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## Sunny Review

### 1. 語文文化桌：古人也寫錯別字



本學期文化桌邀得樹仁大學中國語言文學系黃偉豪教授，以《古人也寫錯別字》為題，與同學一起賞析古人文章及作品，一起查找錯別字。黃教授指出即使是著名書法家都會寫錯別字，但他們是故意寫錯的，目的為美化字形。有些錯別字的產生是因為其意思的混淆，但現在我們亦已把那些錯別字變成正字。有些錯別字則是因為要避諱而故意刪走筆畫。最後，黃教授總結古人也存在錯別字，故不必美化古人，而錯別字也可以是一種藝術創造，但需要經時間去蕪存菁。



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### 2. Ukulele Class 夏威夷小結他班



Music has a soothing power and can help you relax! The College organized 4 sessions of Ukulele Class for students in October. Under the guidance of the instructor, participants learnt the basic music theory and skills of playing ukulele. Students also got to know how to obtain appropriate music resources on the internet so that they can practise ukulele on their own.

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### 3. CU Drama Competition 2019 - Wu Yee Sun Drama Society 書院劇社參加中大戲劇比賽



Our College Drama Society (宜孫劇社) presented its production at the CUHK Drama Competition 2019 (中大戲劇比賽) on 31<sup>st</sup> Oct. The play featured the struggles of the main character with martial law being imposed in Taiwan.

The play was nominated for various awards, including “Best Play” (優異創作劇本), “Best Sound Effect” (優異音樂/音響效果), “Best Image Design” (優異服裝設計), and “Best Actor/Actress” (優異演員).

The audience enjoyed the performance and felt touched. A big round of applause for the Drama Society’s effort and performance!



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## College Activities

### 1. Calm and Peace series 擁抱心「寧」系列：Mindful Calligraphy「書寫靜心」西洋書法體驗工作坊



透過西洋書法及靜觀練習，讓同學提高對身心需要的覺察，體驗在專注中的寧靜與平安，學習好好照顧自己。

內容：介紹西洋書法的基本概念及技巧  
西洋書法練習  
設計個人化的書法練習本封面  
靜觀練習體驗

導師：Miss Molly Chan

Molly 是香港大學社會工作學系學士及香港中文大學家庭輔導及家庭教育碩士，並修畢英國牛津靜觀中心及香港靜觀中心合辦之靜觀認知治療導師基礎課程。Molly 曾於不同機構（包括東華三院、聖雅各福群會、身心靈平台等）擔任靜觀及禪繞導師及分享者，擅於融合靜觀修習於輔導工作之中。

日期：15<sup>th</sup> Nov (Fri)

時間：11:30 am - 1:15 pm

地點：伍宜孫書院西座 112 室

按金：\$50 (完成活動後退回)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8478489>

截止報名日期：12<sup>th</sup> Nov

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

查詢:

Michelle Li (3943 3933/ [michelleli@cuhk.edu.hk](mailto:michelleli@cuhk.edu.hk))

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## 2. Introduction Session of College Term-long Exchange Programme 2020/21 書院交換生計劃簡介會

Application for College Term-long Exchange Programme 2020/21 is now open! If you want to know more about the College exchange programme, you are most welcome to attend the *Term-long Exchange Programme Introduction Session*. Some students will share their exchange experience and the Chairman of the Student Exchange Committee will also present the info of some partner institutions. Please find the event details below:

**Date:** 6<sup>th</sup> Nov (this Wed)

**Time:** 6:45 pm - 8:30 pm

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

**Registration (walk-in is welcome):** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8466318>

**Registration deadline:** 4<sup>th</sup> Nov (**Today**)

**Enquiries:**

Miss Rachel Poon (3943 3942 / [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk))

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## 3. WYSSA Presents: Table Tennis Competition 伍宜孫書院乒乓球賽

The following message is drafted by Wu Yee Sun College Sports Association:

想喺學業繁重嘅日子做下運動放鬆下？

今次機會黎喇！

伍宜孫書院體育學會為你呈獻的伍宜孫書院乒乓球賽。

令大家可以同志同道合的同學仔切磋下乒乓球之餘，又可以贏咖啡禮券。

Come and have fun!



