

The Sunny Weekly 19 Nov 2018



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Sunny Review

- [1. The College Celebrated the 3rd Graduation Ceremony!](#)



The College celebrated the 3rd Graduation Ceremony on Thursday, 15th Nov! The Ceremony began with welcome remarks made by College Master, Professor Anthony T.C. Chan (陳德章教授). He expressed his sincere gratitude to the graduates for their participation in College life which contributed to the growth and development of the College. He encouraged graduates to be persistent in pursuing their dreams, and be thankful for their families and friends. He then introduced the Guest of Honour, Senior Counsel Mr. Jat Sew-Tong (翟紹唐資深大律師). Mr. Jat delivered his address recalling his memories in college days. He reminded graduates to get themselves prepared as opportunities that might yield the most fulfilling life might come unexpectedly. With many challenges ahead, he concluded that graduates should have a strong belief that the future would be better than the present, and they should use their knowledge and talents to give back to the society and the country as a whole.



After the motivational addresses, each of the graduates had their names read aloud as they walked onto the stage to receive their ceremonial certificates. The final speeches were delivered by the valedictorians Miss Dawn L.H. Leung (梁樂曦校友) and Mr. Vincent Y.F. Chong (莊業豐校友) who were both recipients of Wu Yee Sun Award for the Most Distinguished Graduating Student (伍宜孫最優秀畢業生獎) in the year of 2017/18.



The Ceremony officially came to a close with the throwing of caps in the group photo session. The College would once again like to congratulate all the graduates for their achievements and thank all those attended, gave speeches and made the Graduation Ceremony a success.



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2. 11th College Anniversary Celebration 11 週年院慶活動

To celebrate the 11th Anniversary of the College, the Organizing Committee of College Anniversary “Ecsuntric 斐宜所思” designed a series of celebration activities to show the fantastic and creative ideas of our students, as well as provide a platform for College students to showcase their talents.



The celebration kick-started with **Round Campus Run (環校跑)** on 2nd Nov hosted by the Organizing Committee and Sports Association (體育學會), with over 300 participants sharing the joy together. It was a delight to have the support from S.H. Ho College (善衡書院) and Diligentia College of CUHK (Shenzhen) (香港中文大學(深圳) 學勤書院) in joining the College Invitational Race. Among the keen competition, our College athletes strived to win the Overall Champion! Results could be viewed [HERE](#).



Around 200 students and teachers attended **523 Banquet (523 人宴)** on 7th Nov to enjoy hotpot dinner. Many Sunnies who are talented in music seized this opportunity to perform on stage. The banquet climaxed with the performance of pop star Miss Joey Wong (王灝兒) and of course, her selfies with the participants! There was also a lucky draw with popular and meaningful gifts. Participants had a good time chatting with their friends and enjoying the melodious performance that night.



The **Sunny Festival (大管地)** on 8th Nov attracted many Sunnies and guests from other Colleges to join. The theme this year was “International Culture”, so the booths consisted of various cultural elements. There were food stalls selling French, Japanese, Taiwanese and Hong Kong food and drinks. There were also game stalls for participants to play Malaysian Congkak, Taiwanese Bottle fishing, etc. Various cultural performances also took place that night, including Chinese musical instrument, Kazakh Dombra, Arabic Oud, K-POP and Indian dance. It must be highlighted that students incorporated the College spirit of “**Go Green! Be Sunny!**” into the event. They rented reusable dishware and cutlery from a social enterprise, which helped to reduce a significant amount of waste and also made good use of the skills of the company’s senior employees.





Haunted House (鬼屋) and **The Chamber (密室)** held on 13th and 14th Nov marked the end of the celebration events. Participants had to co-operate and complete challenging tasks within a short period of time in order to leave the Chamber. After that, participants would be brought to the Haunted House. Their mission was to find a finger and during the process, participants would face many frightening scenes and jump scares. Screams were heard throughout the evenings!



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3. Briefing Session of Student Hostel Residence Application for Non-Local Student Admitted in 2016/17 and after



The Student Hostel Committee (學生宿舍委員會) hosted a briefing session last Tuesday for non-local students entering CUHK in 2016/17 and after to explain the resident selection process and provide an occasion for students to raise questions. Professor Kong-pang Pun (潘江鵬教授), Chairman of the Committee, gave a short talk on the application and selection mechanism and answered questions raised by attending students. If you have any problem regarding the application but missed the chance, please feel free to approach Miss Zalon Wong of the College Office (zalonwong@cuhk.edu.hk).

