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Sunny Review

1. Orientation Tea Gathering Hosted by College Student Union



The College Student Union, SUNCHRONISE (巒宜), hosted an Orientation Tea Gathering on 11th Sep at the College Courtyard. Various College student organizations set up booths to introduce their works and recruit new members. College Dean of Students Professor Man-hong Lai (黎萬紅教授) visited the participating students at their booths to show her support for their efforts.



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2. Media Coverage on College Alumna's Commitment to Environmental Protection

Miss Natalie S.Y. Chung 鍾芯豫校友 (Geography and Resource Management / Class of 2019), College alumna and one of the recipients of 2019 Wu Yee Sun Award for the Most Distinguished Graduating Student (伍宜孫最優秀畢業生獎), has recently been interviewed by the media on her commitment to environmental protection.

Natalie is a co-founder of [V'air Hong Kong](#), an online platform showcasing local attractions in Hong Kong with additional information on environmental conservation which won Natalie and her team the First Prize in the HK Tertiary Schools COP21 Challenge 2015 (第 21 屆聯合國氣候變化大會香港大專教育界競賽). The team has grown over the years and has come up with a spin-off project titled [Venture Hong Kong](#), as well as co-authored a book titled 《低碳·好行》 introducing local attractions of ecological and historical significance.

Natalie has been elected as the scholar for Esther Yewpick Lee Millennium Scholarship 2019 and is taking MPhil in Environmental Change and Management at the University of Oxford from this September. While pursuing her postgraduate study, she will continue to contribute as Member of the Council for Sustainable Development (可持續發展委員會) and help advise the Government on the preparation of a sustainable development strategy for Hong Kong.

Full article can be viewed below:

[中大生推廣本地低碳遊 負笈牛津冀學以致用](#) (星島日報 Sing Tao Daily 2019.09.12)

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College Activities

1. Sunny Living Week



House of Sunny Living promotes **healthy lifestyles** and instills **positive energy** by complementing three dimensions of *“health and spiritual well-being”*, *“sports for life”* and *“go green and lead the society”* to strengthen your body, mind and spirit, and leadership. This year, the College will organize the **Sunny Living Week** again. A wide variety of activities with new elements are designed to train your body, mind and spirit, and encourage your contributions to the environment and society. Let's join together to start a Sunny living style!

如日坊旨於**推廣健康生活**，為同學注入**正能量**，並結合三大元素：**身心健康**、**終身運動**，以及**綠色生活**，讓同學強健體魄，提升精神健康及加強領導能力。書院本年再次舉辦 **Sunny Living Week**，為同學設計多款有益身心及推廣綠色生活的活動，歡迎所有伍宜孫書院同學參加，一同開始充滿陽光朝氣的健康生活!

Date & Time	Activity
20 Sep (Fri) 11:30am - 2:00pm College Gallery	Organic Farm & Activity Booths 有機農莊 及 活動攤位 c!ab: Wood Burning Keychain workshop 木烙鎖匙扣 Green Team: DIY Natural Sunblock workshop 天然防曬霜工作坊 Sport Association: Darts Game 飛標攻略



WYS Rotaract: Plastic Recycling Sorting Game 塑膠分類遊戲

Jockey Club Museum of Climate Change: Learn how to reduce climate change
Sugarcane Water from Organic Farm Please bring your own cup or bowl

*Each participant will receive a cooling towel or foldable lunchbox.
 *Limited stock. First-come, first-served**

22 Sep (Sun)
 9:00am - 3:00pm



Visit to T-Park

參觀 [源·區]：一趨轉廢為能的旅程

T-PARK, located in Tuen Mun, combines a variety of advanced technologies into a single complex and has a well-designed self-sustaining operational system, bringing together sludge incinerators with a treatment capacity of up to 2000 tonnes of sludge per day, with power generation, desalination, educational and ecological facilities to showcase the benefits of the waste-to-energy approach in waste management.

Activities:

T · Park Guided Tour: 1030-1200 (Cantonese)

T · Spa: 1230-1345 (optional; participants opting out may visit other exhibition areas)

Further Details: [Here](#)

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7823701>

Enquiries:

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

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2. Rance Lee Award --- Application Opens Now!



