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<New>

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<New>  
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## Sunny Review

### 1. Red Couplets Writing with Resident Tutors 宿舍活動 – 豬年吉祥揮春



Writing red couplets and tasting traditional Chinese New Year snacks brought not only fun but also a sense of reunion in the College hostels. No matter they are from the West, the East or locally from Hong Kong, hostel residents joined our Residents tutors, Wardens, Dean of Students and College Master on 30<sup>th</sup> Jan to celebrate Chinese New Year. Students wrote down their wishes on red banners and sent their blessings to friends and family. Wish every Sunny a warm and joyful new Year of the Pig!



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## 2. Lunar New Year Lunch with College Workmen 書院工友團年飯



To express our gratitude to College workmen's hard work in keeping the campus clean and secure, College Master Professor Anthony T.C. Chan (院長陳德章教授) and his management team hosted a Lunar New Year Lunch (團年飯) on 30<sup>th</sup> Jan. Everyone had a great time enjoying the lunch and getting to know each other better. College workmen did not only bring home their bright smile, but also our gift packs and prizes from the lucky draw in which everyone was a winner!



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## 3. Chinese New Year Greetings from Founding Master Professor Rance P.L. Lee 創院院長李沛良教授祝賀大家豬年順意



Professor Rance P.L. Lee (李沛良教授), Founding College Master, wishes all our Sunnies a prosperous Year of the Pig and academic excellence. Retiring in 2017, Professor Lee has not been less involved in College matters. He has been appointed as College Overseer and conferred College Honorary Fellowship. In the picture is Professor Lee with the blossoming Camellia (茶花), selected and presented by Professor Kwai-cheong Chau (鄒桂昌教授), Chairman of Campus Environment Committee at the Tenth College Anniversary in recognition of Professor Lee's tremendous contribution to the College's development, planted on campus.

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#### 4. French Survival Language Activity

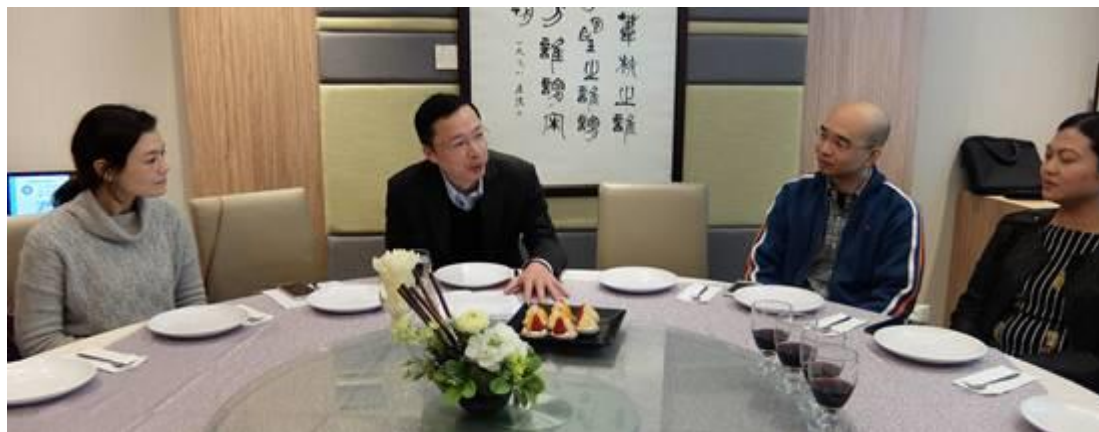


The College organized a *French Survival Language Activity* on 24<sup>th</sup> and 29<sup>th</sup> Jan. Participants included local, international and exchange students. Thanks to the instructor Mr. Louis Jean Munsch, College Member and Lecturer at the Department of Linguistics and Modern Languages, participants learned the French words for numbers, shopping, food and drinks through interactive activities. They also had a taste of French food and drinks to know more about the dining culture in France.



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## 5. Welcoming Tea Gathering with New College Members



CUHK staff members joining the College since 2018 were invited to a Welcoming Tea Gathering on 1<sup>st</sup> Feb to get to know more about the College. College Master Professor Anthony T.C. Chan (院長陳德章教授) gave the participants an overview of the College's works and campus facilities, while Dean of Students Professor Man-hong Lai (輔導長黎萬紅教授) highlighted some key student activities and College supports to students. Participants had a better understanding of the College and were happy to contribute in their areas of specialty and interests!



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## 6. College Student Featured on His Unique Story for Joining the Upcoming Standard Chartered HK Marathon

Mr. Hanniel H.N. Chow (周漢轟同學), College Student and Record-keeper of both Hong Kong Youth Record and Hong Kong Record in 3000m Steeplechase race (3000 米障礙賽), has been featured by Ming Pao on his unique story behind his enrollment for the upcoming Standard Chartered HK Marathon. Hanniel participated in term-long exchange programme at UCLA, as mentioned in the article, and shared his experience with his fellow students at the College Inauguration Ceremony in Sep 2018.

