

Sunny Review 上周回顧

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7. 7th WYS Sports Association Inauguration Ceremony 第七屆書院體育學會就職典禮



College Activities 書院活動

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2. 2019 暑期文化交流活動: 「追尋歷史的軌跡—西安」 (Chinese Only) <New>
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6. Plyometric Training & HIIT 漸進式體能訓練及高強度間歇式訓練 <New>
7. Social Issue Workshop: Gender and Power from the view point of #MeToo [從#MeToo 看性別與權力] <Tonight>
8. Liver Health Seminar 養肝護肝保健康 胡亂補肝易傷肝 <This Thursday>
9. 將消失的社區: 誰人的發展?! 孤老有何依? 古洞義工尋迷 - 服務學習體驗 <Enrollment Extended to Wednesday>
10. 荔枝窩文化生態遊 Lai Chi Wo EcoCultural Tour <Enrolment Extended to this Wednesday>
11. Recruitment of Mentees - Rance Lee Mentorship Programme 2018/19 <Enrolment Extended to this Sunday>
12. 2019 Overseas Summer Programme New Zealand Language and Culture Study Tour
13. Professional Learning Scheme in Shanghai 上海專業研習計劃 (Chinese Only) <Application Closes this Sunday>
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15. 電影欣賞 Movie Appreciation: 廣告牌殺人事件 Three Billboards Outside Ebbing, Missouri
16. 禪陀羅 (Zendala) 正念工作坊
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College Announcements 宣佈事項

1. Acting Appointment 署理職務 <New>
2. Wu Yee Sun Award For The Most Distinguished Graduating Student 2018/19 <Application Closes Tomorrow>
3. Awards for Creativity, Student Development and Talents 2018/19 <Application Closes this Sunday>
4. Scholarships for Academic Excellence 2018/19 年度學業優異獎學金
5. Wu Yee Sun College The Most Popular Canteen Staff Polling (2018-19 Term 2) 伍宜孫書院飯堂最受歡迎員工選舉 (2018-19 下學期)

6. [CUHK Blood Donation Campaign at Wu Yee Sun College 香港中文大學捐血站 - 伍宜孫書院站 \(11.03.2019\)](#)
7. [Arrangement for Gown Borrowing and Photo Day for Graduating Students of 2018/19](#)
8. ["Meet the Dean" Hours 輔導長時間](#)
9. [Student Pastoral Care](#)
10. [Exchange and Travel Grant/Loan 2018/19](#)
11. [Book Exchange Corner at The Lounge in House of Sunny Living 如日坊—漂書閣](#)
12. [Venue Booking of Terrace of Dreams for Barbecue Activities 借用圓夢臺 \(燒烤活動用途\)](#)
13. [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)

1. [Care and Well-being Fund for Mental Wellness Activities](#)
2. [Mingle Fund](#)
3. [Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃](#)
4. [Global Learning Award Scheme \(Summer Round\) 寰宇學習獎勵計劃 \(夏季\)](#)
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](#)

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

1. 日常心活「靜觀 x 咖啡工作坊」 Mindfulness x Coffee Workshop <New>
2. Earth Hour 2019 地球一小時 201819 <New>
3. Recruiting Mentors for Stanford University Students at CUHK in Term 1 of 2019/20 <New>
4. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2018/19
5. Summer Subsistence and Travel Loan Scheme 2018/19
6. Show Me Around! CUHK Photo Competition 帶我遊·中大攝影比賽
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. High Table Dinner 高桌晚宴: "From Top Ten Gold Songs to Hourly News - How Public Service Broadcasting Is Serving Us" (Speaker: Mr. Chan Yiu-wah 陳耀華先生)



The first High Table Dinner of 2018/19 Term 2 entitled “From Top Ten Gold Songs to Hourly News – How Public Service Broadcasting Is Serving Us” was held last Thursday at the College Student Canteen. Mr. Yiu-wah Chan (陳耀華先生) first shared with students how the meanings of different lyrics of Canto-pop songs actually reflected the society, history and changes of Hong Kong.

He then shared with students the impact and influence of Public Service Broadcasting obtaining the rights to broadcast news other than the ones prepared by the Hong Kong Government back in 1973.

He concluded the talk by referring to the listening test of public exam which most local students had experienced that the credibility of Public Service Broadcasting was so strong that it cannot be replaced by WhatsApp messages most people use nowadays.

We were grateful to have Mr. Philip K.H. Leung (梁光漢先生), Senior College Tutor and Chairperson of College Information Technology Committee, as the moderator of the dinner.

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2. College Forum 書院論壇: “The Art of Leaf-whistling” (Speaker: Mr. Larry Lai 賴德輝先生)



The College Forum entitled “The Art of Leaf-whistling 葉笛的說明和演奏” was conducted by Mr. Larry T.F. Lai (賴德輝先生), Department of Childcare, Elderly and Community Services, Hong Kong Institute of Vocational Education (Shatin), last Friday. Mr. Lai and his team introduced the art of leaf-whistling, and how it relates to human and nature. They also invited students to try the readily available instrument in daily life in the Forum. Some participants could already play a few notes under the guidance of the team!

We were grateful to have Professor Hin-wah Wong (黃顯華教授), Senior College Tutor and Adjunct Professor at the Department of Curriculum and Instruction, to moderate the Forum.



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3. College Staff Representatives Joined Chinese New Year Gathering with Vice-Chancellor



Associate College Master Professor Kam-fai Wong (副院長黃錦輝教授) led a group of College Fellows including Dr. Tai-keung Kan (靳埭強博士), Dr. Jose S.H. Lai (賴陳秀卿博士), Professor Man-hong Lai (黎萬虹教授), Dr. Victor S.K. Lee (李仕權博士), Professor Diana T.F. Lee (李子芬教授), Professor Hui Lin (林琿教授), Professor Kelvin K.F. Tsoi (蔡錦輝教授) and Professor Joan Z. Zuo (左中教授) to join the Chinese New Year Gathering hosted by Vice-Chancellor Professor Rocky S. Tuan (段崇智校長) at Vice-Chancellor's Lodge last Monday. Everyone enjoyed the special moment with New Year wishes and delicious refreshments.

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4. College Students Capturing Best Essay Awards 2017/18 of General Education Foundation (GEF) Programme

Congratulations to College students Miss Yat-ying Lau 樓一瑩同學 (Contemporary China Studies/ 2) and Mr. Man-hin Chong 莊文軒同學 (Insurance, Financial and Actuarial Analysis/ 4) who were awarded in the Best Essay Award 2017-18 of General Education Foundation (GEF) Programme! The Best Essay Award recognizes excellent student essays written for the two GEF courses, **In Dialogue with Humanity** (與人文對話) and **In Dialogue with Nature** (與自然對話), which demonstrate innovative ideas and critical thinking. The student seminar and award presentation ceremony was held last Saturday.