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

Rance Lee Award aims at encouraging the integration of creativity and Sunny living in the following 3 areas:

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

Unleash your creativity and submit your application with a one-page executive summary **on or before 31st Oct**. Tell us your ideas in proposal format and make a better life together!

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

Enquiries:

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

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3. c!ab x Music Society Busking Night



To welcome the new semester, c!ab collaborates with Music Society to hold a busking night. The venue, c!ab, will be transformed into a mini live house, staging a variety of pop songs, as a kick-off event for a series of orientation programmes. Freshmen are especially welcome to join us. FREE snacks and drinks will be provided! All music lovers please feel free to join us!

Date: 17th Sep (Tue)
Time: 8:00 pm – 9:30 pm
Venue: c!ab

We are still inviting performers and singers. If you are interested, please feel free to contact Music Society through Facebook (<http://www.facebook.com/wyysmusic soc>) or email (wyysmusic soc@gmail.com).

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4. Coffee Time Gathering

College Dean of Students would like to host a coffee time gathering to meet and chat with students. Details are as follows.

Date: 25th Sep (Wed)
Time: 4:30pm
Venue: College Staff Dining Room

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8128442>
Registration Deadline: 20th Sep (walk-in also welcome)

Enquiries:

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5. GPS Career Development Facilitation Scheme 職涯 GPS 2019/20



GPS Career Development Facilitation Scheme is jointly organized by Wu Yee Sun College and School of Continuing and Professional Studies of CUHK (CUSCS).

The Scheme aims at enriching students self-understanding for planning or embarking on their career development through face-to-dace consultation and assessment by Global Career Development Facilitator (GCDF).

Programme Content

Period: Oct 2019 - Feb 2020

What to do: Students will prepare questions/ issues they concern about their career planning. GCDF will guide the students accordingly with professional insights.

Matching: 1 student will be matched with 1 GCDF. CUSCS will match the appropriate GCDF in accordance to your background and application information. The results will be announced in the Briefing and Kick-off Ceremony.

Meeting: 4 face-to-face meetings (around 1 hour each time) at WYS

Quota: 10

Briefing and Kick-off Ceremony (MANDATORY)

Date: 16th Oct 2019 (Wed)

Time: 7:00pm

Venue: College Theatre, UG/F, Wu Yee Sun College

Application

Complete **online application** at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7514087> and **submit HK\$400 deposit** to Dean of Students' Office (UG09) on or before 20th Sep 2019 by 5:30pm

(Deposit is refundable upon completing the Briefing and Kick-off Ceremony, 4 meetings and evaluation survey)

Enquiries:

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

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6. 中國繪畫班



宗旨：本課程為中國繪畫基礎班，教授寫意花鳥、山水畫，旨在透過學習中國繪畫之不同門類和技法，提高學員對中國繪畫之認識，奠定基礎，培養對中國文化之興趣。

導師：蔡德怡老師

畢業於香港中文大學藝術系，獲文學士（2011）及藝術碩士（2015），主修中國畫，期間赴浙江大學藝術學系、北京畫院交流進修。曾獲康本國際交流獎學金、2011 傑出藝術新秀獎、詹雲白夫人紀念中國書畫獎、香港當代藝術獎 2012（入選）、才藝發展獎學金 2014（香港特別行政區政府獎學基金），亦為香港藝術館 2017“賽馬會‘藝術館出動’教育外展”受邀藝術家等。蔡氏曾於香港舉辦三次個人展覽，亦同時積極參與多個香港及海外藝術聯展，作品為香港藝術館、本地與海外藏家及機構等收藏。同時在不同學校及公眾機構教授中國繪畫，推廣中國藝術。

日期：2019 年 10 月 8 日、15、22、29 日及 11 月 5 日、19 日（逢星期二，共六堂）

時間：晚上 6:30 至 9:00

地點：伍宜孫書院西座 112 室

語言：粵語/普通話

人數：最多 20 人

按金：港幣\$400 (出席四堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7883368>

截止日期：9 月 25 日

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

查詢：

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

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7. Get Moving - Accelerated Results 7 and Functional Training 成效加速訓練及功能訓練



Move Alert! Having spent a long time in front of the computer for study, work or entertainment, it's now time to get a stroll or take some easy trainings to strengthen your body!