The news articles can be viewed as below:

[重拾滿足感 周漢轟渣馬初體驗 天才跑癡 迷失中回正軌](#) (明報 10.02.2019)

[中大讀心理副修音樂 盼治療抑鬱病人](#) (明報 10.02.2019)

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# College Activities

## 1. Organic Farm Visit in Sheung Shui 有機農莊半日遊



Located in Yin Kong Tsuen in Northern New Territories, **Lai Kee Organic Farm** occupies a huge piece of land of about 16 acres. Their certified organic products include, to name but a few, dragon fruit, papaya, beetroot, cherry tomato, potato, lettuce, cucumber, corn and so on. You can purchase fresh products at the farm!

Our leading teacher, Professor Chau, will also satisfy your craving for knowledge about organic farming. He will briefly cover the following topics:

- 1) Farming principles & food production
- 2) Relationship between agriculture & climate change
- 3) Organic farming vs. Conventional farming

黎記有機農場位於上水燕崗村，佔地近 16 畝。農場種植多種獲認證的有機作物，例如：火龍果、香水檸檬、木瓜、生菜、紅菜頭、番茄、車厘茄、馬鈴薯、紫椰菜、青瓜、粟米、紫薯等等。大家可以即場購買各種時令蔬果。

除左買野食之外，領隊鄒教授重會同大家講解以下各點。對耕種有興趣嘅同學千祈唔好錯過!

- 1) 基本耕種原理
- 2) 氣候變化與農業的關係
- 3) 有機耕種與傳統耕種

### Event Details

**Date:** Sat, 23<sup>rd</sup> Feb

**Destination:** Lai Kee Organic Farm (Yin Kong Tsuen, Sheung Shui)

**Assembly Time and Point:** 9:20am @ University Train Station or 9:15am @ College Main Entrance

**Dismissal Time:** approx. 1:00pm

**Leading teacher:** Professor Kwai-cheong Chau (Chairperson of Campus Environment Committee and Adjunct Associate Professor at the Department of Geography and Resource Management)

**Fee:** FREE

**Deposit:** HK\$50 (fully refundable after completion of event)

**Language:** mainly in Cantonese (supplemented by English and Mandarin)

**Transportation:** coach between CUHK and Organic Farm

**Dress code:** sports

### **Remarks:**

1. Prepare cash and recyclable bags/ contains for your purchase at the farm
2. Bring your own water and snacks

**Registration:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6752475>

**Quota:** 25

**Registration deadline:** 14<sup>th</sup> Feb (Thu)

**Deposit submission deadline:** office hours, 15<sup>th</sup> Feb (Fri)

**Enquiries:**

Mr. Andy Cheng (3943 9768 / [andy\\_cheung@cuhk.edu.hk](mailto:andy_cheung@cuhk.edu.hk))

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## 2. Cheer for College Teams in Inter-collegiate Competition! 為院隊健兒打氣!

Support your friends at the matches! Cheer for every athlete's effort!

為你的朋友打氣! 為每位運動員的努力喝采!

<b>Teams</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Against Team</b>
<b>Table Tennis (Men)</b>	16 Feb 2019	12:00	Yeung Ming Biu Indoor Sports	Morningside College
	16 Feb 2019	14:30	Centre (University Gymnasium)	Chung Chi College
<b>Table Tennis (Women)</b>	16 Feb 2019	13:15	Yeung Ming Biu Indoor Sports	S-Ho Ho College
	16 Feb 2019	14:30	Centre (University Gymnasium)	New Asia College
<b>Badminton (Men)</b>	17 Feb 2019	10:00		Shaw College
	17 Feb 2019	14:00	Yeung Ming Biu Indoor Sports	C-W Chu College
	17 Feb 2019	19:00	Centre (University Gymnasium)	S-Ho Ho College
<b>Badminton (Women)</b>	17 Feb 2019	11:00	Yeung Ming Biu Indoor Sports	S-Ho Ho College
	17 Feb 2019	14:30	Centre (University Gymnasium)	New Asia College
<b>Tennis (Men)</b>	24 Feb 2019	11:30	University Tennis Court No. 3, 4	S-Ho Ho College
	24 Feb 2019	13:45	& 5	United College
<b>Tennis (Women)</b>	24 Feb 2019	9:45		New Asia College
	24 Feb 2019	12:00	University Tennis Court No. 6 & 7, Chung Chi Tennis Court	S-Ho Ho College
	24 Feb 2019	16:15		Morningside College

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## 3. 禪陀羅(Zendala)正念工作坊



禪陀羅(Zendala) 是禪繞畫(Zentangle) 及曼陀羅(Mandala) 的結合。透過圓形的禪繞創作及正念練習，體驗專注中的靜定，與內在連結，感受生命中的真實的自性。

Zendala is a harmonious union between Zentangle and Mandala. Through drawing symmetrical and regular patterns, and mindfulness practice, it helps wipe away your daily stress and regain your inner peace.