Yat-ying wrote on the topic “夢中啟示錄” and captured the Bronze Award in the category *In Dialogue with Humanity*, while Man-hin wrote on “現代科學與基督宗教能否和諧共存？” and captured the Silver Award in the category **In Dialogue with Nature**. All awardees' essays can be viewed [here](#).

Heartiest congratulations from all the Sunnies!

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5. English through Wine and Cheese Appreciation



Around 30 Sunnies joined the **English through Wine and Cheese Appreciation** last Tuesday. Ms. Anna W.Y. Tam (譚穎瑜女士), Food and wine writer and WSET course tutor, first introduced the background of wine and the important steps of wine-tasting.

Miss Jessica Acuña, Assistant Lecturer at English Language Teaching Unit, then introduced the process of cheese-making and categorization of cheese to the participants. She also introduced the steps of tasting cheese, namely “Look, Touch, Smell and Taste”, which is the same for wine!

During the workshop, students acquired the English vocabulary to describe wine and cheese. Students also tried different wine and cheese pairings during the tasting session and had an enjoyable evening.

We were grateful to have Founding College Master Professor Rance P.L. Lee (李沛良教授) and Dr. Jose S.H. Lai (賴陳秀卿博士), Director of English Language Teaching Unit, to support us at this occasion.



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6. Microfilm Workshop 微電影工作坊



A series of microfilm workshops have been organized from Jan to Feb, with director Mr. Fung Ho (賀峰導演) being the instructor. Participants learnt the skills of idea generation, video shooting and editing with basic equipment such as mobile phone during the sessions. They also made good use of what they have learnt and produced their own video.

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7. 7th WYS Sports Association Inauguration Ceremony 第七屆書院體育學會就職典禮



The torch was passed on to another cabinet of College Sports Association at the Inauguration Ceremony held on 1st Mar. Professor Man-hong Lai (黎萬紅教授), College Dean of Students and Professor Kelvin K.F. Tsoi (蔡錦輝教授), Chairperson of Sunny Sports Committee, expressed appreciation to the former cabinet and encouraged the new cabinet to continue to promote sports fun.

Mr. Jerry H.T. Kwok (郭顯通同學), Former President of College Sports Association also showed his support for the new cabinet, and handed over the stamp to Miss Sabrina H.Y. Chong (莊凱研同學), the new President, to lead the 7th College Sports Association to promote sports development at the College. Professor Elmer D.F. Ker (柯岱飛教授), Mr. Nelson K.T. Lam (林國棠先生) and Mr. Tsz-fai Cheung (張梓輝先生) were there to support the students as well.

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College Activities

1. 2019 Summer Programme Introduction Session

The details of each summer programme has been announced by email and posted on College website (<https://www.wys.cuhk.edu.hk/whole-person-development/exchange/?cat=short>). You can apply and join more than one summer programmes as long as there is no time clash. Kindly note that final year students who are going to graduate by Jul 2019 are not eligible to join the "Italian Language & Cultural Tour" as the programme starts in Aug.

Excited about the coming summer programmes? Interested in learning more details? Come and join the Summer Programme Introduction Session **at 6:45pm on 6 Mar (this Wed) at the College Theatre**. We have invited the students who took part in the summer programmes previously to share their experience with you in person. You can have a grasp of information about the following programmes. We will also talk about the funding schemes that you may consider applying if you are joining other programmes that are not organized by the College in the summer.

- Professional Learning Scheme in Shanghai 上海專業研習計劃
- Xi'an History & Cultural Tour 追尋歷史的軌跡---西安
- The 17th "Moonlet" Programme - Sino-Russian Cultural Exploration 第十七屆小衛星學者計劃--中俄友誼之旅
- Norway & Denmark Green Tour 挪威丹麥環保考察團
- Italian Language & Cultural Tour 意大利語言及文化考察團
- New Zealand Language and Culture Study Tour 紐西蘭英語及文化學習團

What are you waiting for? Go reserve a seat through this link!

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6939870>

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2. 2019 暑期文化交流活動：「追尋歷史的軌跡---西安」(Chinese Only)

加深參加者對中國西安歷史文化的認識，促進中港學生間的交流

日期：
2019年7月8日至15日（8日）

地點：西安

主辦院校：西安交通大學仲英書院、澳門大學何鴻燊書院

申請資格：伍壹伍書院全日制本科生（本地生優先）

名額：10人（視乎報名情況按申請表內容進行篩選或面試）

費用：港幣1,000元正（不予退回）

獎金：港幣500元正（出席聯合會及完成分享活動者可獲全數退回）

行程（暫定）：
- 參觀古蹟，如兵馬俑、鐘鼓樓、城牆、碑林……
- 漢服體驗
- 到訪「袁家村」參觀新農村建設
- 真教

報名方法：

參加者請留意學院將於7月23日至25日舉辦內地5所大學（包括西安交通大學）學生到港說明會詳情

截止報名日期：3月10日

西安，古稱長安，歷史上曾有十三個中原朝代(如周、秦、漢、隋、唐)在此建都，文化歷史蓄積深厚，保留了不少歷史遺跡和文化遺產。

是次參與學生分別來自三所院校，包括我們書院、西安交通大學仲英書院，以及澳門大學何鴻燊東亞書院。參加者除了可以藉此了解中國歷史和文化，還可以與內地及澳門高校的學生進行交流，了解彼此教育制度與生活方式的異同。

活動內容(暫定)：

- 參觀古蹟,例如：兵馬俑、鐘鼓樓、城牆、碑林.....
- 漢服體驗
- 到訪「袁家村」參觀新農村建設
- 義教
- 學習秦腔表演(自由參與)

活動詳情

日期：2019年7月8日至15日(8日)

地點：西安

合辦院校：西安交通大學仲英書院、澳門大學何鴻燊東亞書院

申請資格：伍宜孫書院全日制本科生(本地生優先)

名額：10人(視乎報名情況按申請表內容進行篩選或面試)

費用：港幣1,000元正(不予退回)

按金：港幣500元正(出席簡介會及完成分享活動者可獲全數退回)

註：

1. 如同學於確認參加後退出，所繳費用及按金將不獲退還。
2. 書院隔年舉辦暑期回訪，接待曾與書院合辦暑期計劃的內地院校，從而促進各地學生的交流。參加西安活動的同學須按書院安排，於7月23日至29日接待內地5所大學(包括西安交通大學)的學生到書院進行回訪。如同學因特別原因未能參與整項回訪活動，請在報名表上選取你能參加的日子，及註明未能出席其他日子的原因，並提供相關資料。