Accelerated Results 7 成效加速訓練

Get superior body shape fast, utilizing low reps, low weight and little rest

Date: Sep 25; Oct 2, 9, 16
Time: 19:00-20:00
Instructor: Mr. Ryan Chan

Functional training 功能訓練

Trains the entire movement of your body to better perform everyday activities.

Date: Sep 26; Oct 3, 10, 17
Time: 20:00-21:00
Instructor: Ms. Vanessa Chan

Venue: College Fitness Room

Quota: 12 (per class)

Deposit: \$200 (per class) [refundable upon completing at least 3 lessons]

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

Application: Interested students please complete application form at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7878880> AND submit deposit to College Dean of Students' Office (UG09) **on or before 5:00pm, 18th Sep**

PE Marks: 4

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

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8. Yoga Class 2019/20 Term 1

The aim for yoga practice is more than advanced poses. Achieving a balanced state of mind and body is what you can get in our yoga class.

Date: 30th Sep, 14th, 21st, 28th Oct; 4th, 11th, 18th, 25th Nov (Mondays)

Time: Class A --- 7pm to 8pm // Class B --- 8pm to 9pm

Venue: W112-114, Wu Yee Sun College

Quota: 14 (per class)

Fee:

College student \$300 (\$200 will be refunded upon completing at least 5 lessons)

College member \$200

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7579823>

Interested students please fill in this webform AND submit deposit to Dean of Students' Office on or before 12:00nn, 28th Sep (first-come-first-served)

Instructor: Ms. Ivy Lam

PE Marks: 4

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

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9. 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!

Mr. Ryan Chan

Dates (Every Wed, Except Public Holidays):

Sep 11, 18, 25

Oct 2, 9, 16, 23, 30

Nov 6, 13, 20, 27

Time: 18:00-20:00

Venue: College Fitness Room

Ms. Vanessa Chan

Dates (Every Thu, Except Public Holidays):

Sep 12, 19, 26

Oct 3, 10, 17, 24, 31

Nov 7, 14, 21, 28

Time: 20:00 – 22:00

Venue: College Fitness Room

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

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

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College Announcements

1. New College Member 新增書院成員

The following CUHK staff member has recently joined Wu Yee Sun College as teacher affiliate. Warm welcome from all the Sunnies!



Ms. Sehee PARK

Assistant Lecturer (Korean), Department of Linguistics and Modern Languages
BA (Soongsil); MA (Hankuk Univ. of Foreign Stud.)

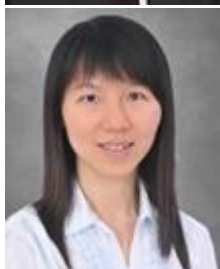
Ms. Park received her BS in English Language and Literature from Soongsil University and MA in Teaching Korean as a Foreign Language from Hankuk University of Foreign Studies, Korea. She has been teaching Korean in Hong Kong since 2012. Before joining CUHK, she taught Korean in HKUSPACE and The Hong Kong Polytechnic University. Her research interests include communicative language teaching and trilingual language acquisition.

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2. News of College Members 書院成員消息



College Member Professor Luis Roberto Flores Castillo will be promoted to Associate Professor at the Department of Physics from 29th Oct 2019.



College Fellow Professor Grace L.H. Wong (黃麗虹教授) has been appointed Assistant Dean (Learning Experience) of Medicine for a term of two years from 1st Jul 2019.

Heartiest congratulations from all the Sunnies!

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3. Meeting of Catering Services Committee - Next Meeting Date (17th Sep)

The upcoming meeting of Catering Services Committee will be held at 5:00 pm on 17th Sep. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (College Student Union: wysu1920@gmail.com; Resident Association: sungrazian@gmail.com; Non-Residents Association: jaudukwys19@gmail.com) prior to the meeting. Thank you for your valuable input.