### Table Tennis Competition 伍宜孫書院乒乓球賽

**Date:** 6<sup>th</sup> Nov (this Wed)

**Time:** 7:00 pm – 9:00 pm

**Venue:** Multi-purpose Sports Room, Wu Yee Sun College

**Quota:** 8-16

**Form of competition :**

單打淘汰賽（五局三勝）Singles (Best of five)

**Prize:** \$25 Starbucks Coupon

**Registration:**

[https://docs.google.com/forms/d/e/1FAIpQLSch-cVV0CYdB-gzwnqAFBths2\\_CXLborlS6jCvJ\\_2Cic0X6A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSch-cVV0CYdB-gzwnqAFBths2_CXLborlS6jCvJ_2Cic0X6A/viewform?usp=sf_link)

**查詢 Enquiries:**

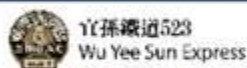
Philippe (6083 0929)

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## 4. College 12<sup>th</sup> Anniversary Celebration Activities 宜孫 12 周年院慶活動

The following message is drafted by Organizing Committee of Wu Yee Sun College Anniversary:

## 伍宜孫書院。十二週年院慶



勁共~勁共~味味

適逢宜孫今年十二歲生日, 宜孫鐵路係十一月一日正式通車

我地宜孫鐵路已經為咁多位兒孫精心安排左一連串嘅開幕活動, 務求令各位有機會享受到高質素嘅鐵路服務

*"Your attention please. This is the limited express train 'Anniversary No.12' bound for Wu Yee Sun College. We will stop at Campus Run, 523 Banquet, Sunny Fest and Adventure Tracks on the way."*

This year is Wu Yee Sun College's 12th Anniversary, and we are arranging various activities to celebrate her birthday. The W.Y.S. Express is inaugurated to deliver all of us to the festivities.

綜合報名表格連結 Link for train tickets to all stations: <https://sites.google.com/view/wys-anniversary-celebration/>

### **2<sup>nd</sup> Station: 523 人宴 -- 鐵路餐車 523 Banquet**

*Autumn breeze is the season of many things: Maple Leaves, Halloween, and heartwarming Chicken Pots. Feast on the Chicken Pots and enjoy the show together!*

Date: Nov 4 (Mon)

Time: 6:40 pm - 9:30 pm (Entrance Starts at 6:00 pm)

Location: College Canteen

Chicken Pot hotpot (雞煲) is served

屆時將會有特別嘉賓帶來精彩演出, 包括來自 E-Kids 嘅阮民安, 仲有豐富獎品大抽獎

Special guests including Tommy Yuen @E-Kids will deliver us a great performance

Maybe you are the one that wins the first prize in the lucky draw

### **3<sup>rd</sup> Station: 大笞地--鐵路市集 Sunny Fest**

*You will be shocked by the sheer variety of things sold, so prepare your wallets, and stomachs. Come support your friends or - for those daring - open a stall of your own.*

Date: Nov 5 (Tue)

Time: 7:00 pm - 11:00 pm

Venue: College Courtyard (書院中庭)

Performances and Game Booths are set and ready

到時將會有各式各樣嘅美食、遊戲、攤位同表演

### **4<sup>th</sup> Station: 鐵路歷奇：過三關 Adventure Tracks**

Innovative sports activities seems to be the trend of these days, and surely we are also jumping on this wagon. Enjoy a whole night full of sports - it is going to be a good stress killer.

Date: 14/11 (Thu)

Time: 6:00 pm - 9:30 pm

Venue: College Canteen

Track 1 第一關：Ball Strike 踢球狙擊手

Track 2 第二關：Archery Tag 攻防箭

Track 3 第三關：Rolling Stock 滾動火車

通過以上三關將能得到 4 分 PE 分 4 PE marks are awarded to participants taking PE courses (again!)

宜孫鐵路祝大家前路亨通，享受暢通無阻嘅鐵路服務～

This is the Final Stop of this train. Please remember to take away all of your sweet memories and happiness with you. Thank you for riding with us and we hope to see you again.