報名方法：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6908202>

截止報名日期：3月10日

查詢：

潘嘉欣小姐(3943 3942 / rachelpoon@cuhk.edu.hk)

余秋萍小姐(3943 3935 / katieyu@cuhk.edu.hk)

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3. 2019 暑期文化交流活動：哈爾濱工業大學小衛星學者計劃－中俄友誼之旅 (Chinese Only)



日期：2019年6月7日至16日（10天）

地點：哈爾濱、俄羅斯

接待院校：哈爾濱工業大學

申請資格：伍宜孫書院全日制本科生（本地生優先）

名額：10人（視乎報名情況按申請表內容進行篩選或面試）

費用(註)：香港至哈爾濱之半額交通費(書院或大學將資助半額交通費，上限HK\$3,000；參加者須自行購票)

按金：HK\$500（出席行前簡介會，並按要求完成分享活動者將獲全額退回。如同學於確認參加後退出，所按金將不獲退還）

行前簡介會：4月11日下午2時30分至4時(未能出席行前簡介會同學的報名將不獲考慮)

註：

1. 哈爾濱工業大學提供交流期間的城市間交通費、住宿、餐飲及參觀門票等費用，其他個人開支由參加者自行負責；
2. 參加者必須持有香港特區護照或澳門特區護照或中國護照及多次往返回鄉證，有效期為出境日期算起(即6月7日起)8個月以上，**其他護照如英國國民海外護照(BNO)，香港特別行政區簽證身份書(DI)及其他地區國家護照將不接受報名**；
3. 參加者將自動由大學代為申請香港教育局「專上學生內地體驗先導計劃」，而每名中大全日制本科生只可於在學期間受惠一次；
4. 同行包括香港其他大專院校學生。

報名方法：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6908202>

截止報名日期：3月10日

暫定行程(或按實際情況有所更改，一切按哈爾濱工業大學之安排為準)：

- 哈爾濱：「哈工大與小衛星」專題講座；參觀哈爾濱工業大學博物館、航太館、中央大街、哈爾濱索菲亞教堂、防洪紀念塔及侵華日軍第七三一部隊罪證陳列館等；

- 俄羅斯：分三組前赴符拉迪沃斯托克(海參崴)、哈巴羅夫斯克(伯力)、布拉戈維爾申斯克(布市)進行參觀和到訪當地大學。

查詢：

潘嘉欣小姐 (3943 3942 / rachelpoon@cuhk.edu.hk)

余秋萍小姐 (3943 3935 / katieyu@cuhk.edu.hk)

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4. 2019 Overseas Summer Programme: Italian Language & Cultural Tour



Florence has been for centuries fertile ground for great achievements both in the arts and in the sciences. Such achievements have both produced and been produced by cultural and social innovations. By exposing the students to historical achievements and some current attempts at social innovations, the programme aims at allowing them to reflect on how art, science, and society can interplay to produce improvements in the life of citizens.

Program details

Destination: Florence, Italy

Date: 4th to 17th Aug 2019 (13 nights: Arrive in Florence on 4 Aug, dismiss in Florence on 17 Aug; Round trip transport arranged and paid by students)

Leading Teacher: Dr. Klaus COLANERO (Office of University General Education)

Center: International Student Center G. La Pira (NGO)

Deposit: HKD 1,500

(Refundable with full attendance of pre-trip meetings and the evaluation meeting, course and project completion and fulfill requirement on student sharing. However, it will not be refunded if student chooses to withdraw from the programme AFTER submitting the deposit.)

Quota: 10-12 students

Programme Content:

- Italian language course (40 hour, every morning 4 hours from Mon to Fri; achieve level A1)
- Four meetings/activities/visits to know and dialogue with people involved in intercultural dialogue and the history of social care in Florence (visits to Ospedale degli Innocenti, Palazzo Vecchio, Opera del Duomo....)
- Visit to an innovative project in the field of "civil economics"/social enterprises
- Guided visits to:
 - Galleria degli Uffizi;
 - Galileo Museum;
 - Anatomical waxes at the Museum of Natural History;
 - Visit to an innovative project in the field of "civil economy" /social enterprises

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6907127>

Registration Deadline: 10th Mar

Interview: 9am-1pm on 20th Mar (Please indicate your UNAVAILABLE timeslots on the application form if any)

Pre-trip meetings: 9th Apr (6:45pm-8:45pm); 9th Jul (2:30pm-4:30pm)

Evaluation meeting: 5th Sep (6:45pm-9:15pm)

Accommodation: 1 apartment for girls and 1 for boys respectively (kitchen available in the flats)

Fee coverage:

- College subsidized items: Italian language course, accommodation (apartment inside the Student Center), selected cultural activities

- Self-paying items: Airfare (round-trip ticket), meals, other daily expenses & miscellaneous

Enquiries:

Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

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

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5. 2019 Overseas Summer Programme: Norway & Denmark Green Tour



Theme: To explore the green initiatives and development of environmental protection in Norway and Denmark

Destination: Norway (Molde, Stavanger) & Denmark (Copenhagen)

Date: 16th to 29th Jun (13 nights: Arrive in Molde on 16 Jun, dismiss in Copenhagen on 29th Jun; Round trip transport arranged and paid by students)

Leading Teacher: Dr. Sin-cheung HO (Department of Systems Engineering and Engineering Management)

Programme fee: HKD 7,000 (Non-refundable)

Deposit: HKD 1,500 (Refundable with full attendance of pre-trip meetings, project completion and fulfill requirement on student sharing)

**** Both programme fee and deposit submitted will not be refunded if student chooses to withdraw from the programme AFTER submitting them****

Quota: 10-15 students

Programme Content:

- Visit to Molde University College

- Company visit (plastic recycling, source segregation, recycling of waste, sustainable producer of food for fish farms)
- Guided Green tour
- Group project by students

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6919794>

Registration Deadline: 10th Mar

Interview: 3-7pm on 22nd Mar (Please indicate your **UNAVAILABLE** timeslots on the application form if any)

Pre-trip meetings: 11th Apr (7:00 pm - 9:00 pm); 14th May (2:30 pm-4:30 pm); 3rd Jun (3:00 pm - 5:00 pm)

Programme Fee Covers:

- Local transportation
- Accommodation
- Guided tour

Programme Fee Excludes:

- Airfare (round-trip ticket)
- Meals, other daily expenses & miscellaneous

Enquiries:

Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

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

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6. Plyometric Training & HIIT 漸進式體能訓練及高強度間歇式訓練



Curious about how to use the agility ladder and kettle bell in gym room? Wanna lose fat quickly but healthily? Our fitness trainers will give you tailor-made advice to enhance your fitness performance!