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4. Staff-student Hiking with HKPASEA 秋日師生遠足



Professor Kam-Fai Wong (黃錦輝教授), College Associate Master and Chairman of Personal Growth and College Life Committee, led a group of participants with College students, College staff members and members of Hong Kong Professionals and Senior Executives Association (香港專業及資深行政人員協會) to hike along the Tai Tan Country Trail on 17th Nov. Participants enjoyed an energetic morning with the beautiful Sai Kung Coastline along Hoi Ha and Wong Shek.

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5. CUHK Athletic Elite Competition 2018



Our Track & Field Team attained excellent results again in CUHK Athletic Elite Competition 2018 (2018 中大田徑精英比賽) held on 14th Nov. Our College was ranked the 5th place overall with two Champions and one 2nd Runners-up in Men's 1500m and Men's 5000m. The great effort the athletes devoted in both training and competition is much appreciated!

Race	Rank	Name of Athletes
Men - 1500m	Champion	Hanniel H.N. CHOW (周漢轟同學)

Men - 5000m

Champion
2nd Runner-up

Hanniel H.N. CHOW (周漢聶同學)
Man-tsun WU (胡文津同學)



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College Activities

1. clab Black and White Film Development Workshop



The beauty and authenticity of film photography, rich in various layering, is irreplaceable by its digital counterpart. You have to load the film into camera, carefully find a sweet point between aperture and shutter speed to shoot the film, develop the film, and then maybe scan it to digital format or print it in a darkroom. This is the process how an image is captured in a camera in a traditional way.

In this workshop, you'll be able to experience how to shoot black and white photos and to develop films. You may fail at your first trial even though you are eager to have a flawless finishing. There are many factors that could affect the outcome and all you need is time and experience to master such sophisticate skills.

Come and join our Black and White Development Workshop on 21st Nov (this Wed)! Register through this link: http://bit.ly/clab_bnw_ws and get a free camera!

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College Announcements

1. College Members Received Vice-Chancellor's Exemplary Teaching Award and Young Researcher Award

The College proudly shares the following achievements of our College members:



Professor Po-chung Chow (周保松教授), College Fellow and Associate Professor at the Department of Government and Public Administration, has been presented the **Vice-Chancellor's Exemplary Teaching Award (校長模範教學獎) 2017**. The Award is given to exemplary teachers in recognition of their outstanding teaching performance.

Professor Ka-ming Wu (胡嘉明教授), College Member and Associate Professor at the Department of Cultural and Religious Studies, has been presented the **Young Researcher Award (青年學者研究成就獎) 2017**. The Award was established in 2002 to recognise the research accomplishments of young faculty members.



Heartiest congratulations to Professor Chow and Professor Wu from all the Sunnies!

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2. Term-long Exchange Programme 2019/20



The College Term-long Exchange Programme 2019/20 is now open for application. If you are interested in applying for the programme, please refer to the College website (<https://www.wys.cuhk.edu.hk/exchange.php>) for more information and apply online (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6197269>). The application deadline is **20th Nov 2018 (tomorrow!)**.

Kindly note that the **application form MUST be completed in English** since some interviewers may not be able to read Chinese. Also, if you have submitted your application successfully, you will see the page "Success! Your submission has been submitted!" after clicking the button "submit".

If you click "Save form and resume later", your submission is considered incomplete and hence will not be accepted. You **MUST** resume the form and press the submit button in order to submit your application.

In 2019/20, 4 more new exchange institutes have been included. Students can go on exchange in 23 institutes across 15 countries. Please refer to the table below for detailed list of exchange institutes.

* means newly added institutions

REGION	COUNTRY	HOST INSTITUTE	Quota (FTE)
America	Canada	* Mount Allison University	0.5
		University of Alberta	1.0
	Mexico	Tecnologico de Monterrey	0.5
	United States	* American University	0.5
		* Brandeis University (2 nd term only)	0.5
		Northeastern University	0.5
		St. Edward's University	1.0
		University of Massachusetts Amherst	0.5
University of Rochester	0.5		
Asia	China	Zhejiang University	0.5
	Korea	Korea University (Division of International Studies)	1.0
	Singapore	National University of Singapore	0.5
Europe	Czech Republic	University of Economics, Prague	1.0
	Denmark	* Technical University of Denmark (ERG & SCI Programs)	0.5
	Finland	University of Tampere	0.5
	Germany	Albert-Ludwigs-Universitat Freiburg	0.5
	Italy	Universita Commerciale L. Bocconi	0.5
	Sweden	Uppsala University	1.0
	The Netherlands	Maastricht University, School of BA & Economics (UW)	0.5
		Maastricht University, University College Maastricht	0.5
		University of Groningen	1.0
United Kingdom	University of Aberdeen	1.0	
Oceania	Australia	Monash University	1.5

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3. 2019/20 Application for Student Hostel Residence (for Non-local students admitted in 2016/17 and after)

2019/20 Application for Student Hostel Residence (for Non-local students admitted in 2016/17 or after) will open on 12th November 2018. If you wish to be allotted a hostel place in 2018-19, no matter via Guaranteed Hostel Period or Resident Selection, you have to submit an application during the designated time.