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4. The “Sunny” Award & Admission Scholarship for Outstanding Artistic Achievements 2019/20

學生須以
Eligible for students who placed
伍宜孫書院
WU YEE SUN COLLEGE
為首選
as their 1st College preference

2019/20入學獎學金

The "Sunny" Award

HK\$15,000 / \$10,000

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

嘉許持樂觀積極態度，並具創意、熱誠及遠見，能展現書院使命「彰顯創新志業，承擔社會責任」的書院新生



立即申請
Apply Now

2019年10月7日截止接受申請

ADMISSION SCHOLARSHIPS

藝術傑出入學獎學金

Admission Scholarship for Outstanding Artistic Achievements

HK\$8,000

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

嘉許於藝術包括文學 / 表演 / 視覺藝術 / 電影 / 媒體藝術或音樂方面表現傑出的書院新生



立即申請
Apply Now

Applications open until 7 Oct 2019

Enquiries: Ms Karen Yiu | 3943 3936 | karen.yiu@cuhk.edu.hk

--- The "Sunny" Award - HK\$15,000 / HK\$10,000

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

Online Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7525520>

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

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

Online Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7526512>

****Both scholarships are eligible for freshmen who placed Wu Yee Sun College as their 1st College Preference.**

Application Deadline: Monday, 7th Oct 2019

More Details: <http://www.wyys.cuhk.edu.hk/scholarships.php>

Enquiries:

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

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5. College Hostel Grant 2019/20

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2019/20 will be maximum \$4,192 per year.

Application is now open **until Friday, 11th Oct**. Students with Term 1 or whole year residence are eligible to apply.

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

Application Form:

Enquiries:

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

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6. College Student Grant/Loan 2019/20 (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2019/20. There will be two rounds of applications: the September round is open to non-freshmen ONLY while the January round will be open to freshmen ONLY. Students who have financial difficulties are reminded to first apply for Government financial aid (Tertiary Student Financial Scheme).

Application is now open for non-freshmen **until Friday, 11th Oct**. Please download the application form from the following link and submit the completed form with supporting documents to the College Office (G03, G/F, East Block) before the deadline.

Application Form:

https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1567992446StudentGrantandLoan201920_NE.pdf

Enquiries:

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

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7. Room Share Scheme 2019/20 2019 至 20 年度特別宿位計劃

Room Share Scheme (特別宿位計劃) for 2019/20 is now open for application.

Scheme Details: https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1564640975WYS_Hostel_RSS_201920_Guideline.pdf

Online application from 2nd to 23rd Sep 2019: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7754874>

Please be reminded that:

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

Enquiries:

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

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

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8. Application for Deferment of Fees

Students who have financial difficulties and would wish to defer payment on tuition and/or hostel fee, please submit application form together with supporting documents to the College Office (G03, G/F, East Block) **on or before 23rd Sep (Mon)**. Late applications and incomplete forms will not be processed.

Application Form Download Link:

https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1566792329WYS_FeeDeferment_201920_T1_Form.pdf

Enquiries:

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

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9. 書院儲物箱申請 (2019/20) Locker Application for College Students/Student Organizations (2019/20)

Lockers are now available for WYS College students and student organizations to apply.

Options for Lockers and respective locations:

- I. College Locker: 1/F, East Block (opposite to Learning Commons)
- II. YIA Locker: 4/F, Yasumoto Academic International Park (near Room 406 & 410)
- III. WMY Locker: 5/F, Wu Ho Man Yuen Building
- IV. More than 1 locker

Students / student organizations can apply at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7983372>. Successful applicants will be assigned lockers for use in the period **2nd October 2019 – 27th April 2020**.

Application Procedures

- 1) Submit application online by **12:00 noon on 20th Sep**. First come, first served.
- 2) Submit a deposit of \$50 via HSBC or Hang Seng Bank ATM to The Chinese University of Hong Kong (293-005005-018) **AFTER** being notified by email of the success of application.
- 3) Submit the bank-in slip / ATM advice to the Dean of Students' Office (UG09) in person **on or before 12:00 noon on 27th Sep** after receiving the confirmation email sent by the Office.
- 4) We will follow your preference to assign locker(s) as far as possible, subject to the number of applications.