**Instructor :** Miss Molly Chan & Miss Meko Ng (美國禪繞認證導師 Certified Zentangle Teachers)

**Date:** 19<sup>th</sup> Mar (Tue)

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

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

**Language:** Cantonese with supplemented English

**Registration :** <https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=29022>

**Registration Deadline :** 15<sup>th</sup> Mar, 5:00 pm

**Enquiries:**

Miss Carly Lau (3943 3988/ [carlylau@cuhk.edu.hk](mailto:carlylau@cuhk.edu.hk))

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#### 4. 4日3夜外展訓練營及 "Man vs Wild" 體驗篇 --- The 5 C's of Survivability

此工作坊為 **stand-alone programme**, 參加者可自由選擇會否參加外展訓練營。

透過完成工作坊內各類任務, 參加者可一嚐荒野體驗, 並學到:

**Hard Skills** --- e.g. *basics of survival and practical life skills*

**Soft Skills** --- e.g. *the idea of "It's actually not that hard!" / "I can be a great teammate/leader!"*

**日期 :** 2019年2月25日 (星期一)

**時間 :** 19:00 - 22:00

**地點 :** 書院如日坊及中央庭園

**費用 :** HK\$50 (另付按金 HK\$200, 完成活動後可退回)

**"Man vs Wild" 體驗篇 ---  
The 5 C's of Survivability (即將截止報名!)**



報名：

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6747554>

如同學對外展訓練營有任何疑問, 可於工作坊後向導師提問, 清楚了解訓練營詳情; 亦可於 camp 前認識其他參加者, 於正營時更快建立團隊精神。

外展訓練營前傳  
**<MAN VS WILD>** 體驗篇  
--- The Five C's of Survivability  
COMBUSTION  
CORDAGE  
COVER  
cutting tool  
Container  
日期: 2月25日(一)  
時間: 19:00 - 22:00  
地點: 如日坊及中央庭園  
費用: \$50  
(另付按金 \$200, 完成活動後可退回)

### 4日3夜外展訓練營

**2019 外展訓練營**  
人生遠航啓程在即, are you ready?  
外展訓練營讓你  
知己 (鍛鍊意志、敢探未知)  
亦知彼 (磨合、同行、互信)  
訓練包括:  
I go to school by bus on foot.  
(西貢步行至中大)  
sea jumping  
land expedition  
sunrise challenge  
bon fire... etc  
# 沒有電話沒有錢  
# 但有你  
# To Serve, To Strive and not To Yield

查詢：

Ms Candy Shek (3943-1615 / [candyshek@cuhk.edu.hk](mailto:candyshek@cuhk.edu.hk))

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### Outward Bound

= *Physical Fitness*

+ *Crafty Skills*

+ *Self-reliance*

+ *Sense of Compassion*

*FACE YOURSELF.*

*CHALLENGE YOURSELF.*

*EMBRACE YOURSELF.*

日期: 2019年3月30日至4月2日

(4日3夜露營)

路線: 西貢、馬鞍山、中大

費用: HK\$500

(另付按金 HK\$500, 完成活動後可退回)

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5384147>

## 5. Spanish Cooking Class



*Get bored with Canteen food?*

*Why not join our Spanish Cooking Class to have great fun and yummy food?*

*You can better understand the Spanish culture as well!*

**Instructor:** Miss Maria Consuelo VEGA LEON (Department of Linguistics and Modern Languages)

**Date :** 5<sup>th</sup> Mar (Tue)

**Time :** 6:30 pm - 8:30 pm

**Venue :** College Student Canteen

**Quota :** 40

**Deposit:** \$50 (Refundable upon completion of activity)

**Deadline :** 26<sup>th</sup> Feb

**Registration:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6762675>

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

**Enquiries:**

Miss Carly Lau (3943 3988 / [carlylau@cuhk.edu.hk](mailto:carlylau@cuhk.edu.hk))

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## 6. Fitness Consultation Sessions 健身訓練諮詢



Ever have doubts about all sorts of training techniques and effects? Ask our personal trainers at College Gymnasium!

**Trainer: Mr. Sebastian Chan**

**Trainer: Ms. Vanessa Chan**

**Dates (Every Wed, Except Public Holidays):**

**Jan 16, 23, 30**

**Feb 13, 20, 27**

**Mar 6, 13, 20, 27**

**Apr 3, 10, 17**

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

**Venue: College Gymnasium**

**Dates (Every Thu, Except Public Holidays):**

**Jan 17, 24, 31**

**Feb 14, 21, 28**

**Mar 7, 14, 21, 28**

**Apr 4, 11, 18**

**Time: 6:00pm - 8:00pm**

**Venue: College Gymnasium**

No prior applications required! Kick-start your workout plan now!