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



Follow us to hike along Little Hawaii Trail where you could enjoy the scenic view of waterfall. Embrace yourself with the natural beauty!

**Date:** 9<sup>th</sup> Nov (Sat)

**Meet-up Time and Point:**

9:30 am @ Wu Yee Sun College

9:45 am @ University Piazza (near to Statue of “Goddess of Democracy”)

\*Participants can also wait at main entrance of Lam Tin Park directly at 10:15

**Time and Point of Dismissal:**

12:15 pm (est.) @ Po Lam MTR Station

**Hiking Route:**

Lam Tin Park – Po Lam MTR Station (via Little Hawaii Trail)

藍田公園 — 寶琳地鐵站 (經小夏威夷徑)

**Level of Difficulty:** 2 stars (*maximum: 5 stars*)

**Distance:** ~6km

**Notes for Participants:**

- Put on suitable sportswear and sports shoes
- Bring enough water and food
- Bring mosquito repellent, sunblock and other personal sports gear
- Reduce waste and take litter to urban areas for disposal

**PE Mark:** 4 Marks

**Application:** Register at Dean of Students’ Office and submit \$100 (*refundable upon completion of the whole activity*) **on or before 5<sup>th</sup> Nov, 5:30 pm.**

**Enquiries:**

Miss Chillies Tam (3943 3934/ [chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk))

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**6. Calm and Peace series 擁抱心「寧」系列: The Power of Poiesis : Free Our City with Bandage  
《Poiesis 的力量：繃帶釋放我們的城市》**

(please click [here](#) for English version)

近幾個月是否睡得不好? 經常回想曾發生過的事情?

或者時時刻刻留意著手機，查看每天的新聞、交通情況 與 社交平台的最新消息?

這幾個月每一天發生的事件，都令人感到憤怒 與 哀痛。香港社會的不同聲音、互相的衝突及傷害，更令我們人與人之間的關係變得不信任及疏離。

在這個混亂中，我們可以藉著**表達藝術方式**（包括視覺藝術和身體動作），透過創作讓自己回到平靜，用繃帶創造一個自己心中理想的都市，反思最近的生活，並放下對立與批判，尋找內心的平安，為人生注入動力。



導師：Registered Expressive Art Therapist, Mr. Lai Ka Kit (黎家傑先生)  
黎先生是現任瑞士歐洲研究院(European Graduate School)表達藝術治療碩士班及研究生班的講師、實習和論文督導；香港大學表達藝術治療碩士課程的前榮譽講師。他亦是表達藝術治療國際聯網(連系世界各地如南美洲、拉丁美洲、歐洲及中東的表達藝術治療教育者)的認證成員。他有超過二十年整合創意工業、藝術、藝術教育、治療與生活的經驗。自2003年至今他開始專注於將表達藝術和治療/諮詢結合，服務不同的商業機構和非牟利機構。

**Date:** 6<sup>th</sup> Nov (Wed)

**Time:** 6:00 pm – 8:00 pm

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

**Registration:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8382411>

**Registration Deadline :** 4<sup>th</sup> Nov (Quota is limited. First-come, first-served)

**Enquiries:**

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



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## 7. Calm and Peace series 擁抱心「寧」系列: Emotion Wellness Support Through Music 和你聽

很多時，我們心中都有無數的說話，想與人傾訴，但往往難以啟齒，只好把情感收於心底內。音樂卻賦有一種神奇的力量，大家可以在輕鬆及互勉的環境下，通過音樂抒發心中的喜悅及鬱結。同學亦可以藉著歌詞，痛痛快快地表達對社會的歌頌或不滿。

在是次音樂活動中，導師會利用不同樂器帶領大家，透過唱歌、填詞，並協合話劇元素，讓同學把內心深處的感受盡情地表達出來。若您有事情想分享，或者有意見想表達，我們都樂意傾聽。

We may have many words trapped inside our heart but don't know how to express freely. Music has magical power. It offers a space for you to share your ups and downs with friends and to gain peer support. Song-writing provides a great way to express your emotions more easily.

Under the guidance of our instructors using different musical instruments, you can express your true emotions through singing, song-writing and elements of drama at the workshop. Please join and share your feelings through music with us!