健身室的敏捷梯、壺鈴，好奇又唔知點用？想極速瘦身又怕太 chur？
教練逐一為你拆解及指導，從而提升你的運動表現！

Plyometric Training 漸進式體能訓練

- Build Explosive Power and Improve Agility 增強爆發力及改善敏捷度

Date: 20th, 27th Mar; 3rd, 10th Apr

Instructor: Mr. Sebastian Chan

HIIT 高強度間歇式訓練

- Burn Fat and Enhance Body Shape 快速消脂，改善身體線條

Date: 21st, 28th Mar; 4th, 11th Apr

Instructor: Ms. Vanessa Chan

Time: 7:00 pm - 8:00 pm

Venue: College Gymnasium

More Details: <https://bit.ly/2wuLFBU>

Application: <https://bit.ly/2tNvr6c> (5:00pm, 14th Mar)

PE Marks: 4

Enquiries:

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

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7. Social Issue Workshop: Gender and Power from the view point of #MeToo [從#MeToo 看性別與權力]

GEYS1010 activity (Section I / II) - Social Issue Workshop

Gender and Power from the view point of
從 #METOO 看性別與權力

Instructor

Dr. Li Ming
Former Lecturer
Department of Sociology

With the controversy of #MeToo, how could we correlate gender and power?
Why is there solecism relating to feminism?
Dr. Li Ming will discuss the topic in the perspective of Sociology.

Date: 4 March (Monday)
Time: 6:30pm - 8:30pm
Venue: W112, 1/F, Wu Yee Sun College
Language: Cantonese

All College students are welcome!

Enquiries: Yolinda Wong (yolindawong@cuhk.edu.hk / 3943 3932)





*With the controversy of #MeToo, how could we correlate gender and power? Why is there solecism relating to feminism?
Dr. Li Ming will discuss the topic in the perspective of sociology.*

Speaker: Dr. Li Ming, Former Lecturer at CUHK Department of Sociology

Date: 4th Mar (Mon)

Time: 6:30pm - 8:30pm

Venue: W112, Wu Yee Sun College

Language: Cantonese

Registration: <https://woebapp.itsc.cuhk.edu.hk/ras/restricted/event?id=29023>

All College students are welcome!

Enquiries:

Miss Yolinda Wong (3943-3932 / yolindawong@cuhk.edu.hk)

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8. Liver Health Seminar 養肝護肝保健康 胡亂補肝易傷肝

你皮膚咁黃，會吾會個肝有事呀？
成日捱夜好傷肝，係咪可以食啲咩補番呢？
成日坐吾做運動、進食過多肉類及油炸食物，或者經常飲酒，都有機會引致脂肪肝，你又知吾知呢？

你係咪仲有好多關於肝臟健康嘅迷思呢？快啲報名參加今次活動同填寫你想知道嘅問題，中醫、西醫及藥劑師將會即場解開大家對肝臟健康嘅疑團，參加者仲有機會進行**肝臟纖維掃描測試**，千祈咪錯過呀！



日期：2019年3月7日（星期四）

時間：6:00 - 8:00pm

地點：伍宜孫書院西座 112 室

活動內容:

第一部份：肝臟問題齊拆解

講者：內科及藥物治療學系黃麗虹教授、中醫學院張保亭教授及藥劑學院左中教授

主持：保健處陳忠牧醫生

第二部份：肝臟纖維掃描測試 (名額 15 個)

註:

1. 肝臟纖維掃描測試將會與健康講座同步進行
2. 名額有限，先報先得，成功報名者將另獲電郵通知
3. 測試者請於檢查前兩小時避免進食 (可飲用少量清水)

費用：全免

講座後設有小食招待

歡迎同學、教職員及教職員家屬參加

立刻報名及填寫問題: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6524463>

查詢:

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

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9. 將消失的社區：誰人的發展?! 孤老有何依? 古洞義工尋迷 - 服務學習體驗

新界東北發展對整個社區帶來極大影響，書院特選古洞作為服務學習的地區，讓同學透過與當地老人家接觸、交談及服務，深入了解空巢老人的生活，從而認識當地老人所面對的困難及問題。



日期: 2019年3月20日(三)

時間: 14:30 - 18:00

地點: 上水古洞基督教香港信義會靈合長者健康中心

交通安排: 參加者可於活動當日 13:30 選擇於伍宜孫書院 或 大學站民主女神廣場集合，以便乘坐旅遊巴一同出發

導師: 周昭和博士

費用: 全免

報名: <https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=29025>

備註: 參加者須於 3 月 8 日 (五) 11:30-13:00 到伍宜孫書院出席活動簡介工作坊

查詢: Miss Evelyn Chong (3943-1882 / evelynchong@cuhk.edu.hk)

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10. 荔枝窩文化生態遊 Lai Chi Wo EcoCultural Tour



荔枝窩位於新界東北，是一條超過 300 年歷史的客家圍村，集地質、生態、古村、客家文化元素於一身！
Situated in northeastern New Territories, Lai Chi Wo is arguably Hong Kong's best-preserved Hakka walled village with 400 years history and an intact feng shui woodland. Don't miss the opportunity to see another side of Hong Kong apart from its skyscrapers!

****荔枝窩有咩睇？****

- 1) 荔枝窩生態資源
- 2) 客家村莊佈局及風水信仰
- 3) 客家人的遷徙歷史
- 4) 客家文化遺產及傳承

*****What to see in Lai Chi Wo?*****

- 1) Eco resources
- 2) Hakka village structure and geomancy belief (Feng Shui)
- 3) Hakka history of migration
- 4) Hakka cultural heritage and inheritance

活動詳情

日期：2019年3月10日(日)

集合時間及地點：8:45am @ 港鐵大學站

解散時間：5:30 pm

領隊老師：鄒桂昌教授（校園環境委員會主席；地理及資源管理系）

活動費用：全免

按金：HK\$50（完成活動後可獲全數退還）

語言：廣東話 (英語/國語輔助)
交通：渡輪 (如有需要，請自備藥物)
午餐：請自備食物及足夠飲用水
服飾：輕便運動服

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6963935>

名額：20 人 (先到先得，以繳交按金時間為準)

截止報名日期：2019 年 3 月 6 日 (三) 辦公時間內

繳交按金期限：2019 年 3 月 6 日 (三) 辦公時間內

查詢：Andy (3943 9768; andy_cheung@cuhk.edu.hk)

備註：活動由地理及資源管理系主辦

Event Details

Date: Sun, 10th Mar

Time: 8:45 am – 5:30 pm

Meet up point: University MTR Station (near Statue of Democracy Goddess)

Leading teacher: Prof. Kwai Cheong CHAU (Chairperson, Campus Environment Committee; Department of Geography and Resource Management)

Fee: FREE

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

Language: Cantonese (supplemented by English and Mandarin)

Transportation: Ferry (please prepare medicine if necessary)

Lunch: bring your own meal and water

Dress code: sports

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6963935>

Quota: 20 (First come first served; confirmed by submission of deposit)

Registration deadline: office hours, 6th Mar (Wed)

Deposit submission deadline: office hours, 6th Mar (Wed)

Remarks: the event is organized by Department of Geography and Resource Management

Enquiry:

Mr. Andy Cheung (3943 9768 / andy_cheung@cuhk.edu.hk)

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11. Recruitment of Mentees – Rance Lee Mentorship Programme 2018/19

Go beyond your own profession! Be the mentee of **Rance Lee Mentorship Programme** and get yourself ready to cope with peers and professionals from diversified backgrounds!