**Enquiries:**

Miss Kiki Chan (3943-3934 / [kiki.chan@cuhk.edu.hk](mailto:kiki.chan@cuhk.edu.hk))

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## 7. 語文文化桌: 花間詞中的「嚴妝」與「淡妝」

詞是一種興起於唐代的文體，宴席之間，樂工及歌妓以歌舞侑酒，文人為其所作的就是詞。後蜀的趙崇祚把部分晚唐及五代文人詞作編訂為《花間集》，其中不少作品以女性描寫為主題，清代詞學家周濟曾以「嚴妝」及「淡妝」來形容兩位著名花間詞人溫庭筠與韋莊的詞作。「嚴妝」與「淡妝」除了指出花間詞人描繪女性儀容用筆細膩外，其實亦點出了詞體的本色特質，提示我們如何析賞詞作。



**講者:** 曾智聰博士

香港中文大學中文系哲學碩士，清華大學中文系博士，現職香港公開大學人文社會科學院助理教授。

**日期:** 2月18日(星期一)

**時間:** 晚上 6:30 至 8:30

**地點:** 伍宜孫書院教職員飯堂

**語言:** 粵語

**按金:** \$50 (準時出席可獲退回全部按金)

**報名:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6638124>

**截止日期:** 2月13日(星期三)

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

**查詢:**

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

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## 8. 中國書法班

書法不只是一種表現文字美的藝術，亦可以陶冶性情，怡養身心。參加同學將通過隸書臨習，學習中國書法的用筆、結構技法、原理，培養知法明理的理性學書觀念，冀能通過短期訓練，培養學員書法自學能力。

**導師：**雷紹華老師

雷老師主修書法篆刻國畫。於香港大學專業進修學院，香港中文大學專業進修學院及自己的書法工作室任教。所教課程涉及篆隸楷行書五種書體，教學方法系統而理性。



**日期：**2月27日 及 3月6、13日、20日、27日 [逢星期三，共五堂]

**時間：**晚上 6:30 至 8:30

**地點：**伍宜孫書院西座 112 室

**按金：**\$300 (出席四堂可獲退回全部按金)

**報名：**<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6570268>

**截止日期：**2月13日

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

**查詢：**

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

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## 9. English through Wine and Cheese Appreciation



*Aroma, Round, Thin... Do you understand wines?*

*What vocabulary can you think of to describe wines and cheeses?*

*Do you know which cheese goes best with your favorite wine?*

*Come and join our workshop to learn more about the secrets of wine and cheese pairings so that you can create your amazing wine and cheese pairings next time on your own!*

**Date:** 26<sup>th</sup> Feb (Tue)

**Time:** 7:00pm - 9:30pm

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

**Speakers:**

Ms. Anna Tam (Food and wine writer, and WSET course tutor)

Ms. Jessica ACUÑA (Assistant Lecturer at English Language and Teaching Unit)

**Eligibility:** Students aged 18 or above

**Registration:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6580637>

**Deadline:** 19<sup>th</sup> Feb

**Deposit:** \$50 (Refundable upon completion of the activity)

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

**Enquiries:**

Miss Carly Lau (3943-3988 / [carlylau@cuhk.edu.hk](mailto:carlylau@cuhk.edu.hk))

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## College Announcements

### 1. Wu Yee Sun Award For The Most Distinguished Graduating Student 2018/19 Now Open for Application

The prestigious **Wu Yee Sun Award For The Most Distinguished Graduating Student 2018/19** is now open to graduating students of 2018/19 for application:-

**Eligibilities**

- Proactive graduating students of 2018/19 academic year demonstrating the College motto by participating various activities to broaden horizon; and
- Cumulative GPA reaches 3.4 or above or Top 10% of the corresponding department; and
- Have outstanding contribution to the department / college / university or society

Applicants are required to submit a Personal Statement of not more than 1,000 words (English or Chinese) which illustrates his/her personality & aspirations, as well as achievement in demonstrating College motto. A Letter of Recommendation written by CUHK Teacher is mandatory.

**Award Amount**

HK\$50,000

**Online Application**

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6682748>

**Application Deadline**

5<sup>th</sup> Mar (Tue)

**Enquiries:**

Ms Karen Yiu (3943 3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))



## 2. Scholarships for Academic Excellence 2018/19 年度學業優異獎學金



To recognize College students with outstanding academic performance, the College is pleased to offer:

### (1) Master's List [院長嘉許狀] - Honor Award

To acknowledge Top College student of each academic programme of each class, with year GPA not less than 3.5 in 2018/19 academic year

Quota: One student from each programme of each class will be awarded

### (2) Academic Excellence Scholarship [學業優異獎學金] - HK\$10,000

To acknowledge students with excellent academic performance - Highest 2018/19 Year GPA in each Faculty (with not less than 3.4)

Quota: 25 [Arts(3), Business Administration(4), Education(2), Engineering(3), Law(2), Medicine(4), Science(3), Social Science(4)]

### (3) Academic Improvement Award [學業成績進步獎] - HK\$5,000

To recognize Top 3 College students who have shown the greatest improvement in terms of Term 1 & Term 2 GPA of 2018/19 academic year

Quota: 3

Application to the above scholarship is NOT required. Scholarship recipients will be notified in August and awards will be presented in the College Inauguration Assembly in Sep 2019.