**Instructors :**

Ms. Cheung Kit Yang Carol (UK Registered Music Therapist)  
Mr. Chan Cho Kin (Drama Educator & Counselor)

**Date:** 19 Nov 2019 (Tue)

**Time:** Class A 5:30 – 6:45pm  
Class B 7:00 – 8:15pm

**Quota:** 10 students per class

**Venue:** The Lounge in WYS House of Sunny Living

**Deposit:** \$50

**Registration:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8394614>

**Registration Deadline:** 11<sup>th</sup> Nov

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

**Enquiries:**

Ms. Michelle Li ([michelleli@cuhk.edu.hk](mailto:michelleli@cuhk.edu.hk) / 3943 3933)

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**8. Rance Lee Award <Application Deadline Extended to 11<sup>th</sup> Nov>**

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** 健康身心
- Rance Lee award for creativity in promoting **lifetime sports** 終身運動
- Rance Lee award for creativity in promoting **green life** 綠色生活

With the request to extend the application deadline, Rance Lee Award will accept further applications till **11<sup>th</sup> Nov, 2019 (next Monday)**. Unleash your creativity and submit your application with a one-page executive summary **on or before 11<sup>th</sup> Nov**. Grab the chance to win **HK\$10,000** to promote Sunny Living!

Check out the website and click **“Rance Lee Award”** for further details. Download the application form through this link: <https://www.wys.cuhk.edu.hk/funding-scheme.php>

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

**Enquiries:**

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

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

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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: 6:00 pm - 8:00 pm

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: 8:00 pm – 10:00 pm

Venue: College Fitness Room

Target: Wu Yee Sun College Students and Staff Members

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

**\*Additional fitness consultation available at 17:00-18:00**

**Enquiries:**

Miss Chillies Tam ([chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk) / 3943 3934)

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## College Announcements

### 1. Term-long Exchange Programme 2020/21: Application Opens Now

**Wu Yee Sun College**  
**TERM-LONG EXCHANGE PROGRAMME 2020/21**

Destinations	Introduction Session
The United Kingdom	Date: 6 Nov (Wed) Time: 6:45pm- 8:30pm Venue: College Theatre Content: Sharing of previous participants, introduction of institutes Registration for introduction session Singapore Deadline: 4 Nov 2019 (Mon)
Italy	
The Netherlands	
Mexico	
The United States	
China	
Czech Republic	
Denmark	
Australia	
Finland	
Sweden	
Germany	
Canada	

APPLICATION!

Deadline: 13 Nov 2019 (Wed)  
Apply HERE: 

More Details: 

Enquiry:  
Rachel (3943 3947/ rachelpoon@cuhk.edu.hk)  
Kate (3943 3935/ kateryu@cuhk.edu.hk)



The College Term-long Exchange Programme 2020/21 is now open for application, and the application deadline is **13<sup>th</sup> Nov**. If you are interested in applying for the programme, please refer to the College website (<https://www.wyys.cuhk.edu.hk/exchange.php>) for more information and apply online (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8430410>).

In 2020/21, students can go on exchange in 23 institutes across 14 countries. Please refer to the table below for detailed list of exchange institutes.

Note:

- 0.5 FTE means one student going for one term exchange
- Institutes **highlighted in green** means their info for 2020/21 is not yet updated, and we are listing the quota of last year as ref. It is possible that the quota could be increased, decreased or even removed.
- Applicants will be given chances to change their preference by **17<sup>th</sup> Jan 2020** after Term 1, 2019/20 result is released. Therefore, please base on the following details and decide your choices now.

