

For 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. Jason Cheng at jasoncheng@cuhk.edu.hk or 3943 3989 for technical support.

The Sunny Weekly

18 Sep 2018



Sunny Review 上周回顧

- [1. College Inauguration Assembly 2018/19 and Honorary Fellowship Conferment Ceremony](#)
2018/19 年度書院開學禮 暨 榮譽院士頒授典禮
- [2. SU Orientation Tea Gathering 迎新茶聚](#)
- [3. College Alumni Association's Participation in FAACUHK Annual Dinner](#)
- [4. Busking Night @ clab](#)



College Activities 書院活動

- [1. Sunny Living Week and Sunny Living Challenge!](#)
 - [Sunny Relay Race <Cheers for Your Friends Today!>](#)
 - [Movie Appreciation & Sharing 《點五步》電影欣賞及分享會 <Walk-in Welcome>](#)
 - [Soul Candle \(Chinese Only\) --- 乾花燭燭設計比賽靜觀練習](#)
 - [Healthy Organic Veggie Cooking Competition 有機素菜新「煮」意 <Re-scheduled to 21/9>](#)
 - [Knowing Your Community - Eco-cultural Tour@Ma On Shan <Re-scheduled to 23/9>](#)
 - [Sunny Living Get-Together Lunch & Award Presentation <Re-scheduled to 24/9>](#)
- [2. Yoga Class 2018/19 Term 1 <Enrollment Deadline This Friday!>](#)
- [3. 仁澤服務學習計劃：2018 冬季雲南服務學習之旅 \(Chinese Only\) <New>](#)
- [4. Open House Party with Hostel Wardens <New>](#)
- [5. clab Presents: Creativity Pilgrimage 2018 <Re-scheduled>](#)
- [6. 中國繪畫班 \(Chinese Only\)](#)
- [7. 洽蕙藝文計劃 --- 木刻版畫工作坊及 藝術中與西講座 \(Chinese Only\)](#)

College Announcements 宣佈事項

- [1. The "Sunny" Award & Admission Scholarship for Outstanding Artistic Achievements 2018/19](#)
- [2. Rance Lee Award](#)
- [3. College Hostel Grant 2018/19](#)
- [4. College Student Grant/Loan 2018/19 \(for Non-Freshmen ONLY\)](#)
- [5. Application for Deferment of Fees](#)
- [6. Room Share Scheme 2018/19 2018/19 年度特別宿位計劃](#)
- [7. 宜孫劇社 --- 中大劇賽 2018 招 core team 招劇本 \(Chinese Only\)](#)
- [8. 伍宜孫音樂學會 --- "今日宜樂" 招表演者 \(Chinese Only\)](#)
- [9. Shed Some Sweat and Show Your Strengths --- College Sports Teams Tryout 院隊選拔時間表](#)
- [10. "Meet the Dean" Hours 輔導長時間](#)
- [11. Student Pastoral Care](#)
- [12. WYS's Got Talents - Photography, Poster Design, MC and a lot more!](#)
- [13. Exchange and Travel Grant/Loan 2018/19](#)
- [14. Book Exchange Corner at The Lounge in House of Sunny Living 如日坊一漂書閣](#)
- [15. Venue Booking of Terrace of Dreams for Barbecue Activities 借用圓夢臺 \(燒烤活動用途\)](#)
- [16. Displaying Promotion Poster and Video in College](#)

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

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

[1. Mingle Fund](#)

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

[3. Be Entrepreneurial! Funding Scheme](#) 創出我天地! 資助計劃

[4. Global Learning Award Scheme \(Winter Round\)](#) 寰宇學習獎勵計劃 (冬季)

[5. Service-learning Project Funding Scheme](#) 服務學習項目資助計劃

[6. Self-Motivation Fund for Sports Activities](#) 「自選遊」體育活動資助計劃

<Updated>

[1. Government Tertiary Student Finance Scheme / Non-means-tested Loan Scheme](#) 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 <Application Deadline this Friday!>

[2. University Bursaries and Loans](#) 大學助學金及免息貸款

[3. Student Residence Bursary Scheme](#) 學生宿舍助學金計劃

[4. Beware of Dengue Fever](#) 提防登革熱

[5. I CARE Centre for Whole-person Development - "Fitness x Mentorship" Scheme](#)

[6. The Rhodes Scholarship 2019 for Hong Kong](#)

[7. <賽馬會心導遊計劃>一站式網上自助心理支援平台](#)

Sunny Review

1. College Inauguration Assembly 2018/19 and Honorary Fellowship Conferment Ceremony 2018/19 年度書院開學禮 暨 榮譽院士頒授典禮



The College Inauguration Assembly 2018/19 and Honorary Fellowship Conferment Ceremony was held last Friday. Led by College Master Professor Anthony T.C. Chan (陳德章教授) and the College choir, all students and staff sang the College Anthem to kick-start the new academic year. Professor Chan then shared with students the spirit of Sunny Living and encouraged them to participate in the Sunny Living Week, a new initiative of the College this year.



In honour of his tremendous contributions to the development of Wu Yee Sun College, Founding College Master Professor Rance P.L. Lee (創院院長李沛良教授) was conferred College Honorary Fellowship in the sea of applause from College guests and all the Sunnies. Being the first ever to be awarded this prestigious title, Professor Lee humbly thanked College members, CUHK alumni and College friends who have offered their helping hands in the development of the College, making all the College's achievements possible.