Regulations for the Use of Lockers

1. Users should take care of their personal belongings kept in lockers. The College will not be responsible for any loss or damage.
2. Due to hygienic reasons, no food, beverages, condiments or similar items should be kept in the lockers.
3. Users are responsible for cleaning the lockers and removing all the personal belongings inside them before returning the lockers to the College. After the stipulated period of use, any leftover items inside the lockers will be disposed of without any notification (no compensation will be made for destroyed locks).
4. Deposit will be refunded by auto-pay. Students should check their bank accounts in due course.
5. Deposit will be forfeited if any damage is made or failure to clear the locker upon expiry of the period of use.
6. The College may seize the student's right to use the locker if he / she violates the regulations or misuses the locker.
7. Users are fully responsible in taking care of their lockers. To avoid any misunderstandings, users are strongly recommended to lock their lockers even if they do not leave anything inside.

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

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10. College Sports Teams Tryout 2019/20 Term 1 書院院隊選拔 (2019/20 上學期)

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

Sports Team 項目	Date 日期	Time 時間	Venue 地點	Coach / Coordinator Tel. No. 教練/協調員電話
Men's Rowing	Sept., 17 (Tue)	6:30 – 9:00 p.m.	Grand Stand, HCF	Mr. T. F. Cheung 3943-3986
	Sept., 19 (Thur)	6:30 – 9:00 p.m.		
Women's Rowing	Sept., 18 (Wed)	6:30 – 9:00 p.m.	Grand Stand, HCF	Mr. T. F. Cheung 3943-3986
	Sept., 23 (Mon)	6:30 – 9:00 p.m.		
Men's & Women's Athletic	Please contact Mr. T. F. Cheung to arrange tryouts according to Track & Field Events before 18/10			Mr. T. F. Cheung 3943-3986 tfcheung@cuhk.edu.hk

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11. 宜孫劇社 X 中大劇賽 X 招工作人員啦

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



生於動蕩的時代，是一種不幸，也是一種幸運。

這是屬於他們的故事，也是屬於我們的故事。
如果你想觸動更多人嘅心，就加入我地，一齊完成呢個可能唔係虛構嘅故事。

.....其實都有咁嚴肅

只要你想構建一個有別於現代時空嘅場景出嚟，加入我地！
只要你想同一大班人一齊傾故仔，**create** 傳奇，加入我地！
只要你想體驗用光影變化營造氣氛，鋪排故事，加入我地！
只要你想用音效將人帶入另一個世界，加入我地！

只要你想玩，想表達，想發聲，想有自由發揮創意嘅空間，都歡迎你地速速加入我地~

就算無經驗都絕對歡迎！前台後台都要人！

隨意門：[Link](#)

歡迎 like 我地嘅 facebook page 留意最新資訊:
宜孫劇社 - 籌委會 <https://www.facebook.com/wysdramsoc>

有問題可以 contact: Elton (9409 1392) / Chris (5116 9207)

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12. "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 2019/20

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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13. 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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14. Exchange and Travel Grant/Loan 2019/20



College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities/exchanges may apply for Exchange and Travel Grant/Loan.

There are different rounds of applications. **For programmes/activities held in Oct - Jan 2020, application is now open until 13th Dec 2019.**

For programmes/activities held in Feb 2020 – May 2020, application will be open from 14th Dec – 17th Apr 2020.

Check out the following link for more information including eligibility: https://www.wyys.cuhk.edu.hk/cms/wp-content/files_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf

Enquiries:

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

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15. 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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16. 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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17. 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



The College encourages students to pursue a healthy and sunny life. If you would like to join any non-College organized activities **to strengthen your own mental wellness** or **to enrich your relevant knowledge so as to provide support to your peers**, you are most welcome to apply for our **Care and Well-being Fund for Mental Wellness Activities**. The Fund now provides greater support to allow a wider choice of activities of your interest. Details can be found below:

Eligibility:

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

Examples:

Meditation, Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Peer Support Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course etc.