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

Benefits for Mentees:

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

Mentorship Format

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

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

Application: Submit [online application](#) on or before **10th Mar 2019**

Selected students are required to attend the following activities

1. Mentee Briefing: 15th Mar 2019
2. “Meet Your Mentor” – Mentorship Gathering: 23rd Mar 2019

Activity Fund for Mentorship Gatherings

Each group is entitled for \$3,000 per programme year (January – December) to arrange meet-up for learning and/or service.

Guidelines and More Programme Details: Click [HERE](#)

Enquiries:

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

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Join us for a unique 3-week language and culture programme in magnificent New Zealand. **Stepping outside the four walls of the classroom**, this Study Tour will give you a rare opportunity to **immerse yourself in New Zealand's culture and the local community of English speakers.**

- *Enrich your knowledge of New Zealand through a series of short talks and discussions by speakers from Massey University and the University of Auckland.*
- *Travel throughout the North and South Islands to experience the natural wonders of New Zealand and the history and customs of its people.*
- *Meet locals in New Zealand's key agricultural and cultural industries, such as wine makers, farmers and those working at Maori cultural sites.*
- *Immerse yourself in English through a series of language tasks, culminating with an interactive language/culture project.*

If you crave adventure and want to hone your English skills in an authentic environment while learning about a new culture, then come to New Zealand!

Date : 31st May to 19th Jun
Programme Fee (HKD) [After subsidy] : \$19,500

Programme fee covers:

- ✓ International return flight from Hong Kong to New Zealand
- ✓ Domestic return flight to Queenstown
- ✓ Accommodation
- ✓ DIY breakfasts and lunches packed by students (2/3 of total meals) + 2 dinners
- ✓ Local transport for group activities
- ✓ Interesting talks and discussions
- ✓ Unforgettable activities, excursions and tours **e.g. Hobbiton Movie Set, Glowworm caves, Maori cultural village, Fiordland tour**

Programme fee does not include:

- ✓ Tourist Visa (tourist visa waiver for HKSAR passport holders)
- ✓ Dinners (students may prepare their dinners in shared kitchens)
- ✓ Activities and transport during students' free time

For tentative itinerary, please click [here](#).

Programme Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6938790>

Interview: 9am – 2pm on 18th Mar *(Please indicate UNAVAILABLE time slot on the application form if any)*

Deadline: 13th Mar

Enquiries:

Ms. Michelle Li (3943-3933 / michelleli@cuhk.edu.hk)

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

Extra Financial Support:

1. Students who have financial need can apply for extra financial support from the College Exchange and Travel Grant/ Loan: https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1549961653ExchangeandTravelGrantandLoan2018192nd.pdf

2. Students receiving means-tested student financial assistance from the Student Finance Office of the Working Family and Student Financial Assistance Agency, or from a family that is receiving Comprehensive Social Security Assistance from the Social Welfare Department can apply for subsidy under the **Scheme for Subsidy on Exchange for Post-secondary Students (SSE) / Scheme for Subsidy on Exchange to Belt & Road Regions for Post-secondary Students (SSEBR)**. Office of Academic Links will invite students via email to submit an application for SSE/SSEBR. For details, please refer to [here](#). (Enquiries : Ms. Elaine Poon at 3943 7588)

Remarks:

1. All students must depart and return together with the arranged flight schedule.

2. The College reserves the right to make changes in fees, schedules, and courses without notice, and to cancel courses in case of insufficient enrollment.

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13. Professional Learning Scheme in Shanghai 上海專業研習計劃 (Chinese Only 只有中文版)



暑期實習往往要「投資」至少一至兩個月時間，對非主修科行業心動又不敢行動？上海專業研習計劃歡迎不同主修同學參與兩星期研習，直接與資深管理層及年青企業家互動討論，了解不同行業的發展趨勢，對比上海與香港的異同。

同學亦可藉此機會學習與不同背景的專業人士交流，拓闊視野，建立自己的人際網絡。

企業家交流	了解概況 – 與區文中先生、年青企業家、資深企業管理層、專業投資者對談
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	1) 職涯規劃 2) 獵頭公司招聘 3) 香港人在內地就業/ 創業/ 投資的挑戰 4) 內地經濟發展與企業投資 淘課、天絡行、微醫及大搜車的代表與同學共進晚餐，於「企業參觀」前與同學互相認識，促進參觀時的交流。				
企業參觀	親身體驗 – 上海及杭州分組企業參觀 1) 個案研究 2) 與人力資源部、市場推廣部及資深管理層交流				
	<table style="width: 100%; text-align: center;"> <tr> <td style="width: 50%;"> 淘課  www.taoke.com </td> <td style="width: 50%;"> 天絡行  </td> </tr> <tr> <td> 微醫  </td> <td> 大搜車  </td> </tr> </table>	淘課  www.taoke.com	天絡行 	微醫 	大搜車 
淘課  www.taoke.com	天絡行 				
微醫 	大搜車 				
專業研習	學以致用 – 5 天研習期 1) 參與前線工作； 2) 涉獵公司研究項目；及/或 3) 自訂考察題目				
	<table style="width: 100%; text-align: center;"> <tr> <td style="width: 33%;"> 上海半島酒店  </td> <td style="width: 33%;"> 騰訊  </td> <td style="width: 33%;"> 馬克華菲  </td> </tr> </table>	上海半島酒店 	騰訊 	馬克華菲 	
上海半島酒店 	騰訊 	馬克華菲 			

詳情：[按此](#)查閱

報名：請於 **3 月 10 日前**遞交[網上申請](#)

查詢：

余寶婷女士 (3943-3937/ soniayu@cuhk.edu.hk)

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14. Sunny Yeah Promotion

[以下內容為宜嘢依夜籌委會撰寫，並經書院電郵傳送。

The following message is drafted by Organizing Committee of Sunny Yeah and sent via College.]