Mr. Hanniel H.N. Chow (Psychology/ 4) then shared his struggles and inspiration during his year of exchange in the University of California, Los Angeles, and urged students to stay wild in life.

All attendees then posed for the group photo at the end of the Assembly, and headed towards the year of new excitements.





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

2. SU Orientation Tea Gathering 迎新茶聚



The College Student Union, PRESUN, hosted the Orientation Tea Gathering on 12th Sep at the College Gallery. Various College student organizations set up booths to introduce their organizations and recruit new members. College Dean of Students Professor Man-hong Lai (黎萬紅教授) visited the participating students at their booths to show her support for their efforts.

c!ab (創意實驗室), Drama Society (宜孫劇社), Sports Association (體育學會), Music Society (音樂學會), Student Union Executive Committee (Presun 和宜), Representative Council (代表會), Judiciary Committee (司法事務會), Student Publication Committee - Sunzine (Sunority 宣言), College Anniversary Organizing Committee, Sunny Yeah Organizing Committee, Dessert Society (Sunreo Sun 甜宜洽), Resident Association (Resonance 星宜殿), Rotaract Club (Sunrizon 扶宜直上), Astronomy Club (Solaris) and Non-Resident Association (Wuverine 飛宜走壁) were all there to introduce their organizations to students.

Students may check out more details of student bodies at <http://www.wys.cuhk.edu.hk/student-organizations.php> or even initiate a new one!



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

3. College Alumni Association's Participation in FAACUHK Annual Dinner



Wu Yee Sun College Alumni Association (WYSAA) participated in the Annual Dinner organized by The Federation of Alumni Associations of The Chinese University of Hong Kong (FAACUHK 香港中文大學校友會聯會) on Saturday, 15th Sep held at the College Student Canteen. Invited by the President of FAACUHK and College Affiliated Fellow Mr. John K.H. Lee (李劍雄先生), Founding Master, College Overseer and Honorary Fellow Professor Rance P.L. Lee (李沛良教授), College Affiliated Fellow Mr. Peter T.W. Yam (任達榮先生), College Fellow and Warden Professor K.P. Pun (潘江鵬教授) and College Secretary and Warden Ms. Sandy P.S. Lee (李珮珊女士) attended the dinner. It was a great night to reminisce and catch up with our alumni and College members!

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

4. Busking Night @ c!ab



Over 50 students joined the Busking Night co-organized by Creativity Laboratory (c!ab) and Music Society on 12th Sep. A variety of instruments were applied to stage a few dozen pieces of amusing and enjoyable music

performed by student teams. The audience immersed themselves in the joyful atmosphere, while many others enjoyed the music performance through the live broadcast on [clab facebook page](#). The whole event lasted for over three hours and all participants enjoyed a fabulous night. We look forward to seeing you all in [other upcoming clab events!](#)



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

College Activities

1. Sunny Living Week and Sunny Living Challenge!

SUNNY LIVING WEEK

Welcome to The Sunny College!

Let's start the new academic year with a Sunny Living style by participating in the **SUNNY LIVING WEEK!** (full details [here](#))

17-22/9 (Mon - Sat) <New>

EatSmart Dish 50% off 有營菜式半價優惠 @ Student Canteen

18/9 (Tue)

Sunny Relay Race

19/8 (Wed) - TOMORROW!

Movie Appreciation & Sharing 《點五步》電影欣賞及分享會

20/9 (Thu)

Soul Candle

- Dried Flower Candle Design Competition 乾花蠟燭設計比賽

- Mindfulness Practice 靜觀練習

21/9 (Fri) <Rescheduled from 18/9>

Healthy Organic Veggie Cooking Competition 有機素菜新「煮」意

Organic Farm 有機農墟

Distribution of Sugarcane Water 滋潤竹蔗水派發

Student Organizations' booths 學生團體攤位

23/9 (Sun) <Rescheduled from 16/9>

Knowing Your Community - Eco-cultural Tour@Ma On Shan
馬鞍山文化生態之旅

SUNNY LIVING CHALLENGE

Get a \$1,000/\$100 sports shop coupon by completing the **SUNNY LIVING CHALLENGE** on Instagram! (details [here](#))

28/9 (Fri) <Rescheduled from 21/9>
 Sunny Living Get-Together Lunch & Award Presentation

SUNNY LIVING CHALLENGE

1 Follow us

2 Like and share "themes of the day" of Sunny Living Week from 16-20 Sep

3 Comment on every post with Sunny Living tips responding to the themes

4 Add #sunnylivingweek in your comments


5 Get ❤️ from your friends

Participate in 3 recognized Activities/ Competitions + **SUNNY LIVING CHALLENGE** → **\$100 Sports Shop Coupon** (Quota: 30)