### More about eligibilities

Go to <https://www.wys.cuhk.edu.hk/college-life-support/scholarships/>

(Sort by Type > Scholarships for Academic Excellence)

### **Enquiries:**

Ms Karen Yiu (3943 3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

## 3. Awards for Creativity, Student Development and Talents 2018/19 - Now Open for Application

2018/19 年度創意、學生發展及才藝獎  
Awards for Creativity, Student Development and Talents 2018/19

**Award Amount Updated 獎額已更新!**  
Application Deadline 截止申請日期 10/3/2019

<b>Innovation and Creativity Award</b> 創新創意獎 \$7,000 / \$5,000	<b>Lam Ding Kwong Scholarship in Social Service</b> 林鼎光社會服務獎學金 \$5,000	<b>Social Services Award</b> 社會服務獎 \$7,000 / \$5,000	<b>Lau Yiu Po Wah Scholarship for Outstanding Social Services</b> 劉詒賢華傑出社會服務獎學金 \$10,000	<b>Environmental Conservation Award</b> 環保貢獻獎 \$7,000 / \$5,000
<b>College Services Award</b> 書院服務獎 \$7,000 / \$5,000	<b>Lau Cheung Kwai Lan Service Award for Residential Students</b> 劉張桂蘭宿生服務獎 \$3,500	<b>Outstanding Athletic Achievements Award</b> 傑出運動表現獎 \$10,000 / \$8,000 / \$5,000	<b>Outstanding Artistic Achievements Award</b> 藝術傑出獎 \$5,000	<b>Gestalt Music Scholarship</b> 晉毅樂聲音樂獎學金 \$4,000
<b>Outstanding Student of the Year Award</b> 年度傑出學生獎 Max. \$10,000	<b>Outstanding Student Organization Award</b> 傑出學生團體獎 Max. \$10,000	<b>Student Leader of the Year Award</b> 年度學生領袖獎 Max. \$10,000	<b>Student Leader of the Year Award (for Freshman)</b> 年度學生領袖獎(新生) Max. \$10,000	

To recognize the talents and contributions of College students in different areas, the following awards are now open for application. Please note the amount for some of the awards have been updated:

#	Name of Award	Award Amount
1.	Lau Yiu Po Wah Scholarship for Outstanding Social Services	HK\$10,000
2.	Outstanding Student of the Year Award	Max. HK\$10,000 (Updated)
3.	Student Leader of the Year Award	Max. HK\$10,000 (Updated)
4.	Student Leader of the Year Award (for Freshmen)	Max. HK\$10,000 (Updated)
5.	Innovation and Creativity Award	HK\$7,000/5,000 (Updated)
6.	Social Services Award*	HK\$7,000/5,000 (Updated)
7.	College Services Award	HK\$7,000/5,000 (Updated)
8.	Outstanding Student Organization Award	Max. HK\$10,000 (Updated)
9.	Outstanding Athletic Achievements Award*	HK\$10,000/8,000/5,000
10.	Outstanding Artistic Achievements Award	HK\$5,000
11.	Environmental Conservation Award	HK\$7,000/5,000 (Updated)
12.	Gestalt Music Scholarship	HK\$4,000 (Updated)
13.	Lam Ding Kwong Scholarship in Social Service	HK\$5,000
14.	Lau Cheung Kwai Lan Service Award for Residential Students	HK\$3,500

\*Please note no selection interview will be arranged for “Outstanding Athletic Achievements Award” and “Social Services Award”. For the rest of the awards, only eligible and shortlisted applicants will be notified via their CUHK email accounts within 14 days after the close of application, and they are required to reply their availability before stipulated deadline.

### Selection Panel & Process

- A selection panel normally consists of two to three Committee Members from College Scholarships & Financial Aid Committee (Sunny Sports Committee for Outstanding Athletic Achievements Award).
- Applicants will be assessed holistically based on their information submitted on the application form and interview performance.
- Selection panels will consider the number of awards a student applied in the same round of applications.
- GPA is not a deciding factor unless otherwise specified.
- The decisions made by the selection panels shall be final.

### More about eligibilities

Go to <https://www.wys.cuhk.edu.hk/college-life-support/scholarships/>  
(Sort by Type > Awards for Creativity, Student Development and Talents)

## Application Deadline

10<sup>th</sup> Mar (Sun)

### **Enquiries:**

Ms Karen Yiu (3943 3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

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## 4. Meeting of Student Exchange Committee - Next Meeting Date (13<sup>th</sup> Feb)

The upcoming meeting of Student Exchange Committee will be held at 10:30am on 13<sup>th</sup> Feb. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (Student Union: [presun.wyssu@gmail.com](mailto:presun.wyssu@gmail.com)) prior to the meeting. Thank you for your valuable input.

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## 5. Summer Subsistence and Travel Loan Scheme 2018/19

The Summer Subsistence and Travel Loan Scheme is to provide interest-free loan to needy full-time local undergraduate students who will participate in academic exchange programmes abroad in summer of current academic year / term time of next academic year or to those who will join other extra-curricular activities or academic trainings / programmes in summer.

Students should complete and **submit online application in CUSIS** during the **period from 1<sup>st</sup> Feb to 15<sup>th</sup> March 2019**. They are also required to submit the supporting documents as specified on Section 12 of the online application form to Room 1206, 12/F, YIA during the period from **11<sup>th</sup> to 15<sup>th</sup> March 2019**. Students may visit <http://admission.cuhk.edu.hk> for application details.