Singing Contest (Preliminary Round): 13th Mar – 14th Mar

Ball: 20th Mar

Singing Contest (Preliminary Round) 伍唱初賽

如果覺得平時係沖涼個陣唱歌唔夠喉，咁就一定要黎參加伍唱啦！除左可以比更多人聽到你既天籟之音之外，又唔洗係房到嘈住 roommate，更有機會能夠晉級到決賽！

今年我地為左可以有更公平更多元素既賽事，仲增設咗 rap 組同唱跳組，所以唔好再諗啦~ 快 d 報名參加啦!

Here comes the Wu Yee Sun Singing Contest!!!

If you are still unsatisfied with just singing in the bathroom while taking a shower, the singing contest is definitely a way to go!!

Joining the contest, you can freely show off your beautiful voice without disturbing your roommates. All participants will get the chance to advance to the final round. Maybe you will be the next CHAMPION!!

In pursuit of fairness and diversification, divisions of RAP and DANCE-SING have been newly added this year.

Looking forward to your active participation!!

報名傳送門 Registration Form: <https://goo.gl/forms/xHQMtMcdUcdIA8Hp1>

日期 Date and Time : 13th – 14th Mar (Wed-Thu) 7:00 pm - 10:00 pm

地點 Venue : 伍宜孫書院 UG/F 樓演藝廳 College Theatre, UG/F, Wu Yee Sun College

報名費用 Participatory Costs:

- 個人組別 Solo | \$ 60

- 組合組別 Group | \$ 80

- 饒舌組別 Rap | \$60 [報名人數少於3 隊將不設開此組別，參加者自動撥入個人組別或組合組別，組合需補回二十元參加費 *If there is less than 3 units of participants, this category will be closed. Participants in this category will automatically arranged into the Solo or Group. For those assigned to Group, they have to pay extra \$20.*]

- 唱跳組別 Dance-sing | \$60 [報名人數少於3 隊將不設開此組別，參加者自動撥入個人組別或組合組別，組合需補回二十元參加費 *If there is less than 3 units of participants, this category will be closed. Participants in this category will automatically arranged into the Solo or Group. For those assigned to Group, they have to pay extra \$20.*]

- 搞笑組別 Variety Group | \$120 [報名人數少於2 隊將不設開此組別，參加者可獲全額退回報名費 *If there is less than 2 units of participants, this category will be closed. Participants in this category can have full refund of application fee.*]

詳情請參閱賽制 Detailed information :

https://drive.google.com/file/d/1mlZGc12H4cZx2BLmUL4_o8TMt8Vup8R3/view?usp=drivesdk (中文版)

https://drive.google.com/file/d/16TVJvrStbbU6D_XGVM5vGQEkXybQZu1A/view?usp=drivesdk (English)

截止報名時間 Registration Deadline : 10th Mar, 11:59 pm (Walk-in 參加者除外)

請於【2019年3月10日】或以前將參賽曲目、已去人聲的純音樂（MMO）及歌詞傳送至 wys2019yyyy@gmail.com ；參加者亦可通過 Facebook Messenger 把檔案傳至「宜嘢依夜 SunnyYeah」，並於攤位開放時於攤位以現金付費，方為完成報名手續。(Walk-in 參加者除外)

Please submit your instrumental track, song name, and its lyrics to wys2019yyyy@gmail.com, or send the files through Facebook Messenger to 「宜嘢依夜 SunnyYeah」, on or before 10th March, and pay the participatory fee at booth operation time.

攤位開放時間待定，詳情請留意我地 Facebook page

Booth operation time will be announced on our Facebook page: [宜嘢依夜 SunnyYeah](#)

**每次填寫參賽表格只限申請單一參賽組別。參賽者如欲申請參加多個組別，請再次填寫此表格。

**Each submission should only involve the registration of one category of the competition, if you wish to participate in more than one category, please submit this form again, accordingly.



舞會 Ball

那年十八，母校舞會....但係母校冇舞會?!!!! 連站著如嘍囉既機會都有?!!!!

機會黎啦飛雲，宜孫舞會等緊你呀！表演跳舞飲酒 要咩有咩，仲邀請到 blaster!!!!

一齊 high 到最尾！仲點會站著如嘍囉?快啲報名啦啦啦啦!!!!

Never been to a ball? Here's your chance!!!

Sunny Yeah Ball is waiting for you! Dance with others, watch mesmerizing performances, enjoying some cocktail, we have all you ever want and desire! Also, we have invited a great band - Blaster to join our party!

Let's have the time of our lives all night long!

What are you waiting for? Join the Sunny Yeah Ball right now right by clicking the link below!!

報名傳送門 Registration Form:

https://docs.google.com/forms/d/1dNJWnrT7Ofy3V88kWJMfs5gZie4f9L_OdmpEg3WJ09g/viewform?edit_requested=true

日期 Date and Time : 20th Mar (Wed) 7:00 pm - 10:00 pm

地點 Venue : 伍宜孫書院學生膳堂 Wu Yee Sun College Dining Hall

票價 Ticket :

\$90 (單人 Single) // \$87 (不過三優惠 GPA less than 3.00) // \$80 (五人同行 Group of five or above)

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15. 電影欣賞 Movie Appreciation: 廣告牌殺人事件 Three Billboards Outside Ebbing, Missouri



電影 Movie: 廣告牌殺人事件 Three billboards outside Ebbing, Missouri

分析主題 Theme: 人生的焦慮 Anxiety in Life

日期 Date: 02.04.2019 (Tue)

時間 Time: 7 - 10pm

地點 Venue: 書院演藝廳 College Theatre, Wu Yee Sun College

電影語言 Movie Language:

英語, 配以中文字幕 English, with Chinese subtitles

主持 Moderator:

鄭政恒先生 --- 影評人、書評人，曾任香港電影金像獎、國際影評人聯盟獎、金馬獎評審。2012 年獲得香港藝術發展獎年度最佳藝術家獎。

Mr. Matthew Cheng --- Film critic, Book critic; Judging Panel member of various film awards; Recipient of "Award for Best Artist" in Hong Kong Arts Development Awards 2012

報名 Enrollment: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6890482>

已透過 RAS 登記出席是次 GEYS1010 活動之一年級同學不需重覆報名

No enrollment needed for Year 1 students who have registered for this GEYS1010 Activity via RAS

Enquiries:

Ms Candy Shek (3943-1615 / candyshek@cuhk.edu.hk)

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16. 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: 19th Mar (Tue)
Time: 7:00 pm - 9:00pm
Venue: W112, Wu Yee Sun College
Language: Cantonese supplemented with English

Registration:
<https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=29022>
Registration Deadline: 15th Mar, 5:00 pm

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

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17. 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 Gym!