Participate in ALL 3 Competitions + Win at least 1 competition + **SUNNY LIVING CHALLENGE** → **Gold \$1000 (3 places)** / **Silver \$500 (6 places)**

| Date & Time /Location | Events | Registration / Enquiries |
|--|--|---|
| 18/9 (Tue) 5pm-6:30 pm College Central Courtyard 書院中央庭園 | <p>Sunny Relay Race</p> <p>Competition Format: 3 students will form as one group for the 3 tasks in the race. Students are welcome to form the group before submitting application. Individual applicants will be randomly grouped by College.</p> <p><u>Part 1: Rowing</u> Student A will row on ergometer at Courtyard (LG/F) for 1 km</p> <p><u>Part 2: Vertical Run</u> After Student A completes Part 1, Student B will run from LG/F to Terrace of Dreams (UG/F) then back to LG/F</p> <p><u>Part 3: Smoothie Ride</u> After Student B completes Part 2, Student C will ride on Smoothie Bicycles for 3 cups of smoothies.</p> | Event Details HERE Miss Kathy Fong T: 3943-3942 |

| | | |
|---|--|--|
| | <p>P.E. Marks: 4 marks</p> <p>Ride for super-chilling smoothie! Student audience can try the smoothie-ride bicycles after the competition! Nutritionist from Green Monday will give you tips on how to achieve balanced diet with green eating!</p> | |
| <p>19/9 (Wed)</p> <p>7pm-9pm</p> <p>UG/F College Theatre 演藝廳</p> | <p>Movie Appreciation & Sharing 《點五步》電影欣賞及分享會</p>  <p>《點五步》(電影預告) 是一齣勵志熱血運動電影，改編自本港首支華人少年棒球隊「沙燕隊」的真實故事。廖啟智演的校長堅持要成立一隊少年棒球隊——「沙燕隊」，激發起一班 band 5 學生，對他們進行地獄式訓練，磨練他們的意志。最後，「沙燕隊」於翌年擊敗日本隊伍，奪得香港少棒聯盟公開賽冠軍。現時沙田橫跨城門河的沙燕橋，即為紀念此事而命名。</p> <p>分享會主持： 書院成員譚佳教授 (文化及宗教研究系)</p> | <p>Event Details HERE</p> <p>Registration Link HERE</p> <p>Miss Carly Lau T: 3943-3988</p> |
| <p>20/9 (Thu)</p> <p>5:30pm-7:30pm (Part 1)</p> <p>7:30pm-8:30pm (Part 2)</p> <p>c!ab 創意實驗室</p> | <p>Soul Candle (Chinese Only) - Dried Flower Candle Design Competition 乾花燭燭設計比賽 - Mindfulness Practice 靜觀練習</p> <p>Part 1：遊戲 (認識園藝治療及花語) 及 乾花燭燭整作及比賽 Part 2：靜觀體驗 (由專業教育心理學家指導學習靜觀呼吸和靜觀進食)</p> <p>語言：廣東話 (可有少量國語輔助)</p> | <p>Event Details HERE</p> <p>Miss Zalon Wong T: 3943-9773</p> |
| <p>21/9 (Fri) (Rescheduled from 17/9)</p> <p>10:30am- 2:30pm</p> | <p>(Registration <u>NOT</u> required)</p> <p>10:30am-2:30pm: Organic Farm 有機農墟</p> <p>11:00am: Distribution of Sugarcane Water (竹蔗水)</p> <p>11:45am-2:15pm:</p> | <p>Healthy Organic Veggie Cooking Competition 有機素菜新「煮」意</p> <p>Event Details HERE</p> |

| | | |
|---|---|--|
| <p>College Student Canteen & Gallery 書院學生飯堂及藝廊</p> | <p>Student Organizations' Booths (Green Team / Sports Association / c!ab / Rotaract Club / V'air)</p> <p>***** (Registration required)</p> <p>11:45-2:15pm: Healthy Organic Veggie Cooking Competition 有機素菜新「煮」意</p>  <p>Instructor: Qualified Nutritionist Ms April Wong</p> <p>Competition Format : 2-3 participants in a group. Students are welcome to form the group before submitting application. Individual applicants will be randomly grouped by the College.</p> <p>An organic healthy snack will be given to each participant; \$300 YATA department store coupons awarded to the winning group!</p> | <p>Registration Link HERE</p> <p>Registration Deadline extended to 19th Sep 2018 (TOMORROW)</p> <p><Just a few places left!></p> <p>Deposit: \$50 per person (refundable upon activity completion)</p> <p>Miss Carly Lau T: 3943-3988</p> |
| <p>23/9 (Sun) (Rescheduled from 16/9)</p> <p>9am-2pm</p> <p>Ma On Shan</p> | <p>Knowing Your Community - Eco-cultural Tour@Ma On Shan 馬鞍山文化生態之旅</p> <p>Language: Cantonese and English</p> <p>Leader: Prof. Kwai Cheong CHAU (Chairperson, Campus Environment Committee)</p> <p>P.E. Marks: 4 marks</p> | <p>Event Details HERE</p> <p>*Enrolled students please pay attention to separate email*</p> <p>Mr. Andy Cheung T: 3943-9768</p> |
| <p>28/09 (Fri) (Rescheduled from 21/9)</p> <p>1:15-2:30pm</p> <p>College Dining Hall</p> | <p>Sunny Living Get-Together Lunch & Award Presentation Sunny Living 午聚 暨 終極大獎頒獎禮</p> <p>ALL participants of Sunny Living Week are welcome to join and share your actions and thoughts!</p> | <p>Registration available in online registration forms of the activities above</p> <p>Miss Carly Lau T: 3943-3988</p> |

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

2. Yoga Class 2018/19 Term 1



The aims for yoga practice are more than advanced poses.