Funding Amount per student per activity:

Maximum amount increased from \$800 to **\$1,500**, 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 (Winter Round) 寰宇學習獎勵計劃 (冬季)

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 (whichever is lower)
		Participating in organized programmes	HK\$5,000 or 50% of cost of the particular items (whichever is lower)
Long-term	One to six months	Self-initiated programmes	HK\$15,000 or 100% of cost of particular items (whichever is lower)
		Participating in organized programmes	

Application

Before submitting the online application form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7362342>), 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.wyys.cuhk.edu.hk/whole-person-development/sports-health-education/>

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

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Other Activities & Announcements

1. Recruitment of Enactus CUHK members and Participants for *Internship for Good* and *Competition for Good* programmes



Enactus CUHK is an organization that aims to help university students build social entrepreneurial mindsets by incubating social business projects. This year, it will be organizing two flagship programmes, *Internship for Good* and *Competition for Good*, which give members the opportunity to **work in social enterprises and NGOs**, and **build their own social business projects**, respectively, as well as providing other sorts of resources, such as training workshops and networking opportunities for members.

Becoming a member of Enactus CUHK embarks on your journey of social entrepreneurship since all programmes and events are **exclusive** to members. So do not hesitate, fill in the application form below and become a member!

Enactus CUHK Membership Application

Link: <https://form.jotform.me/EnactusHK/registration>

Deadline for Application: **21/9/2019**

Enquiries: enactuscuhk2019@gmail.com

Internship for Good is a programme that immerses members into the environment of social entrepreneurship. Enactus CUHK will help **match the right internship positions** with the right candidate. It will be a **6+ weeks programme from October to November**. Internship for Good is definitely a great investment of time if you want to polish your CV. Grasp this chance to enrich yourself! Students from all disciplines are welcomed.

Internship for Good Application

Link: <https://forms.gle/S5D6JBNGP99iyypdn7>

Application Deadline: 27/9/2019

**Please note that there will be CV screening and interview sessions for selection.*

Another highlight of the year is **Competition for Good**. In this **social business incubation programme**, we provide participants with one-on-one consultation, business advisors, training workshops and all the assistance you need. The top two teams in CUHK will receive **funding** and represent CUHK to compete in the Regional Competition, and might even have a chance to compete in Enactus National Competition and Enactus World Cup in **Shanghai** and the **United States**, respectively!

Even if you have no concrete idea in mind, you are still welcomed to join the programme. Join Competition for Good to create meaning for society and your own life! Students from **all disciplines** are welcomed.

Competition for Good Application

Link: <https://forms.gle/AV8VumJxSWUMFiMXA>

Application Deadline: 20/10/2019



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2. Events of The Hong Kong Management Association

The Hong Kong Management Association (HKMA) would like to invite you to join the following events under their Youth Development Scheme. Upon satisfactory attendance to any three HKMA events during Sep-Dec 2019, students will be invited to HKMA internship program.

Kindly note that these events are provided for free for HKMA student members only, so interested students please first register for HKMA student membership online at <https://www.hkma.org.hk/free/membership/studentMember/>. It is FREE to register for HKMA student membership. Afterwards, students could register for the following events by going to the survey monkey link at <https://www.surveymonkey.com/r/JGBRRCY> directly.

Below lists event details for your reference.

Event	Time and Venue	Description	Flyer	Registration Deadline
Mr David Yeung from Green Monday - Sharing on Leadership and Management	17 th Sep, Tue 16:00-17:30 @Pico Tower, Wan Chai	David Yeung is the Founder & CEO of Green Monday, a multi-faceted social venture with the mission to take on the world’s most pressing crises of climate change, food insecurity and public health. He has also pioneered a one-of-a-kind integrated platform that engages and empowers millions of	Flyer Here	12 th Sep, Thu

		people, along with public and private sectors, towards green awareness, action and economy. We are pleased to have David to share his entrepreneurial journey and success story.		
Company Visits: Microsoft	8 th Oct, Tue 15: 00-17:00 @Cyberport	Representatives from the company will be sharing their industry trend, daily operation, talent need and advice on career plan, even tips on applying their internship / graduate opportunities.	Elyer Here	2 nd Oct, Wed
Company Visits: McDonald's	14 th Nov, Thu 15: 00-17:00 @Hungghom train station	Tour will be given around the office / restaurant so students will have a taste on the daily operation of the industry.		11 th Nov, Mon

Enquiries:

Ms Esan Lee of HKMA (esanlee@hkma.org.hk / 2774-8575 / 9329-3393)

HKMA Digital Marketing Community will also be organizing the seminar “零售科技拆解零售界「五大痛點」研討會”, which aims at studying retail difficulties and the advantages of retail technology. You are welcome to join the seminar and details are as follows.