REGION	COUNTRY	HOST INSTITUE	Quota (FTE)
America	Canada	Mount Allison University	0.5
		University of Ottawa	1.0
	Mexico	<b>Tecnologico de Monterrey</b>	<b>0.5</b>
	The United States	American University	0.5
		Brandeis University (2nd term only)	0.5
		Northeastern University	0.5
		St. Edward's University	1.0
		University of Massachusetts Amherst	0.5
	<b>University of Pittsburgh</b>	<b>0.5</b>	
Asia	China	<b>Zhejiang University</b>	<b>0.5</b>
	Singapore	National University of Singapore	0.5
Europe	Czech Republic	<b>University of Economics, Prague</b>	<b>1.0</b>
	Denmark	Technical University of Denmark (ERG & SCI Programs)	0.5

	Finland	University of Tampere	0.5
	Germany	Albert-Ludwigs-Universität Freiburg	0.5
	Italy	Università Commerciale L. Bocconi	0.5
	Sweden	Uppsala University	1.0
	The Netherlands	Maastricht University, School of BA & Economics	0.5
		Maastricht University, University College Maastricht	0.5
		University of Groningen	1.0
	United Kingdom	University of Aberdeen	1.0
Oceania	Australia	Macquarie University	1.0
		Monash University	0.5

### Enquiries:

Miss Rachel Poon (3943 3942 / [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk))

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

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## 2. Support Your Friends at CUHK Athletic Elite Competition!

**Date:** 6<sup>th</sup> Nov (Wed)

**Time:** 6:00 pm

**Venue:** Haddon-cave Sports Field

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

為你的朋友打氣! 為每位運動員的努力喝采!

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### 3. Change of Opening Hours of College Catering Outlets on 7 November 2019 伍宜孫書院膳堂於 11 月 7 日更改營業時間

Due to College Graduation Ceremony, the opening hours of Student Canteen and Staff Dining Room at Wu Yee Sun College on 7<sup>th</sup> Nov (Thu) will be changed as follows:

Student Canteen	4:00pm – 8:45pm
Staff Dining Room	6:00pm – 8:45pm

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### 4. Wu Yee Sun College The Most Popular Canteen Staff Polling (2019/20 Term 1) 伍宜孫書院飯堂最受歡迎員工選舉 (2019/20 上學期)



多謝大家對書院最受歡迎飯堂員工選舉的支持，伍宜孫書院自舉辦最受歡迎飯堂員工選舉後，飯堂員工的服務態度不斷提升。新一輪投票現已舉行，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 provided by Canteen Staff have been improved largely. Another round of voting is being conducted now. Please be reminded to give a vote. Let's work together to improve the catering services 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  
(每位同學/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=8459681>

Voting period 投票日期 : 1<sup>st</sup> to 30<sup>th</sup> Nov

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### 5. "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](mailto:soniayu@cuhk.edu.hk))

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## 6. 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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## 7. Exchange and Travel Grant/Loan 2019/20

**伍宜禧書院交流及進修助學金/貸款**  
**Wu Yee Sun College Exchange and Travel Grant / Loan**

申請資格 Eligibility  
獲選參加學院交流計劃或海外中文暑期活動/交流、進修或進修團的課程學生  
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 undergraduate students.

交流活動舉行期間 For Programmes/Activities	申請日期 Application Period	結果公佈日期 Application Result
Feb 2019 - May 2019	15 Dec 2018 - 18 Apr 2019	30 Apr 2019
Jun 2019 - Sep 2019	19 Apr 2019 - 18 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)-\$15,000 - 貸款(Loan)-\$15,000

**YOUR only IS YOU**

Wu Yee Sun College of Education, The Chinese University of Hong Kong

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 13<sup>th</sup> Dec 2019.**

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

Check out the following link for more information including eligibility:  
[https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf)

### Enquiries:

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

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## 8. 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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## 9. 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](mailto:rachelpoon@cuhk.edu.hk))

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## 10. 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](mailto: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 mainly supports daily and social activities with the participation of Both local students And international / incoming exchange students (i.e. there should be at least one local student AND at least one international / incoming exchange student.)

Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

**More Details:** <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

### Enquiries:

Miss Rachel Poon (3943 3942 / [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk))

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

The Global Learning Award Scheme (GLAS) aims to encourage students to initiate or participate in **non-local** academic or experiential learning programmes with the main purpose of **LEARNING**. Applicants will be awarded the “Global Learning Award” and receive the award amount after completing all post-trip requirements on time.

Some examples are students’ self-initiating trips or joining overseas conferences, competitions, field trips, courses, internship/ major-related placement, research, voluntary service, cultural tour. **Programmes organized and subsidized by the College and Term-long Exchange Programmes are EXCLUDED.**

**Eligibility**

All Wu Yee Sun College students (except exchange students) are eligible for application. For final year students, the programme joined or planned must be finished by their corresponding graduation date.