Achieving a balanced state of mind and body is what you can look for in our yoga class

Date: 4, 11, 18, 25 Oct; 1, 8, 15, 22 Nov (Every Thu)

Time: Class A 19:30-20:30 // Class B 20:30-21:30

Venue: 4-11 Oct @ Gym // 18 Oct - 22 Nov@W112-114

Instructor: Ms. Carol Tai

Fee: College students \$300 (\$200 will be refunded upon completing at least 7 lessons) // College member \$200

Application: <https://goo.gl/3DyDG2>

Please fill in this webform AND submit deposit to Dean of Students' Office on or before 17:00, 21 Sep. (first-come-first-served)

Quota: 14 (per class)

PE Marks: 4

Enquiries:

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

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

3. 仁澤服務學習計劃：2018 冬季雲南服務學習之旅 (Chinese Only)

書院將於 12 月舉辦「仁澤服務學習計劃：雲南服務學習之旅 (2018 冬季)」，服務地點為雲南文山丘北縣的秧補村和大矣勒村 (壯族村落)，當地村民以壯族為主。參與學生將被分為幾組，每組負責構思和籌備不同服務內容予當地村民，包括兒童、長者、婦女，也可以考慮協助記錄和傳承壯族文化。全部服務內容均由所有參加者一起執行，以學習如何設計和落實服務內容，同時於服務過程中獲得啟發和反思。雲南大學也會安排幾位學生和大家一起參與這項活動，互相交流，建立友誼。

日期：2018年12月27日至2019年1月5日（10日）
地點：雲南文山丘北縣（秧補村，大矣勒村）
內容：服務當地村民（兒童、婦女、長者），協助記錄和傳承壯族文化
接待院校：雲南大學

申請資格：伍宜孫書院全日制本科生（本地生優先）
名額：不多於20人
面試：10月8日的14:00-18:00（請於報名表填寫你**未能出席**的面試時間）
費用：港幣1,000元正
按金：港幣500元正*

預備會議：
10月26日 18:45-21:15
11月06日 18:45-21:15
11月21日 18:45-21:15
12月20日 18:45-21:30

檢討會議：
1月09日 18:45-21:15
*參加者需出席最少80%預備及檢討會議，並完成其他指定工作，方可取回按金

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5849721>
截止報名日期：9月26日

備註：
費用已包括機票，以及當地住宿、膳食和交通；
參加者須隨團出發及回港；
如同學於確認參加後退出，所繳費用及按金將不獲退還。

參加者仍要於最後修學年完成通識科「專題研習」(Final Year Project)，但可以選擇在鄧惠雄老師的指導下，遞交個人專題研習報告

查詢：
陳嘉淇小姐 (kiki.chan@cuhk.edu.hk / 3943-3934)
余秋萍小姐 (katieyu@cuhk.edu.hk / 3943-3935)

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

4. Open House Party with Hostel Wardens



Have you noticed the Hostel Service Team poster put up on the glass door of every hostel floor? You may have met your Resident Tutors already, but have you met your Wardens yet? Here is a good chance --- join the Open House Party and have a chat with them! Also take a look at the spectacular view of the Tolo Harbour from the Warden's Flat! Residents of both East and West Blocks are welcome.

Date: 24th Sep (Mon)

Time: 4 - 5pm

Venue: 9/F West Block Warden's Flat

Activities: Sharing mooncakes and snacks, getting to know the Wardens and making new friends!

Enrollment:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5864158> (Limited seats --- first come, first served!)

Enquiries:

Ms. Polly Po (polly@cuhk.edu.hk / 3943-1741)

Miss Zalon Wong (zalonwong@cuhk.edu.hk / 3943-9773)

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

5. clab Presents: Creativity Pilgrimage 2018



clab (Creativity Laboratory) is going to present to you a raft of creative workshops in this semester! ALL FREE TO JOIN! Mark down the dates below and explore a creative journey with us!

【Re-schedule of Activities 活動延期】

Subsequent to class suspension on 17 Sep, the workshops “Wood Drawing Key Rings DIY 木烙鎖匙扣 DIY” & “Venation Bookmark DIY 葉脈書籤工作坊” will be rescheduled to **21 Sep (11:45 – 14:15)** and **11 Oct (19:30 – 21:00)** respectively. Other events will remain unchanged. Come and join us! Live up the spirit of creativity!