Date: 25th Sep (Wed)

Time: 4:00 pm – 6:00 pm

Venue: CYMA Charity Fund Management Development Centre, Room 201, 2/F Pico Tower, 66 Gloucester Road, Wanchai, HONG KONG

Language: Cantonese

Quota: 10 complimentary seats (free of charge and first-come-first-served)

Application: Please email you SID, English & Chinese full name, mobile number, major and year to rachelpoon@cuhk.edu.hk and katieyu@cuhk.edu.hk

Application deadline: 18th Sep (Wed)

Enquiries:

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

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

The **University Bursaries and Loans (UBL)** are now available for local students who are studying full-time undergraduate programme and cannot get sufficient financial assistance under the Government Tertiary Student Financial Scheme – Publicly-funded Programmes (TSFS) to apply.

Applicants should complete and submit the online application via CUSIS (Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select “University Bursaries and Loans”) during the period **from 2nd to 30th Sep**.

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

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

Eligibility

To be eligible to apply for the CUHK Student Residence Bursary 2019/20, 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 2018 to 31st Mar 2019) lower than the median of the monthly household income published in the most recent Quarterly Report on General Household Survey by the Census and Statistics Department (*Please refer to the Guidelines for the monthly household income bandings*);
- (4) be not able to benefit from Community Care Fund (CCF) hostel subsidy or receive less than \$1,420 per term under the CCF hostel subsidy.

Amount of Bursary

1. For eligible needy students who are not able to benefit from CCF hostel subsidy, the value of each bursary will be \$1,420 per term.
2. For eligible needy students who receive less than \$1,420 per term under CCF hostel subsidy, the value of each bursary will be the difference between \$1,420 and the approved amount of CCF hostel subsidy.
3. The maximum amount of bursary for residents of all types of shared rooms will be the same.

Application Procedures

1. Eligible students who live in hostel for the first term or the whole year should submit their online application in Chinese University Student Information System (CUSIS) (*Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "Student Residence Bursary"*) during the application period **from 2nd Sep to 31st Oct 2019**.
2. Applicants should print out Section 7 of the online application form and submit together with the supporting documents to the College on or before the application deadline.

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

Enquiries:

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

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5. Government Tertiary Student Finance Scheme / Non-means-tested Loan Scheme 政府資助專上課程學生資助計劃 / 全日制大專學生免入息審查貸款計劃

New College students who have financial difficulties should apply for **Government Tertiary Student Finance Scheme** (TSFS) or **Non-means-tested Loan Scheme** (NLSFT). Applications should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through "SFO E-link - My Applications" at <http://ess.wfsfaa.gov.hk> **on or before 23rd Sep**.

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

Enquiries:

Government Student Finance Office (2152-9000)

Office of Admissions and Financial Aid (3943-5271 / 3943-1898)

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6. The Rhodes Scholarship 2020 for Hong Kong (Tenable at the University of Oxford)

The Rhodes Scholarship 2020 for Hong Kong tenable at the University of Oxford is now open for application until 30th Sep by 23:59 (Hong Kong time).

The Rhodes Scholarship is a prestigious international scholarship programme in the world, enabling outstanding young people from around the world to undertake full-time postgraduate study at the University of Oxford. Rhodes Scholarships are for young leaders of outstanding intellect and character who are motivated to engage with global challenges, committed to the service of others and show promise of becoming value-driven, principled leaders for the world's future. For more information about the Scholarship, please visit: <http://www.rhodeshouse.ox.ac.uk/>.

More information: <http://admission.cuhk.edu.hk/assets/oafa/Scholarships/Overseas/poster-rhodes-2020.pdf>

Enquiries:

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

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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.