

Details of the Scholarship and its application form can be downloaded from <http://admission.cuhk.edu.hk/> (Financing Your Studies à Scholarships → Open for Applications). The application deadline is **28<sup>th</sup> Dec 2017**.

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

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#### 6. International Symposium on Health Care Communication

The International Symposium on Healthcare Communication, organized by the Australian National University (ANU) Institute for Communication in Health Care (ICH), will be held at Australian National University in Canberra on 12<sup>th</sup> & 13<sup>th</sup> Feb 2018. The Institute will be launched at its new location at ANU, and the Institute's ongoing role as the Asia-Pacific Healthcare Hub of Charter for Compassion International will be honoured.

The Symposium will feature, amongst others, the following speakers:

- Associate Professor E. Angela Chan (Hong Kong Polytechnic University),
- Dr. Suzanne Eggins (Australian National University),
- Dr Sam Heard (Medical Director, Central Australian Aboriginal Congress),
- Dr. Katarzyna Jankowska (Nicolaus Copernicus University, Poland),
- Professor Rodney Jones (University of Reading - UK),
- Professor Emerita Suzanne Kurtz, (Washington State University -US and University of Calgary - Canada)
- Professor May O. Lwin (Nanyang Technological University - Singapore),
- Professor Christian Matthiessen (Chair Professor, Hong Kong Polytechnic University),
- Dr Elizabeth Rider (Harvard Medical School - US),
- Professor Peter Schulz (University of Lugano - Switzerland),
- Dr. Marilyn Turkovich (Exec. Director, Charter for Compassion International)

... plus international leaders in the field of healthcare communication

Registration can be done on [Eventbrite](#) (formal sale of tickets to follow).

[More info on the symposium](#)

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## 7. 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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