*所有活動均為免費參與，有興趣上莊者必須出席至少兩次招莊工作坊

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

6. 中國繪畫班 (Chinese Only)

宗旨：本課程為中國繪畫基礎班，教授寫意花鳥、山水畫，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：2018 年 10 月 8 日、15、22、29 日及 11 月 5 日、19 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\$400 (出席四堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5768479>

截止日期：10 月 3 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：

劉欣誼小姐 (carlylau@cuhk.edu.hk/ 3943-3988)

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

7. 洽蕙藝文計劃 --- 木刻版畫工作坊及 藝術中與西講座 (Chinese Only)

厚蒙洽蕙堂慷慨支持，伍宜孫書院、崇基學院及聯合書院及將於十月舉辦「木刻版畫工作坊」及「藝術中與西」講座，詳情如下：

木刻版畫工作坊

課程將介紹木刻版畫的製作方法，由如何善用工具，認識紙張，到學習畫、刻、印的過程。課程亦會講及版畫的簡史，例如中國版畫對外國的影響等。

日期：2018年10月4, 11及18日（逢星期四，共3課）
時間：晚上7時至9時30分
地點：崇基學院行政樓地下一層校友室
導師：著名旅美藝術家 兼 三院藝術顧問 利漢楨教授

對象：伍宜孫、崇基、聯合三院同學（名額有限，先到先得）
費用：按金 HK\$100（全數出席者將獲退還）
材料費 HK\$60（一經繳交將不獲退還）
報名：<https://bit.ly/2MBtOnS>

「藝術中與西」講座

<八十後重溫藝壇前輩及瞻前新秀>

著名旅美藝術家 兼 三院藝術顧問 利漢楨教授 主講
及

<回望香港現代藝術的興起>

香港藝術館館長 (香港藝術) 鄧民亮博士 主講

日期：2018年10月16日 (星期二)
時間：7:00 pm – 9:30 pm
地點：崇基學院牟路思怡圖書館謝昭杰室

對象：中大同學、校友、教職員與教職員家屬
費用：全免
報名：<https://bit.ly/2MCxfe8>

查詢：

石曉風女士 (candyshek@cuhk.edu.hk / 3943-1615)

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

College Announcements

1. The “Sunny” Award & Admission Scholarship for Outstanding Artistic Achievements 2018/19

--- The “Sunny” Award - HK\$15,000

Recognize College freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5356009>

--- Admission Scholarship for Outstanding Artistic Achievements - HK\$8,000

Acknowledge College freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5353878>

**Eligible for freshmen who placed Wu Yee Sun College as their 1st College Preference.

Check here (<http://www.wys.cuhk.edu.hk/scholarships.php>) for more details and complete the online application form on or before **Sunday, 7th Oct.**

Enquiries:

Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943-3936)

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

2. Rance Lee Award

Rance Lee Award (New)

Creativity and Sunny Living are two of the College's core values. If you are health-conscious and a green living supporter, grab this chance to promote your creative idea!

Rance Lee Award is newly established to encourage the integration of creativity and Sunny living in the following 3 areas:

- Rance Lee Award for creativity in promoting **health and well-being**
- Rance Lee award for creativity in promoting **lifetime sports**
- Rance Lee award for creativity in promoting **green life**

The objective of the award is

- To enhance the overall well-being of WYS students through development of their body, mind and spirit of our students
- To encourage WYS students to think and act creatively in the above mentioned 3 areas - health, sports and green life
- To generate innovative ideas to benefit oneself, the environment and the society

Submit your application with one-page executive summary **on or before 15th Oct 2018**. Express your ideas in a proposal with your ingenious creativity, and make a better life! Programme Structure is as below:

Eligibility: All WYS students can apply individually or in group (A group MUST comprise of at least 50% WYS students and the other 50% may be students from other colleges.)

Check out the website and click "Rance Lee Award" for further details: <https://www.wys.cuhk.edu.hk/funding-scheme.php>.

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

3. College Hostel Grant 2018/19

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2018/19 will be maximum \$4,016 per year.

Application is now open **until Friday, 12th Oct**. Students with Term 1 or whole year residence are eligible to apply.

Please download the application form from the following link and submit the completed form with supporting documents to the College Office (G03, G/F, East Block) before the application deadline.

https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1531291409HostelGrantApplicationForm201819.pdf

Enquiries:

Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943-3936)

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

4. College Student Grant/Loan 2018/19 (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2018/19. There will be two rounds of applications: the September round is open to non-freshmen ONLY while the January round will be open to freshmen ONLY. Students who have financial difficulties are reminded to first apply for Government financial aid (Tertiary Student Financial Scheme).

Application is now open for non-freshmen **until Friday, 12th Oct**. Please download the application form from the following link and submit the completed form with supporting documents to the College Office (G03, G/F, East Block) before the deadline.

https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1531292129StudentGrantandLoan201819.pdf

Enquiries:

Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943-3936)

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

5. Application for Deferment of Fees

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 24th Sep 2018 (Monday)**. Late applications and incomplete forms will not be processed.

Application form can be downloaded from https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1535506027TuitionFeeDeferment2018191.pdf

Enquiries:

Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943-3936)

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

6. Room Share Scheme 2018/19 2018/19 年度特別宿位計劃

Room Share Scheme (特別宿位計劃) for 2018/19 is now open for application.

Details of the scheme: https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1536553533WYS_Hostel_RoomShareScheme_201819_Guidelines.pdf

Online application from **10th to 25th Sep**:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5850773>).

Please be reminded that:

1. Application will be considered only if ALL 3 applicants (including 2 host residents and 1 special resident) submit the application.
2. The residence period of all 3 applicants in the group must be the same.
3. Students who have submitted hostel appeal can also apply for Room Share Scheme. His/her application for Room Share Scheme will be cancelled if he/she is allotted a hostel place via hostel appeal.
4. Each student can only submit Room Share Scheme application for 1 group. Otherwise, all of his/her Room Share Scheme applications will be considered invalid. (Example: Each regular resident cannot submit application for more than 1 proposed special resident. Each proposed special resident cannot submit more than 1 application.)