**Maximum Award Amount**

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

	<b>Programme Length <sup>(1)</sup></b>	<b>Programme Nature</b>	<b>Maximum Award amount</b>
<b>Short-term</b>	Shorter than one month	Self-initiated programme <sup>(2)</sup>	HK\$12,000 or 100% of cost of the particular items <sup>(4)</sup> <i>(whichever is lower)</i>
		Participating in organized programme <sup>(3)</sup>	HK\$5,000 or 50% of cost of the particular items <sup>(4)</sup> <i>(whichever is lower)</i>
<b>Long-term</b>	One to six months	Self-initiated programme	HK\$15,000 or 100% of cost of particular items <sup>(4)</sup> <i>(whichever is lower)</i>
		Participating in organized programme	

**(1) Programme Length:**

Exclude transportation time; only count from start date of the first activity to the end date of the last activity.

**(2) Self-initiated programme:**

A programme that is not organized by any units. Students need to plan the whole programme itinerary and daily activities.

**(3) Participating in an organized programme:**

Participate in an overseas tour, course, research work, internship program or major-related placement organized by other units.

**(4) Maximum award amount:**

Only the cost of the following **particular items** are taken into consideration when deciding the maximum award amount:

(a) Round-trip transportation cost

(b) Local accommodation cost

(c) Registration fee / Programme fee for students participating in organized programmes

\*\*Visa application fee or insurance cost is **NOT** included

**Application Timeline**

Application is opened twice a year - Winter and Summer Rounds. Students can submit only one application for each round (regardless of programme nature / programme length / individual or group application). However, students could apply for unlimited rounds throughout their years of study.

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 Nov - 30 Apr	1 May - 31 Oct
Summer	1 May - 31 Oct	1 Nov - 30 Apr

**Selection Criteria**

The College has discretion to decide the number of approved applications and respective amount of approved subsidies. The quality & purpose of the programme and the quality of the proposal will be the main considerations in evaluating applications. The better the quality is, the higher the chance applicants can be granted high award amount. Applicants would be invited to attend an interview for further assessment.

**Application**

Applicants should complete and submit the online application form (<https://www.wys.cuhk.edu.hk/exchange.php?cat=others>) with all supporting documents by the application deadline of each round (31/10 for Winter Round; 30/4 for Summer Round). No hard copy is required.

Application can be on individual or group bases but **only self-initiated programmes are eligible for group application**. For group application, each applicant **MUST** submit one application form but can upload the same proposal and budget as other group members. Also, only one written report is required for the post-trip submission of group application.

Students could send their request to [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) and [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) with detailed proposal and budget **at least 1 month before application deadline** if they would like to seek comments from Student Exchange Committee members.

**Enquiries:**

Miss Rachel Poon (3943 3942 / [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk))

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto: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](mailto: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 Chillies Tam ([chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk) / 3943-3934)

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## Other Activities & Announcements

### 1. Reminder on Information Security: Machines running on Windows 7

*(Extract from ITSC e-Newsletter; login required)*

Microsoft will end the extended support of Windows 7 and Windows Server 2008 on 14<sup>th</sup> Jan 2020. To reduce cybersecurity threats and vulnerabilities, ITSC has been working with departments (LAN Administrators) to retire or upgrade the related university owned machines.

Endorsed by the 1st (2018) IT Governance Committee meeting, **machines running on Win7 and Windows Server 2008 would not be allowed to connect to the campus network after 14<sup>th</sup> Jan 2020.**

Students are hereby reminded that the above will be applied to all campus network (**including wired connection and Wi-Fi**) on College campus, such as at the Learning Commons and hostel rooms. Please arrange the necessary upgrade as appropriate. Thank you for your kind attention.