Applicants will be informed of the results by the end of May via CUHK@link email.

### **Enquiries**

Office of Admissions and Financial Aid (3943 1898)

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## 6. College Student Grant/Loan – Application Now Opens (Freshmen Only) 書院學生助學金/貸款 – 現已開始接受申請 (只限新生)

College students who have financial difficulties may apply for College Student Grant/Loan 2018/19.

Application is now open for freshmen ONLY until **Friday, 22<sup>nd</sup> Feb**.

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/1547522772StudentGrantandLoan201819\\_Fmn.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1547522772StudentGrantandLoan201819_Fmn.pdf)

### **Enquiries:**

Ms Karen Yiu (3943-3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

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## 7. Fire Drill 2018/19 火警演習



To familiarize staff and students with the fire alarm system and evacuation procedures, the College and the Security Unit will jointly conduct a fire drill on Thursday, 19<sup>th</sup> Feb at 9:00 pm. The fire drill will take about 30 minutes. After fire drill, a demonstration on the use of fire extinguishers will be conducted.

為提高職員及學生的火警意識，書院及保安組將於二月十九日晚上九時進行火警演習。整個火警演習約三十分鐘，保安組將於演習後講解滅火筒的正確使用方法。

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## 8. Meeting of Personal Growth and College Life Committee - Next Meeting Date (20<sup>th</sup> Feb)

The upcoming meeting of Personal Growth and College Life Committee will be held at 11:00am on 19<sup>th</sup> Feb. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (Student Union: [presun.wyssu@gmail.com](mailto:presun.wyssu@gmail.com)); Resident Association: [resunance523@gmail.com](mailto:resunance523@gmail.com) or Non-Resident Association: [wuverine1819@gmail.com](mailto:wuverine1819@gmail.com)) prior to the meeting. Thank you for your valuable input.

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## 9. Arrangement for Gown Borrowing and Photo Day for Graduating Students of 2018/19

The College Photo Day has been scheduled for 29<sup>th</sup> Mar (Fri). Graduating Class of 2018/19 may visit the College Office (G03, G/F, East Block) during office hours from now until 1<sup>st</sup> Feb (Fri) for graduation gown and cap size trial.

For **Gown Borrowing**, students are required to complete below online Form of Undertaking and submit the bank-in slip of HK\$680 deposit to the College Office by 1<sup>st</sup> Feb (Mon). The gown borrowing period will be from 28<sup>th</sup> Feb to 15<sup>th</sup> Apr:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6202866>

Please note **Class Representatives** will collect gowns on behalf of graduating students. Please submit the names and contact details of your class rep via the following link:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6496566>

For departmental societies who wish to organize **Celebratory Activity during the College Photo Day**, please complete below online application form by 18<sup>th</sup> Feb:

<https://www.wys.cuhk.edu.hk/news-details.php?id=11372>

### **Enquiries:**

Ms. Cassie Li (3943-3941 / [cassieli@cuhk.edu.hk](mailto:cassieli@cuhk.edu.hk))

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## 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 pm – 5:30 pm

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

### **Enquiries:**

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

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

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## 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.

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## 12. 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 Feb – May 2019, application is now open until 18<sup>th</sup> Apr 2019.**

For programmes/activities held in Jun – Sep 2019, application will be open from 19<sup>th</sup> Apr – 16<sup>th</sup> Aug 2019.

Check out the following link for more information including eligibility:

[https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1548915912ExchangeandTravelGrantandLoan2018192nd.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1548915912ExchangeandTravelGrantandLoan2018192nd.pdf)

### **Enquiries:**

Miss Yolinda Wong (3943-3932 / [yolindawong@cuhk.edu.hk](mailto:yolindawong@cuhk.edu.hk))

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## 13. 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 (3943-3934 / [kiki.chan@cuhk.edu.hk](mailto:kiki.chan@cuhk.edu.hk))

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## 14. 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.

**Details:** [www.wys.cuhk.edu.hk/exchange.php?cat=others](http://www.wys.cuhk.edu.hk/exchange.php?cat=others)

**Enquiries:**

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

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

Life begins at the end of your comfort zone!

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

If you are planning for any short-term projects containing elements of Creativity, Entrepreneurial Spirit or Social Responsibility, apply "Be Entrepreneurial!" Funding Scheme.

**To provide more support to students, the maximum funding amount has been raised to \$20,000!!!**

**Maximum Funding Amount:** HK\$20,000

**Eligibility**

- All WYS undergraduate students
- Individual and Group projects (*the group must comprise of at least 50% WYS students, other 50% may be students from other Colleges*)
- Applications are welcome all year round

What are you waiting for? Click [HERE](#) to find out more information!