Enquiries:

Ms. Polly Po (polly@cuhk.edu.hk / 3943-1741)

Miss Zalon Wong (zalonwong@cuhk.edu.hk / 3943-9773)

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

7. 宜孫劇社 --- 中大劇賽 2018 招 core team 招劇本 (Chinese Only)

The following message (Chinese only) is drafted by "Wu Yee Sun Drama Society" :

中大劇賽 2018 又黎啦！呢個係每年中大主辦，各間書院同劇社參與既比賽。今年我地希望宜孫劇社可以繼續組成隊伍參賽。但我地仍然需要導演，監製，舞台監督等人組成 core team。我地比賽既日子係 1/11，總綵排既日子係 31/10。如果你有興趣，又對舞台劇有少少認識，可以填以下既 google form，或者聯絡 Nelson (65934266)。

<https://goo.gl/forms/NorY0MCc1WRIRRYt1>

另外，我地亦招收原創劇本，長約 40 分鐘，不限題材，以粵語為主，至少完成 70%。有故事的你，歡迎電郵到 wyscdramsoc@gmail.com。

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

8. 伍宜孫音樂學會 --- “今日宜樂” 招表演者 (Chinese Only)

The following message (Chinese only) is drafted by "Wu Yee Sun Music Society" :

伍宜孫音樂學會又有新搞作啦 !!!

想係一大班人面前大顯身手? 😎

想食住飯聽高質音樂? 🍷

咁就啱啦! 嚟 join 我哋伍宜孫 regular performance 啦!

我哋嚟緊 10 月 5 號、10 月 19 號、11 月 9 號就會喺伍宜孫 canteen 搞三場表演, 唔使錢, 唔使識玩音樂, 只要你想就可以隨時 join! ❤️🎵🎶

鍾意音樂嘅你, 仲諗咩呀? 快啲報名做 performer 啦!

報名 link : <https://goo.gl/forms/JEBmecyh7najQwjo2>

仲有未 like 我地個 Facebook page 就快啲 like 啦 🍷 <https://www.facebook.com/wysmusicoc/>

到時見！

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

9. Shed Some Sweat and Show Your Strengths --- College Sports Teams Tryout 院隊選拔時間表

No matter if you are a professional sports player or you are simply keen on doing sports, do not miss the College Team tryouts! The College is now recruiting athletes for the basketball, soccer, rowing, volleyball, athletic and swimming teams. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

Wu Yee Sun College Sports Teams Tryouts (1st term, 2018-2019)
2018-2019 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 | 14 Sep (Fri) | 6:00 - 8:00 p.m. | Yeung Ming Biu Indoor Sports Centre | Mr. T. F. Cheung 3943-3986 |
| Women's Basketball | 14 Sep (Fri) | 6:00 - 8:00 p.m. | Yeung Ming Biu Indoor Sports Centre | Mr. T. F. Cheung 3943-3986 |
| Men's Soccer | 11 Sep (Tue) | 6:00 - 8:00 p.m. | Soccer Pitch, Lingnan Stadium | Mr. Nelson LAM 3943-3987 |
| Men's Volleyball | 12 Sep (Wed) | 6:00 - 8:00 p.m. | New Asia College Charles Leung Gym. | Mr. Nelson LAM 3943-3987 |
| Women's Volleyball | 12 Sep (Wed) | 6:00 - 8:00 p.m. | New Asia College Charles Leung Gym. | Mr. Nelson LAM 3943-3987 |
| Men's & Women's Swimming | 10 Sep (Mon) | 6:00 - 8:00 p.m. | Swimming Pool | Mr. Nelson LAM 3943-3987 |
| | 12 Sep (Wed) | 6:00 - 8:00 p.m. | | |
| Men's Rowing <Re-scheduled> | 8 Oct (Mon) | 6:30 - 9:00 p.m. | Grand Stand, HCF | Mr. T. F. Cheung 3943-3986 |
| | 10 Oct (Wed) | 6:30 - 9:00 p.m. | | |
| Women's Rowing <Re-scheduled> | 16 Oct (Tue) | 6:30 - 9:00 p.m. | Grand Stand, HCF | Mr. T. F. Cheung 3943-3986 |
| | 18 Oct (Thu) | 6:30 - 9:00 p.m. | | |
| Men's & Women's Athletic | Please contact Mr. T. F. Cheung to arrange tryouts according to Track & Field Events before 17/10 | | | Mr. T. F. Cheung 3943-3986 |

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

10. "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 the Department of Educational Administration and Policy

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

Every Sunnie is welcome!

Academic Year 2018/19

Date: Every Wednesday

Time: 4:30 – 5:30 pm

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

Enquiries:

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

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

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

11. 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 Wellness and Counselling Centre** at **3943 7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400 2055** is available 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.

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

12. WYS's Got Talents - Photography, Poster Design, MC and a lot more!

Are you interested in or excellent at **photography, video-production, art & design, simultaneous interpretation** or being the **Master of Ceremonies**? We are now also recruiting talents of **Audio & Video Control (影音控制)**, and any other talents you've got!