Trainer: Mr. Sebastian Chan

Trainer: Ms. Vanessa Chan

Dates (Every Wed, Except Public Holidays):

Dates (Every Thu, Except Public Holidays):

Jan 16, 23, 30

Jan 17, 24, 31

Feb 13, 20, 27

Feb 14, 21, 28

Mar 6, 13, 20, 27

Mar 7, 14, 21, 28

Apr 3, 10, 17

Apr 4, 11, 18

Time: 7:00pm - 9:00pm

Time: 6:00pm - 8:00pm

Venue: College Gymnasium

Venue: College Gymnasium

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

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

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College Announcements

1. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be out of town from 8th to 11th Mar. Professor Sunny K.S. Kwong (鄺啟新教授), Associate College Master and Director of University Planning Office and Professor Man-hong Lai (黎萬紅教授), College Dean of Students and Associate Professor at the Department of Educational Administration and Policy, have been appointed the Acting Master of Wu Yee Sun College for the period of 8th to 9th Mar and 10th to 11th Mar respectively.

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2. Wu Yee Sun Award For The Most Distinguished Graduating Student 2018/19

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

5th Mar (Tue)

Enquiries:

Ms Karen Yiu (3943-3936 / karenyiu@cuhk.edu.hk)

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3. Awards for Creativity, Student Development and Talents 2018/19



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

<p>Innovation and Creativity Award 創新創意獎 \$7,000/\$5,000</p>	<p>Lam Ding Kwong Scholarship in Social Service 林蔭光社會服務獎學金 \$5,000</p>	<p>Social Services Award 社會服務獎 \$7,000/\$5,000</p>	<p>Lau Yiu Po Wah Scholarship for Outstanding Social Services 劉馮寶華傑出社會服務獎學金 \$10,000</p>	<p>Environmental Conservation Award 環保貢獻獎 \$7,000/\$5,000</p>
<p>College Services Award 書院服務獎 \$7,000/\$5,000</p>	<p>Lau Cheung Kwai Lan Service Award for Residential Students 劉張桂蘭宿生服務獎 \$3,500</p>	<p>Outstanding Athletic Achievements Award 傑出運動表現獎 \$10,000/\$8,000/\$5,000</p>	<p>Outstanding Artistic Achievements Award 藝術傑出獎 \$5,000</p>	<p>Gestalt Music Scholarship 賈毅樂望音樂獎學金 \$4,000</p>
<p>Outstanding Student of the Year Award 年度傑出學生獎 Max. \$10,000</p>	<p>Outstanding Student Organization Award 傑出學生團體獎 Max. \$10,000</p>	<p>Student Leader of the Year Award 年度學生領袖獎 Max. \$10,000</p>	<p>Student Leader of the Year Award (for Freshmen) 年度學生領袖獎(新生) Max. \$10,000</p> <p><small>查詢：聯絡中心、學生發展及才藝委員會、各院、各系、學生發展及才藝委員會、書院服務處、書院及宿生服務處、體育委員會及財務委員會 Sunny Sports Committee for Outstanding Athletic Achievements Award CUHK Awards for Creativity, Student Development and Talents 查詢電話：8536 3118 / 3119</small></p>	

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

10th Mar (Sun)

Enquiries:

Ms Karen Yiu (3943-3936 / karenyiu@cuhk.edu.hk)

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4. 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)

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5. Wu Yee Sun College The Most Popular Canteen Staff Polling (2018-19 Term 2) 伍宜孫書院飯堂最受歡迎員工選舉 (2018-19 下學期)



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。新一輪投票將於3月舉行，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 improved largely. Another round of voting will be conducted in March 2019. 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 the link below to vote for the most popular canteen staff. Each student/staff can vote for three canteen staff at most.

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6944263>

投票日期 Voting period : 1st to 31st Mar

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6. CUHK Blood Donation Campaign at Wu Yee Sun College 香港中文大學捐血站 - 伍宜孫書院站 (11.03.2019)



All WYS members aged between 16 and 66, weighing 41KG or above and in good health are welcome to join. A blood donation station will operate at WYS College on 11th Mar (Mon). Please drink sufficient water, consume food within four hours before donation, get adequate rest the night before and do not wear clothing with tight sleeves for blood donation.

Date: 11th Mar (Mon)

Time: 11:30 am – 6:30 pm

Venue: College Gallery, G/F, WYS College

There will be various donation spots set up across CUHK campus from 4th to 22nd Mar. For more details, please refer to www.osa.cuhk.edu.hk/news.

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

The College Photo Day will be held on 29th Mar (Fri). Graduating students of 2018/19 please refer to the below for photo-taking schedule:-

https://www.wys.cuhk.edu.hk/cms/wp-content/uploads/2018/04/2018-19_Graduation-Photo-Day-Schedule_for-Students.pdf

The gown borrowing period is from 28th Feb (Thu) to 15th Apr (Mon). Class Representatives will collect gowns on behalf of graduating students. Please note return of gowns should be made by individual students. All gowns should be returned on or before 15th April (Mon) during office hours to the College Office (G03, G/F, East Block). Please note the returning place will be changed to College Theatre, UG/F on 15 April (Mon).

Enquiries:

Ms. Cassie Li (3943-3941 / cassieli@cuhk.edu.hk)

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8. “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)

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

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9. 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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10. Exchange and Travel Grant/Loan 2018/19

務宜孫書院交流及旅遊獎學金/貸款
Wu Yee Sun College Exchange and Travel Grant / Loan

申請資格 Eligibility
獲選參加學期交換計劃或海外暑假期活動/交流、並有經濟需要的學院學生
College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities / exchanges

For Grants, applicants must be local under-graduate students.

交流活動舉行期間 For Programmes/Activities	申請日期 Application Period	結果公布日期 Application Result
Feb 2019 – May 2019	15 Dec 2018 – 18 Apr 2019	30 Apr 2019
Jun 2019 – Sep 2019	19 Apr 2019 – 16 Aug 2019	30 Aug 2019
Oct 2019 – Jan 2020	17 Aug 2019 – 15 Dec 2019	30 Dec 2019

最高資助額 Maximum Amount of Subsidy
獎學金(Grant)–\$5,000 - 貸款(Loan)–\$5,000

YOUR only IS YOU

QR Code

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 18th Apr 2019.**

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

Check out the following link for more information including eligibility:
https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1549961653ExchangeandTravelGrantandLoan2018192nd.pdf

Enquiries:

Ms Karen Yiu (3943-3936 / karenyiu@cuhk.edu.hk)

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11. 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.

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12. 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/0B2BJiMcr2icqWkE4V3dmMWJXVkE>

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 (<https://www6.cuhk.edu.hk/WYS/frs/WYSLogin.aspx>).