The application is administered in Term One to allow more time for non-local students who are not allotted hostel places to explore accommodation arrangement.

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6042438>

Application period: 12th - 26th Nov

Document submission period (only for those applying via Resident Selection): 28th and 29th Nov (office hours at College Office)

A fact sheet has been prepared to explain the mechanism and administration of hostel places allocation. Before applying for student hostel residence, please read the Note to Applicants carefully.

Useful links:

Fact Sheet on Hostel Accommodation for Non-local Students Admitted in 2016/17 and after:

https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1541068026WYS_FactSheet_NL201617_Nov2018.pdf

Note to Applicants for Student Hostel Residence (2019-20): https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1541056724WYS_Hostel_201920_NL1617_ApplicationNote.pdf

Enquiries:

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

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

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4. Living Up to Wu Yee Sun College's Core Value - "Creativity", "Entrepreneurship" and "Social Responsibility" - Apply for Sunny Passion Programme NOW!



Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. You are invited to apply this programme individually or in group with at least 50% of Wu Yee Sun College students, competing for Gold, Silver and Bronze Award. Winners will get HK\$10,000, HK\$6,000 and HK\$4,000 respectively to implement, promote or demonstrate their project ideas to the others!

Just submit the application form with ONE A4 page Business Model Canvas in hardcopy to the College Office (Room G03, Wu Yee Sun College) on or before 11th Jan 2019. Express your ingenious creativity and make our society a better one!

Details: <http://www.wys.cuhk.edu.hk/funding-scheme.php>

Enquiries:

Miss Carly Lau (carlylau@cuhk.edu.hk / 3943-3988)

Miss Florence Tsui (florecetsui@cuhk.edu.hk / 3943-9767)

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5. Wu Yee Sun College The Most Popular Canteen Staff Polling (2018-19 Term 1) 伍宜孫書院飯堂最受歡迎員工選舉 (2018-19 上學期)



多謝大家對書院最受歡迎飯堂員工選舉的支持，伍宜孫書院自舉辦最受歡迎飯堂員工選舉後，飯堂服務質素不斷提升。書院於 11 月份繼續舉辦最受歡迎飯堂員工選舉，希望大家踴躍投票，為改善飯堂質素出一分力。

Thank you very much for voting the Most Popular Canteen Staff Polling in the past. Since the establishment of the Polling, the catering services have been largely improved. Another round of voting is conducting now. Please be reminded to give a vote. Let's work together to improve the catering service of College canteen.

請登入以下連結投票選出你心目中最受歡迎飯堂員工(每個同學/教職員最多可投三位飯堂員工)

Please click onto the link below to vote for the most popular canteen staff.
(Each student/staff can vote for three canteen staff at most)

<https://goo.gl/xpXoTj>

Voting period 投票日期 : 1st to 30th Nov

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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 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 pm – 5:30 pm

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

Enquiries:

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

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8. 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 2018 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 Yolinda Wong (yolindawong@cuhk.edu.hk)

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9. 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)

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10. Membership Recruitment - WYS Alumni Association 伍宜孫書院校友會會員招募

Want to stay in touch with your college friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just \$500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the [application form](#), and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

想跟書院同學保持聯繫？想擴闊人際網絡？想回饋書院？透過伍宜孫書院校友會，你可以將學生時代的關係延續下去。終生會籍只需 500 元。現時申請，更可獲贈一套四支環保飲管（先到先得，送完即止）。

各位同學只須填妥[申請表](#)，連同會員費，交回伍宜孫書院地下院務室即可。

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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)

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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 - 30th Nov 2018

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

Location: Dean of Students' Office (UG09)

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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:

Miss Florence Tsui (florecetsui@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)

Introduction

Global Learning Award Scheme aims to encourage students to create, design, plan or participate in **non-local** academic or experiential learning programmes, so as to broaden students’ international perspectives and enrich their experiences. Students need to demonstrate from the application documents and interview that the programme applied is beneficial and valuable to them instead of just simply for entertainment. The College Student Exchange Committee will then determine if the students can be awarded, and the award amount (if any). For successful applicants, they will be awarded “Global Learning Award” and receive the award amount after fulfilling all post-trip requirement on time. For more details, please refer to the webpage of GLAS.

