

### Sunny Review 上周回顧

**1. College Forum: Green Tech, Green Finance and Sustainable Development Goals - Climate Change Solutions? (Speaker: Dr. William Yu 余遠騁博士)**



### College Activities 書院活動

- 1. 網上小說創作工作坊 <New>**
- 2. Mindful Calligraphy 「書寫靜心」西洋書法體驗工作坊 <New>**
- 3. 中醫保健安神系列**

### College Announcements 宣佈事項

- 1. Acting Appointment 署理職務 <New>**
- 2. Virtual Background for download**
- 3. Wu Yee Sun College Sports Teams Tryouts (1st term, 2020-2021) 2020-2021 上學期伍宜孫書院院隊選拔時間表**
- 4. Call for enrollment of Rance Lee Award**
- 5. Temporary Closure of College Catering Outlets 書院膳堂暫停營業**
- 6. "Meet the Dean" Hours 輔導長時間**
- 7. Student Pastoral Care**
- 8. WYS's Got Talents - Photography, Poster Design, MC and a lot more!**
- 9. Membership Recruitment - WYS Alumni Association 伍宜孫書院校友會會員招募**

### College Funding & Award Schemes (Year-round Application) 書院資助及獎勵計劃 (全年可供申請)

- 1. Self-Motivation Fund for Health and Well-being Activities**
- 2. Self-Motivation Fund for Sports Activities**
- 3. Self-Motivation Fund for Green Activities**
- 4. Mingle Fund**
- 5. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃**
- 6. Service-learning Project Funding Scheme 服務學習項目資助計劃**

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

- 1. 【解剖新豬肉】—如何以營銷帶動素食潮流 <New>**
- 2. 2FA Policy for All CUHK Accounts 大學帳戶雙重認證政策**
- 3. Celebrity Talk (I): Through the eyes of your heart 名人講堂(I) - 心眼闖世界**
- 4. Social Impactful Project <Deadline Tomorrow>**
- 5. CUHK Independent Learning Centre (ILC)**
- 6. Flourishing First Year Programme 心盛計劃 2020-21**
- 7. Community Resources for Emotional Support**

## Sunny Review

- 1. College Forum: Green Tech, Green Finance and Sustainable Development Goals - Climate Change Solutions? (Speaker: Dr. William Yu 余遠騁博士)**



The College Forum entitled "Green Tech, Green Finance and Sustainable Development Goals - Climate Change Solutions?" was conducted by Dr. William Yu (余遠騁博士), Founder and Chief Executive Officer, World Green Organisation, last Friday. Dr. Yu introduced how global businesses could contribute to sustainability. He shared some examples of corporates which dedicated in specific sustainable development goals (SDGs) and the development of green finance in the Asia and the Pacific Region.

We were grateful to have Professor Kwai-cheong Chau (鄒桂昌教授), Adjunct Associate Professor, Department of Geography & Resource Management and Senior College Tutor, moderating the Forum.

[\(Back to top\)](#)

## College Activities

### 1. 網上小說創作工作坊



**課程簡介：**本課程旨在教授同學對小說創作技巧的認識，包括虛實的揉合、人物與場景調度，以及情節與收結等，以培養同學對構思小說內容與經營情節的能力。課堂形式以閱讀、討論及進行寫作活動為主，教授篇章包括香港、台灣及翻譯文學等，同時兼具不同主義及風格，使同學在閱讀過程中，也可發掘出自己喜歡的寫作風格，從而進行仿作練習。

#### 課節名稱及概要：

第一節 誰在說故事——虛實與後設

**學習重點：**透過閱讀一些後設小說，由作者與角色對話，讓同學嘗試跳出框框，重新思考作者與作品的虛實關係。

**所用文本：**艾加凱磊〈突然一陣敲門聲〉、王文興小說

## 第二節 當我們談論日常——角色與氣氛

**學習重點：**如何寫出自然的對話？人物角色可如何塑造？本節透過閱讀以對話及內容獨白為主的文本，讓同學了解「日常」的構築。

**所用文本：**向田邦子〈春天來了〉、伍淑賢〈父親〉系列

## 第三節 埋下一把槍——飛躍與細節

**學習重點：**如何以「物」為契機書寫？如何不動聲色埋下伏線？又，轉折又是否一個作品必要的條件？本節與同學討論有關作品，讓同學學習轉折的鋪墊。

**所用文本：**芥川龍之介〈阿呆的一生〉、波赫士小說作品

**導師：**梁莉姿小姐

**導師簡介：**香港青年作家，90後寫作者。畢業於香港中文大學中國語言及文學系，曾獲文學獎多項，現擔任青年文學獎評判。作品散見文刊。曾任香港電台節目《香港文學十三邀》製作人暨主持。著有小說集有《住在安全島上的人》、《明媚如是》，詩集《雜音標本》。另獲第十四屆香港藝術發展獎藝術新秀獎（文學藝術）。