**Enquiries:**

Miss Florence Tsui (3943-9767 / [florecetsui@cuhk.edu.hk](mailto:florecetsui@cuhk.edu.hk))

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### 3. 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=6237886>), 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 <sup>st</sup> Nov – 30 <sup>th</sup> Apr	1 <sup>st</sup> May – 31 <sup>st</sup> Oct

**Enquiries:**Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))[\(Back to top\)](#)**4. Service-learning project Funding Scheme 服務學習項目資助計劃**

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

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

**Enquiries:**Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))[\(Back to top\)](#)**5. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃**

*Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports 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:**

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## Other Activities & Announcements

### 1. 2019 HKMA Leadership and Management Seminar

To provide more opportunities for students to learn from outstanding leaders, you are welcome to join the '2019 HKMA Leadership and Management Seminar'. Details are as follows.

**Date:** 26<sup>th</sup> Feb 2019 (Tue)

**Time:** 16:00 – 17:30 (Registration starts at 15:45)

**Venue:** 2/F, Pico Tower, 66 Gloucester Road, Wan Chai, HK

**Language:** Cantonese

**Speaker:** Ms Randy Lai, CEO of McDonald's Hong Kong

**Quota:** 5 complimentary seats (first-come-first-served)

**Application:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6808620>

**Application deadline:** 17<sup>th</sup> Feb (Sun)

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### 2. The Kubuqi Award – Desertification Control Business Plan Competition 「庫布其獎」荒漠治理創業大獎

Global desertification problem is pressing. Persistent degradation of dryland ecosystems caused by human activities, including unsustainable farming, mining, overgrazing and clear-cutting of land, and by climate change. This Competition is to enhance Hong Kong university students and postgraduates' understanding on global environmental issues and current status of desertification control. Students are encouraged to plan a sustainable and innovative desertification control business proposal. Ideas from winning entries could be applied to deserts and it is a chance to discover entrepreneurial opportunities.

人類的採礦、過度放牧、濫砍濫伐等活動，以及氣候變化引起的旱地生態系統持續退化，荒漠化已經成為迫在眉睫的環境問題。本比賽旨在鼓勵香港的大學生及研究生關注這個全球的環境及可持續發展議題，以及了解現時荒漠治理的狀況，鼓勵他們策劃具持續性及創新性的商業計劃。獲獎的創新概念有機會應用於不同沙漠，協助大學生們發掘創業機會。

#### **Eligibilities**

- Full-time university students and postgraduate students of universities and post-secondary colleges (including UGC-funded universities, self-financing institutions, post-secondary institutions, private universities, etc.) in Hong Kong
- Each team shall comprise of 2 to 4 members
- Members can come from different institutions and majors
- Each student can only participate in one team

**Competition Details:** <https://www.kubuqiaward.hk/>

**Briefing:** Competition Briefing will be held on March. Interested parties are welcome to register by email ([info@kubuqiaward.hk](mailto:info@kubuqiaward.hk)) in advance to attend.

**Registration:** Interested parties should submit the Registration Form by email ([info@kubuqiaward.hk](mailto:info@kubuqiaward.hk)) on or before 29<sup>th</sup> Mar.

#### **Enquiries:**

[info@kubuqiaward.hk](mailto:info@kubuqiaward.hk)

### 3. Show Me Around! CUHK Photo Competition 帶我遊·中大攝影比賽



As a member of CUHK, you may be very familiar with the campus environment. Yet, have you taken a careful look around to notice any age-friendly places, practices or buildings in the campus? Things such as a long bench, or cultural activities and learning opportunities that also suit the interests of elderly people, or a pleasant resting area with green spaces are all examples of age-friendly facilities and services suitable for people of all ages including elderly people.

To promote age-friendly messages, Jockey Club Institute of Ageing organizes “**Show Me Around! CUHK**” **Photo Competition** to collect photos on age-friendly campus. All CUHK students are welcome to join the competition and snapshot age-friendly facilities, places and services in the campus. Competition details are as follows and further information can be obtained at <http://www.ioa.cuhk.edu.hk/en-gb/afc>.

**Target:** Full-time / Part-time CUHK students

**Entries:** Using the theme of “Age-friendly CUHK campus^”, submit

- 1) a photo (e.g. people, events, still-life, campus environment, etc.) ;
- 2) a brief description of the photo with at least 50 words

^ For the scope of CUHK campus, please refer to [www.cuhk.edu.hk/english/campus/cuhk-campus-map.html](http://www.cuhk.edu.hk/english/campus/cuhk-campus-map.html)

**Enrollment:** Submit your entry with photo, title, brief description and the information of shooting location, together with the entrant’s personal particulars (i.e. name, student ID, contact number and email), and send to Jockey Club Institute of Ageing (“IOA”) through [afpcig@cuhk.edu.hk](mailto:afpcig@cuhk.edu.hk) with the email subject of “Jockey Club Institute of Ageing Photo Competition”. Photo entries should be submitted in JPEG format with a file size of at least 2MB.