Eligibility

All Wu Yee Sun College students (except Exchange students) are eligible for application. The programme joined or planned must be finished by their corresponding graduation date. Some examples are students self-initiating or joining overseas tours, academic conferences, competitions, field trips, courses, internship/major-related placement, research, voluntary service. Programmes organized and subsidized by the College and Term-long Exchange Programmes are excluded.

Maximum Award Amount

The maximum award amount varies with the programme length and programme nature.

	Programme Length	Programme Nature	Maximum Award amount
Short-term	Shorter than one month	Self-initiated programmes	HK\$12,000 or 100% of cost of the particular items <i>(whichever is lower)</i>
		Participating in organized programmes	HK\$5,000 or 50% of cost of the particular items <i>(whichever is lower)</i>
Long-term	One to six months	Self-initiated programmes	HK\$15,000 or 100% of cost of particular items <i>(whichever is lower)</i>
		Participating in organized programmes	

Application

Before submitting the online application form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5632495>), please read through all guidelines and samples on the webpage.

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 Oct
Summer	1 st May – 31 st Oct	1 st Nov – 30 th Apr

Enquiries

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

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

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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:

Miss Katie Yu (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 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**

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

Enquiries:

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

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Other Activities & Announcements

1. 【綠色照護之森林療癒】講座及戶外體驗工作坊



園藝治療專業發展協會將於 2019 年 1 月 20 日舉行香港首個大型森林療法講座及工作坊，詳情如下：

目的：

1. 提升大眾對綠色照護的認識
2. 分享台灣森林療癒之科學研究經驗與推廣成果，讓更多人了解森林療癒
3. 透過專家學者經驗分享及交流，促進森林療癒議題交流，推動香港本土發展

日期：2019 年 1 月 20 日 (星期日)

時間：上午 9:00 – 下午 5:30

地點：香港理工大學專業進修學院 (講座)、大埔滘自然教育徑 (體驗工作坊)

對象：對綠色照護及森林療法有興趣人士、自然相關領域之專家、從事教育及人本工作人士、心理衛生工作者

語言：廣東話及國語

名額：講座 60 個；講座及工作坊 30 個 (註：參加工作坊者必須連講座一併參加)

報名日期：2018 年 11 月 18 日至 2019 年 1 月 18 日

立即連結報名：<https://www.htpda.com/blank-63>

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2. Fill in Questionnaire on Alcohol and Inconveniences Caused by Drinking & Get \$20 Cash Coupon!

The Jockey Club School of Public Health and Primary Care, CUHK are currently conducting a survey about alcohol and the inconveniences caused by drinking. The information collected in our dialogue will only be used for the study. The findings from this survey can help gain understanding about alcohol drinking in student hostel settings.

URL: <https://goo.gl/forms/gnmOoj6YFdE6T0tv1>

This interview's target respondents are local students living in hostel from CUHK and PolyU. Please take a little bit of time to answer some simple questions. In return, you will get HK\$20 cash coupon as an incentive for filling in the online questionnaire.

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3. HSBC Overseas Scholarship 2019/20

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 à Open for Applications). The application deadline is 27th Dec 2018.

Enquiries:

Scholarships and Financial Aid Section, Office of Admissions and Financial Aid (sfas@cuhk.edu.hk / 3943-7204)

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4. Edwin S H Leong Hughes Hall Scholarship 2019/20

To enable students of outstanding academic merit from CUHK who need support to pursue postgraduate study at The University of Cambridge, Dr. Edwin Leong will donate a scholarship tenable at Hughes Hall in Cambridge for an outstanding graduate from CUHK to pursue a one-year full-time study at Master's level, either for a taught or research degree, in the academic year 2019-20.

The maximum value of the Scholarship is £32,000 (subject to confirmation) which may cover, in full or in part, the following:

- the University Composition Fee;
- the College fee;
- a maintenance allowance to take care of board and lodging set each year by the Cambridge Overseas Trust and a settling-in fee;
- the cost of one return airfare between Hong Kong and the United Kingdom by the most economical route

The Scholarship shall only be awarded to the CUHK alumni who graduated within the recent 3 years (i.e. 2015, 2016 and 2017 classes). It may also be awarded to a final-year student contingent upon graduating from CUHK before taking up the Scholarship.

Details of the Scholarship and its application form can be downloaded from our website at <http://admission.cuhk.edu.hk/> (Financing Your Studies -> Scholarships -> Open for Applications).

Completed application together with ALL

the supporting documents must reach the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park by 5:30 pm, 31st Jan 2019 (Hong Kong time). Late or incomplete applications will not be processed.

Enquiries:

Scholarships and Financial Aid Section, Office of Admissions and Financial Aid (sfas@cuhk.edu.hk / 3943-7204)

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5. <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。

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