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 Kiki Chan (kiki.chan@cuhk.edu.hk / 3943-3934)

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

13. Exchange and Travel Grant/Loan 2018/19

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 2018 – Jan 2019, application is now open until to 14th Dec 2018.**

For programmes /activities held in Feb – May 2019, application will be open from 15th Dec to 14th Apr 2019.

Check out the following link for more information including eligibility:

www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1524620166ExchangeandTravelGrantandLoan2017183rd.pdf

Enquiries:

Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk)

Miss Yolinda Wong (yolindawong@cuhk.edu.hk)

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

14. Book Exchange Corner at The Lounge in House of Sunny Living 如日坊 – 漂書閣

A Book Exchange Corner has been set up at The Lounge in House of Sunny Living. Students and staff are welcome to donate good books for exchange. You can come to The Lounge to pick a book which is of interest to you and at the same time, please leave down a good book for exchange.

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

15. Venue Booking of Terrace of Dreams for Barbecue Activities 借用圓夢臺 (燒烤活動用途)

If students would like to reserve Terrace of Dreams for Barbecue activities, you may follow the procedures below to submit application.

Step 1: Reserve Terrace of Dreams at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4082730> at least THREE working days prior to the event date.

Step 2: Receive booking results via email from College

Step 3: Go through the rules & regulations, then submit application to Student Union for reserving BBQ Stove <https://drive.google.com/drive/folders/0B2BjiMcr2icqWkE4V3dmMWJXVvKE>

Please be reminded BBQ can only take place in designated time and location:

Booking Period: Mon – Thu, 4:30 pm - 11:00 pm

Designated Location for BBQ: Terrace of Dreams

*Booking of Terrace of Dreams via this online application can only be made for BBQ activities. For other activities organized by student bodies, student bodies concerned should submit booking request via online booking system (<http://www6.cuhk.edu.hk/WYS/frs/WYSLogin.aspx>).

Enquiries:

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

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

16. Displaying Promotion Poster and Video in College

To enhance the promotion channels and encourage student creativity, College student bodies may submit online application to display poster and video in College for their activities.

Display Locations*:

1. Video wall at College Gallery (G/F)
2. TV at Lift Lobby, East Block (G/F)
3. TV at Lift Lobby, West Block (G/F)
4. TV at Student Canteen (LG/F)

*College student bodies cannot select display locations.

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

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4616428>

Enquiries:

Mr. Jason Cheng (jasoncheng@cuhk.edu.hk / 3943-3989)

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

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

College Funding & Awards Schemes

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: www.wys.cuhk.edu.hk/exchange.php?cat=others .

Enquiries:

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

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

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

If you have participated in College sports activities before (check out at <https://goo.gl/kzLvWn>), you may redeem the water bottle and towels. Redemption details are as follows:

Period: 3rd - 28th Sep 2018

Time: Mon-Thu 8:45 am – 5:30 pm and Fri 8:45 am - 5:45 pm

Location: Dean of Students' Office (UG09)

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

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

Π All WYS undergraduate students

Π Individual and Group projects (*the group must comprise of at least 50% WYS students, other 50% may be students from other Colleges*)

Π 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/ 3943-9767)

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

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 |
|-------------------|------------------------|--|---|
| 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 (<i>whichever is lower</i>) |
| Long-term | One to six months | Self-initiated programmes | |

| | | | |
|--|--|--|--|
| | | *Participating in organized programmes | HK\$15,000 or 100% of particular items (whichever is lower) |
|--|--|--|--|

**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. 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 st Nov – 30 th Apr | 1 st May – 31 st October |
| Summer | 1 st May – 31 st Oct | 1 st November – 30 th April |

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

Know more about the details and [apply!](#)

Enquiries:

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

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

5. Service-learning project Funding Scheme 服務學習項目資助計劃

If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College's Service-learning Project Funding Scheme supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project.

Learn to serve and serve to learn! Please visit the website for more info.

Enquiries:

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

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

6. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃



Self-Motivation Fund for Sports Activities **<UPDATED>** encourages students to participate in various kinds of *sports activities and qualification courses for sports coach*, in order to live up the spirit "Sports for Everyone".

More Diversified and Greater Support!

Eligibility

Application Fee of Sports Events --> **BOTH application fee and course fee of sports activities and workshops**

Funding Amount

Sports Activities: Max. \$500 --> **\$1,000**

Qualification Courses for Sports Coach: Max. \$800 --> **\$2,000**

More details: <https://www.wys.cuhk.edu.hk/page.php?name=sports-health-education>

Enquiries:

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

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

Other Activities & Announcements

1. Government Tertiary Student Finance Scheme / Non-means-tested Loan Scheme 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 Government Tertiary Student Finance Scheme (TSFS) or Non-means-tested Loan Scheme (NLSFT). Applications 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" at <http://ess.wfsfaa.gov.hk> **on or before 21st Sep 2018 <This Friday!>**.

Application details: <http://admission.cuhk.edu.hk/aid/application.html>

Enquiries: Government Student Finance Office (2152 9000) / Office of Admissions and Financial Aid (3943 5271 / 3943 1898)

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

2. University Bursaries and Loans 大學助學金及免息貸款

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 3rd to 28th Sep 2018**.