Enquiries:

Miss Rachel Poon (3943-3942 / rachelpoon@cuhk.edu.hk)

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13. 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>

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College Funding & Awards Schemes

1. Care and Well-being Fund for Mental Wellness Activities



Care and Well-being Fund for Mental Wellness Activities encourages students to participate in various activities to strengthen mental wellness, including workshops, talks, symposiums etc. to release their stress as well as training classes and courses such as counselling training to enrich their knowledge on mental health in order to improve students' overall mental wellness.

Eligibility:

For Wu Yee Sun College students who participate in mental health activities and trainings organized by organization(s) other than College

Examples:

Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Counselling Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course

Funding Amount per student per activity:

Maximum **\$800** or 80% of the course / activity fee (whichever is lower)

Take a look at the [guidelines](#) and the [report template](#), and start your healthy life now!!!

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6754853>

Enquiries:

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

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2. 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

Enquiries:

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

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

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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	

		Participating in organized programmes	HK\$15,000 or 100% of cost of particular items (whichever is lower)
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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 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 Katie Yu (3943-3935 / katieyu@cuhk.edu.hk)

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

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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/whole-person-development/sports-health-education/>

Enquiries:

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

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Other Activities & Announcements

1. 日常心活「靜觀 x 咖啡工作坊」(3月27日) Mindfulness x Coffee Workshop 27th Mar 2019



未知上一次大家放下手機，靜心品嚐一杯咖啡是什麼時候呢？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 x 咖啡工作坊」邀請你通過靜觀方法，專心沖製咖啡，從過程中覺察自己的情緒、思想和身體感覺，了解自己多一點。

When was the last time you put down your phone and observe your footsteps, notice your breaths, and listen to your inner voice?

We invite you to spend an evening of your hustle and bustle university life to observe your bodily sensations, feelings, and thoughts and to take care of yourself by practicing mindfulness.

Date: 27th Mar (Wed) 18:30 – 20:30

Venue: W116, Wu Yee Sun College

Language: Cantonese

Fee: Free

Target: College students

Quota: 20

查詢 Enquiries : 3943 4378

報名表格 Program Details and Registration: <https://goo.gl/forms/eES1t7nhcsuA3qi53>

* 「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。

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2. Earth Hour 2019 地球一小時 20189

Pledge now to support Earth Hour by turning off all non-essential lights for one hour on Sat, **30th Mar at 8:30pm!** Wu Yee Sun College, together with other Colleges and Units of CUHK, will support to this global campaign to show our commitment to combat climate change and reduce our ecological footprint.

During Earth Hour, all non-essential lighting on UG/F Podium and 5/F Sky Garden will be switched off as a gesture of support. Every one of you, especially hostel residents, is invited to take action by switching off your lights!

More details of the campaign can be found at <https://earthhour.wwf.org.hk/en/home/>.

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3. Recruiting Mentors for Stanford University Students at CUHK in Term 1 of 2019-20

Grab the chance for an unprecedented opportunity to broaden your international perspective and be rewarded with lifelong friendships, improve communication skills, and enhanced cross-cultural understanding. In addition, you will receive a student helper allowance of HK\$1,000 at the end of the program!

In Term 1 of 2019-20, 25 students from Stanford University will study at CUHK through Stanford's Bing Overseas Studies Program (BOSP). The Office of Academic Links is now recruiting a total of 10 students to become student mentors to Stanford students.

Expectations for Mentors

- To become mentors for Stanford students studying at CUHK
- To facilitate a smooth transition from California to Hong Kong for the students
- To engage in meaningful cross-cultural interactions with the students

Examples of Engagements with Stanford Students

- Communicate with the students before arrival and set their expectations about CUHK and Hong Kong
- Assist the students to get settled in at CUHK (*e.g. airport pick-up, hostel check-in, shopping for necessities, etc.*)
- Tour the students around CUHK/Hong Kong and introduce them to Chinese and Hong Kong culture

Training to be Provided for Mentors

- Interacting Across Cultures: 25 (afternoon) or 26 March (evening)
- Emotional Intelligence: Early April (evening)

If you are interested, email Jonas at jonasto@cuhk.edu.hk with the following information **on or before Wed, 13th Mar:**

- Full Name
- Student ID
- CUHK email address
- Previous experience as a student buddy/mentor (provide name(s) of program(s) previously attended)

Depending on student response, a short interview may be required to shortlist candidates. Information on such arrangement (if necessary) will be provided in due course after the application deadline. This valuable opportunity is not to be missed. If you have any question, feel free to contact Jonas at jonasto@cuhk.edu.hk. We look forward to receiving your application!

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4. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2018/19 (Application Deadline: 28 June 2019)

CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature aims to encourage and recognize the excellence of research, analysis, and writing by the students of CUHK in the use of primary sources and rare materials held by the Hong Kong Literature Collection of The Chinese University of Hong Kong Library (CUHK Library). Applicants can visit the website of CUHK Library for the information on Hong Kong Literature Collection (香港文學特藏) at <http://www.lib.cuhk.edu.hk/tc/collections/spc/theme/hklit>.

Number and Value of Scholarship

There will be two scholarships of HK\$10,000 each. The scholarship recipients should be able to demonstrate their strong competence in using the Hong Kong Literature Collection for their outstanding research papers on Hong Kong literature and related fields. No award will be granted if there is no suitable candidate.

Eligibility

Applicants must:

- Be full-time students taking undergraduate / research postgraduate programmes;
- Submit a research paper / thesis / dissertation * on Hong Kong literature and related fields; and
- Submit a statement in 500-800 words, written in either English or Chinese, on how to make use of the Hong Kong Literature Collection for the research paper / thesis / dissertation.

** For research paper, thesis and dissertation written in language other than English or Chinese, applicants are required to translate the academic works into either English or Chinese for submission.*

Selection Criteria

A panel will meet to review applications and take into account the following during selection:

1. The originality, quality of analysis and interpretation of the research paper.
2. The excellence of writing style and thoroughness of documentation of the paper.
3. The extent and effectiveness of the applicant's use of the Hong Kong Literature Collection in the research.

Application Procedures

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

Completed application form together with all requisite documents should be submitted **in person** to the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park during office hours (Monday – Friday 8:45 a.m. - 1:00 p.m. and 2:00 p.m. - 5:30 p.m. except Public Holidays) **on or before 28 June 2019**. *Late or incomplete applications will NOT be considered. Please refer to Notes for Applicants attached to the application form for the requisite documents to be submitted by the applicants.*

Selection results will be announced by August 2019.

Enquiries:

Office of Admissions and Financial Aid (3943 9285/ sfas@cuhk.edu.hk)

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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 1st Feb to 15th 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 **11th to 15th 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. 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

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 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)

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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。

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