## 2. 防止性騷擾委員會主辦「0480論壇劇場」演出劇目《影像性暴力》

防止性騷擾委員會於 11 月 14 日舉辦戲劇欣賞會，邀請風雨蘭轄下的「0480 論壇劇場」演出劇目《影像性暴力》。劇場上半部份以戲劇演出探討有關社會議題，下半部份觀眾將化身為觀演者，進入劇中，實際嘗試改變的可能。不論你是誰，你的每一步都是重要的一步。



科技發展讓我們有不同渠道與人聯繫，「隨心拍」、「開心share」已成為我們與朋友/網民連結的重要方式；但可怕的是，當隨心拍變成「偷拍」、「開心share」變成「被流出」，面對他人的目光，我們有信心應對嗎？作為網絡公民的一員，你又如何看待「花生友」的身份呢？

日期：2019年11月14日（星期四）

時間：下午 6 時 30 分至 8 時

地點：香港中文大學康本國際學術園 2 號演講廳

語言：廣東話

**\*歡迎中大教職員及學生參加 費用全免\***

報名：請[按此](#)

詳情：請參閱[海報](#)或瀏覽[網頁](#)

查詢：

3943 1721 / [pash@cuhk.edu.hk](mailto:pash@cuhk.edu.hk)

## 3. HSBC Overseas Scholarship 2020/21

This scholarship supports local non-final year full-time undergraduate students to study in an overseas university for either one semester or one academic year in the academic year 2020/21. The maximum total value for each scholarship is HK\$300,000 covering tuition fees and mandatory college fees, a minimum economy return airfare, reasonable room and board costs, books, a small portion of living expenses and visa application fees. Other than the language requirement and academic requirement of minimum CGPA 3.7, the following attributes of candidates are required by the donor:

- 1) be well-rounded, active in extra-curricular and/or community services;
- 2) no extensive experience of living or studying overseas; and
- 3) be committed to Hong Kong

Details of the Scholarship and its application form can be downloaded from <http://admission.cuhk.edu.hk/> (Financing Your Studies > Scholarships > Open for Applications). The application will close at 12:00 noon on 30<sup>th</sup> Dec 2019.

### Enquiries:

OFAA Scholarships and Financial Aid Section (3943 7204 / [sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk))

## 4. Flourishing First Year Programme 心盛計劃 2019



Flourishing First Year@CUHK is a tailor-made programme for all NEW students. More than 20 workshops on various virtues of leaders will be provided throughout the academic year to support students to flourish as an everyday leader.

**How does Flourishing First Year@CUHK work?**

- Step 1:** [Register](#) to be a member and receive promotion of upcoming workshops/ activities
- Step 2:** Choose your favourite workshops and get our welcoming gifts
- Step 3:** Complete at least 3 workshops from 3 different modules -- \$50 Cafe330 Coupon
- Step 4:** Complete at least 6 workshops from all 6 modules -- Big prize! (to be announced later)
- Step 5:** Becoming an Everyday Leader

**Programme Details and List of Workshops:**

<https://www.osa.cuhk.edu.hk/services/flourishing-first-year-programme>

**Enquiries:**

Office of Student Affairs (3943 8652 / [osa@cuhk.edu.hk](mailto:osa@cuhk.edu.hk))

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**5. Events of The Hong Kong Management Association**

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

The event is 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 at <https://forms.gle/EV35YKLxvM9sZuVe9> directly.

Event	Time & Venue	Description	Flyer	Registration Deadline
<b>Company Visits:</b> McDonald's	14 <sup>th</sup> Nov, Thu 15: 00-17:00 @Hungom train station	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. Tour will be given around the office / restaurant so students will have a taste on the daily operation of the industry.	<a href="#">Flyer Here</a>	11 <sup>th</sup> Nov, Mon

**Enquiries:**

Ms Esan Lee of HKMA ([esanlee@hkma.org.hk](mailto:esanlee@hkma.org.hk) / 2774 8575 / 9329 3393)

## 6. Community Resources for Emotional Support and Mental Health Promotion

### <Samaritan Befrienders HK>

Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

#### **24-hour Hotline: 2389-2222**

*Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead*

#### **Suicide Crisis Intervention Centre: 2341-7227 for appointment**

*Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services*

#### **Family Helpline: 2319-1177**

*Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis*

\*\*\*\*\*

### <賽馬會心導遊計劃>一站式網上自助心理支援平台

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

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

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

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

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