Application details: <http://admission.cuhk.edu.hk/aid/application.html>

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

3. Student Residence Bursary Scheme 學生宿舍助學金計劃

Eligibility

To be eligible to apply for the CUHK Student Residence Bursary 2018/19, 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 2017 to 31st March 2018) 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 \$1,360 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 \$1,360 per term.
2. For eligible needy students who receive less than \$1,360 per term under CCF hostel subsidy, the value of each bursary will be the difference between \$1,360 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 3rd Sep to 31st Oct 2018**.
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.

Application details: <http://admission.cuhk.edu.hk/aid/application.html>

Enquiries: Office of Admissions and Financial Aid (3943 1898 / 3943 7205)

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

4. Beware of Dengue Fever 提防登革熱



An alarming number of cases of Dengue Fever have been confirmed in Hong Kong in this summer. Dengue fever is an acute mosquito-borne infection caused by the dengue viruses. Clinical features include high fever, severe headache, pain behind the eyes, muscle and joint pain, nausea, vomiting, swollen lymph nodes and rash. The University and College have taken measures to control mosquitoes on campus. Students can find mosquito repellents at the College main entrance and UG/F exit at East block for public use.

For more information, please visit <https://www.chp.gov.hk/en/healthtopics/content/24/19.html>.

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

5. I CARE Centre for Whole-person Development – “Fitness x Mentorship” Scheme

“Fitness x Mentorship” Scheme 2018-19

The “Fitness x Mentorship” Scheme associates “exercising” with “volunteering” to foster a serving heart of students and strengthen their understanding of the community. Participants of the scheme will be trained with basic skills of a sports item and given chances to partner various members of the community in pursuing sports. This will allow students to develop regular exercise habits and build up a healthy lifestyle. Above all, mutual understanding between students and the circle of their counterparts will be facilitated.

I CARE Hong Kong Cultural Tour Project

The I CARE Hong Kong Cultural Tours Project of this academic year is now recruiting docents who will receive a series of professional training to enhance their tour guiding capability and gain first-hand experience of exploring the hidden side of Hong Kong. Accepted students will then design and lead cultural tours serving secondary school students.

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

6. The Rhodes Scholarship 2019 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 are looking for young leaders of outstanding intellect and character who are motivated to engage with global challenges, committed to the service of others and show promise of becoming value-driven, principled 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 the 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.

Eligibility

a) Candidates must

- i. be permanent residents of Hong Kong who have received no less than 5 of the last 10 years of education in Hong Kong, OR*
- ii. be citizens of China who are studying at (or have obtained Honours degree from) a university in Hong Kong, OR*
- iii. have lived in Hong Kong for no less than 7 years and have received no less than 5 of the last 10 years of education in Hong Kong and can demonstrate a strong personal connection with Hong Kong.*

b) Candidates must have reached their 19th and not have passed their 25th birthday on 1 October 2019 (i.e. born after 30 September 1994 and on or before 1 October 2000).

c) Candidates must have completed (or will have completed by June / July 2019) an Honours degree or equivalent qualification from a university (normally a Bachelor's degree) to a sufficiently high standard to be admitted to postgraduate study at the University of Oxford.

d) Candidates must have a sufficiently high standard of English to meet the English language proficiency requirements (at the Higher Level listed) of the University of Oxford.

Application Procedures

All eligibility and selection criteria are available at the country page specific to Hong Kong at Rhodes Trust website (www.rhodeshouse.ox.ac.uk/). To learn more about this scholarship, please access the Hong Kong page via the Scholarship tab at the top of the Rhodes Trust website. Candidates must submit applications online together with all supporting documents **by 11:59 pm, 30th Sep 2018 (Hong Kong time)**.

All candidates should read carefully the general information on the Rhodes website, the Detailed Conditions of Tenure of the Rhodes Scholarship, the Information for Candidates and the graduate admissions pages of the University of Oxford (www.ox.ac.uk/admissions/graduate).

Enquiries

Ms. Sandra Fan (rhodes@oxforduchina.org)

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

7. <賽馬會心導遊計劃>一站式網上自助心理支援平台

- 每日的工作都很繁忙，究竟如何可以隨時隨地去照顧自己的心理健康呢？
- 在香港有七分之一的成年人曾經有精神困擾的經歷，但只有 25%的人會尋求協助，究竟原因是什麼呢？
- 你試過情緒受困擾卻不知道如何照顧自己嗎？
- 你試過見到身邊的人精神狀態不太好，卻不知道怎樣去支持他們嗎？

我們明白不同人會在不同時候，會有不同的精神健康狀況，亦會有不同的需要。《賽馬會心導遊計劃》旨在根據每個人的個別需要，並配合現今科技向大眾推廣精神健康，從而達到以下目的：

- 提高社會對精神健康意識及去除對精神病的誤解
- 提昇心理健康及促進個人成長
- 預防抑鬱或焦慮症狀
- 及早處理情緒困擾

立即登入 www.jctourheart.org 登記成為會員，進行簡單的心理健康評估。平台會根據評每個人的個別需要而建議合適的課程或服務。只要每日抽少少時間參與平台上的課程，就可以隨時隨地提升自己的心理健康！

註：手機版仍在測試改善中。使用電腦版的 Google Chrome、Apple Safari 或 Microsoft Edge 瀏覽網上平台，會獲最佳效果。

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

To unsubscribe, please email us at info.wys@cuhk.edu.hk.