**Deadline:** 11 March 2019 (Monday), 5 pm (All submissions are based on the time of IOA’s server, and late entries will not be accepted)

**Prizes:**

**1st prize (one) :** \$1,500 Cash Coupon\*

**2nd prize (one) :** \$1,200 Cash Coupon\*

**3rd prize (one) :** \$800 Cash Coupon\*

**Shortlisted entries :** \$50 Cash Coupon\*

\* Cash Coupon are from Eslite Bookstore or Commercial Press Bookstore

Remark: Winning entries may be adopted for use in the "CUHK Map on Age-friendliness" to be produced by IOA.

**Enquiries:**

Rina Ko (3943 9399 / [rinako@cuhk.edu.hk](mailto:rinako@cuhk.edu.hk))

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#### 4. A Special Seminar and Briefing on "Beyond tackling climate change - how fair trade steps in?"

Climate change is not only an environmental issue, but also an issue about fairness. Producers in the least developed countries are the ones who suffer the consequences of climate change, yet they get the least help. Globally, Fairtrade Carbon Credits have been introduced to mitigate the effects of climate change. Locally, the Hong Kong government has recently launched the Feed-in Tariff Scheme and other renewable energy projects to tackle it. How fair are they?

In the talk, the speaker will introduce the above mitigation strategies and a new programme organized by Fair Trade Hong Kong, ECF Fairness Under the Sun.

The programme is now recruiting student ambassadors, who will be responsible for guiding community tours showcasing local solar power facilities and delivering education workshops, to raise public awareness of environmental issues from June to Dec 2019. Before the tours, students will receive 8 sessions of training about climate change, renewable energy, Fair Trade and related topics from Mar to May 2019. Application deadline of the programme: 28<sup>th</sup> Feb.

**Programme details:** <https://goo.gl/forms/xALTpKtrqUZ2B4Qp1>

**Seminar and Briefing:** 6pm on 12<sup>th</sup> Feb (tomorrow) at YIA LT3

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#### 5. Lai See Reuse and Recycling Programme

This year, CUHK continues to support the collection of used or surplus Lai See packets. 5 collection boxes will be set-up on campus after Chinese New Year.

Collection period: 12<sup>th</sup> to 26<sup>th</sup> Feb

Locations of Lai See Packet Collection Boxes:

- Yasumoto International Academic Park 1/F
- Lobby of Benjamin Franklin Centre G/F
- Mong Man Wai Building 7/F (entrance of New Asia College)
- Pi Ch'iu Building G/F
- Lift lobby of Lee Shau Kee Building 3/F (near the link bridge to United College)

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#### 6. Mindful Flourishing Workshop 日常心活「靜觀體驗工作坊」





未知上一次大家放下手機，靜心觀察四周景致是什麼時候呢？您可能說我很忙，很久沒有停下來的時間。那麼上一次靜心觀察自己的一個腳步、一個呼吸、一個心聲又是甚麼時候？邀請您在繁忙的大學生涯中，用一個晚上靜心觀察。

日常心活\*「靜觀體驗工作坊」旨在透過不同的靜觀為本活動，讓學生對靜觀有更多認識，並了解如何將靜觀融入生活，讓自己活在當下。在享受大學五件事的同時，提升自己的心理健康，了解自己多一點。

活動詳情：

日期：2月21日（星期四）

時間：19:00 - 21:30

地點：伍宜孫書院 W112-114

語言：廣東話

費用：全免

名額：20

報名表格：<https://goo.gl/forms/G6USQVJ78F0Lfd03>

\*「日常心活」計劃由香港中文大學心理學系多元文化及全人健康研究室主辦，並由新生精神康復會「新生・身心靈」計劃全力支持，內容包括透過靜觀練習促進豐盛生活的手機程式、靜觀體驗及興趣活動，以及推動朋輩互助的「日常心活靜觀推廣大使」計劃，讓大學生透過有系統的線上及線下靜觀訓練，提升心理健康。

查詢：3943-4378

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## 7. Student Residence Bursary Scheme 2018/19 (for students who reside in hostel for the second term only)

In order to help those needy students who are not able to benefit substantially from the Community Care Fund (CCF) hostel subsidy, the CUHK Student Residence Bursary Scheme was launched in 2014/15 academic year.

### **Eligibilities**

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 Apr 2017 to 31st Mar 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 as follows:

<u>Household Size</u>	<u>Monthly Household Income</u>
1 person	\$8,500
2 persons	\$21,100
3 persons	\$33,100
4 persons	\$42,100
5 persons	\$43,700
6 persons or more	\$44,000

(4) be not able to benefit from CCF hostel subsidy or receive less than \$1,360 per term under the CCF hostel subsidy.

The value of bursary will be maximum \$1,360 per term. Eligible students who live in hostel for the second term only should submit their online application via CUSIS from 7<sup>th</sup> Jan to 28<sup>th</sup> Feb. Applicants are required to print out Section 7 of the online application form and submit together with supporting documents to the College Office **on or before 28<sup>th</sup> Feb 2019**. Students who reside in hostel for whole year and have submitted their applications in the first term need not submit their application again.

**Details:** <http://admission.cuhk.edu.hk>

**Enquiries:**

Office of Admissions and Financial Aid (3943-1898)

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## 8. <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](http://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](mailto:info.wys@cuhk.edu.hk).