**日期：**10月28日、11月4日及11月11日(逢星期三，共三堂)

**時間：**晚上7:30至9:00

**語言：**廣東話

**形式：**活動將以zoom進行，於活動開始前2天，參加者將會收到活動的連結。

**報名：**<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10835815>

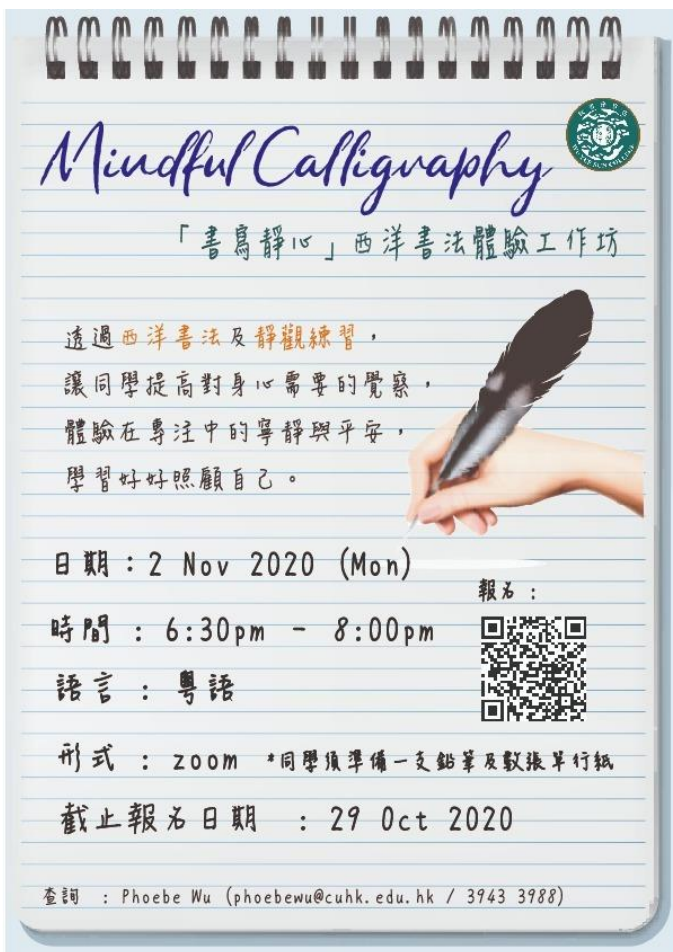
**截止日期：**10月26日

**查詢：**

胡佩德小姐 ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

[\(Back to top\)](#)

## 2. Mindful Calligraphy 「書寫靜心」西洋書法體驗工作坊



**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。

日期：2 Nov 2020 (Mon)

時間：6:30pm - 8:00pm

語言：粵語

形式：zoom \*同學須準備一支鉛筆及數張單行紙

截止報名日期：29 Oct 2020

查詢：Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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  
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：2<sup>nd</sup> Nov 2020 (Mon)  
時間：6:30pm - 8:00pm  
語言：粵語  
形式：活動將以 zoom 進行，於活動開始前 2 天，參加者將會收到活動的連結。

\*同學須自行準備一支鉛筆及數張單行紙

報名：  
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10931689>

截止報名日期：29<sup>th</sup> Oct 2020

查詢：  
Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

[\(Back to top\)](#)

### 3. 中醫保健安神系列



伍宜孫書院健康生活委員會  
中醫保健安神系列

歡迎參加！  
活動詳情請向：中醫保健安神系列  
查詢電話：3943 3988

活動詳情：  
日期：2020年11月16日 (星期一)  
講者：中大中醫學院 鄧保平教授

查詢：Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)



壓力太大，夜晚成日都好多野諗，搞到晚晚都瞓都唔好，黑晒眼圈，有咩辦法可以解決呢？

日日對住電腦上堂搞到雙眼朦查查，捱夜溫書趕 project 又好傷肝，可以飲啲咩茶紓緩下呢？

如果你都有以上問題，那就萬勿錯過 11 月份嘅**中醫保健安神系列**，有我哋專業又資深嘅中醫教你**穴位按摩安神助眠**及一起**製作清肝明目茶包**，必定讓你容光煥發！

### 活動詳情:

日期: 2020 年 11 月 16 日 (星期一)

講者: 張保亭教授

(張教授乃中大中醫學院助理院長及註冊中醫師，並於中大中醫專科診所應診，擁有多年中醫臨床和研究經驗)

語言: 普通話

### 第一部份: 安神助眠穴位按摩

時間: 6:30 - 7:00pm

截止報名日期: 11 月 9 日

### 第二部份: 清肝明目茶包製作

活動時間: 7:00 - 7:30pm

截止報名日期: 10 月 23 日

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10519132>

註:

活動將以 zoom 進行，於活動開始前 3 天，同學將會收到活動的連結。

同學可選擇報名參加兩項活動，或只參加第一或第二部份之活動。

製作清肝明目茶包的材料會以平郵寄至同學家中(只限香港地址)，同學若身處香港境外的地方可於中大恢復面對面授課後到書院院務室取回茶包。

查詢:

Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

[\(Back to top\)](#)

## College Announcements

### 1. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be on leave on 30<sup>th</sup> Oct (Fri). Professor Sunny K.S. Kwong (鄺啟新教授), Associate College Master, has been appointed as the Acting Master of Wu Yee Sun College on that day.

[\(Back to top\)](#)

### 2. Virtual Background for download



Few virtual backgrounds are now available for College members to download for virtual meeting.  
<https://www.wys.cuhk.edu.hk/news-information/downloads/?lang=zh>

We also welcome you to create and design a virtual background using the College as theme.

If your design is selected, we will post it to our College website for the download of college members and guests.

The size requirement for 16:9 background will be:

- (1) 1280 x 720 pixels
- (2) 1920 x 1080 pixels

Deadline for Submission: 30<sup>th</sup> Oct 2020 (Fri) and please send your design to [sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk)

**Enquiries:**

Ms Sammy Kwan ([sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) / 3943 9775)

[\(Back to top\)](#)

**3. Wu Yee Sun College Sports Teams Tryouts (1st term, 2020-2021)**  
 2020-2021 上學期伍宜孫書院院隊選拔時間表

Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's & Women's Table Tennis	21 <sup>st</sup> Oct 2020 (Wed)	7:00 pm - 9:00 pm	Shaw College Multi-purpose Sports Hall	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>
Men's & Women's Rowing	To Be Announced		Grand Stand, HCF	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>

[\(Back to top\)](#)

**4. Call for enrollment of Rance Lee Award**



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 27<sup>th</sup> Oct 2020 (Tue) by 5:00 pm**. Grab the chance to win **HK\$10,000** to promote Sunny Living!

**Online application is now available, simply submit your application through one click - <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10554865>**

For details about Rance Lee Award, please check this [link](#).

**Eligibility:** All WYS students can apply individually or in group comprising at least 50% of WYS students

**Enquiries:**

Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

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

[\(Back to top\)](#)

## 5. Temporary Closure of College Catering Outlets 書院膳堂暫停營業

Due to the spread of the novel coronavirus, Student Canteen, Staff Dining Room and Café at Wu Yee Sun College are temporarily closed until further notice. We are sorry for the inconvenience caused.

[\(Back to top\)](#)

## 6. "Meet the Dean" Hours 輔導長時間

["Meet the Dean" Hour is temporarily suspended and will be resumed once the circumstances allow. If you wish to talk to Dean of Students during this period, please email [sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) for arrangement.]

**"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.

You talk. We listen. Even if you want to keep it to your heart, we still stand by your side.

The session is hosted by:

- Professor Ming-kay Poon (潘銘基教授), College 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
- Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Associate Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care

Every Sunnie is welcome!

**Enquiries:**

Ms. Sammy Kwan ([sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) / 3943 9775)

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

[\(Back to top\)](#)

## 7. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain new perspectives! DON'T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

- 1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email [sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) 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.

[\(Back to top\)](#)

## 8. WYS's Got Talents - Photography, Poster Design, MC and a lot more!

Are you interested in or excellent at any of the fields below?

- **Photography / Video-production**
- **Art & Design (e.g. posters or infographics)**
- **Simultaneous Interpretation**
- **Master of Ceremonies**
- **Audio & Video Control**
- **Writing (e.g. creative writing or student reporter in publications)**

The College is recruiting all sorts of talents to contribute in various College events. Registered students may be invited to assist in different occasions. Don't hide your talents, shine in the College!

*P.S. CREATIVITY COUNTS!!!*

Let us know what you are interested in and excellent at: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838>

**Enquiries:**

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

[\(Back to top\)](#)

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

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



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

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

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

[\(Back to top\)](#)

## College Funding & Awards Schemes

### 1. Self-Motivation Fund for Health and Well-being Activities

**Self-Motivation Fund for Health and Well-being Activities**

*Self-Motivation Fund for Health and Well-being Activities* encourages students to participate in various kinds of health and well-being activities and qualification courses in order to bring everyone **health, happiness** and/or **satisfaction**.

**Health and Well-being Activities**  
Max. funding amount :  
**\$1,500**  
or 80% of course fee  
(whichever is lower)

**Examples**  
Healthy Cooking Class  
Trial Course on Musical Instruments  
Course about Nutrition / Chinese Medicine  
Mindfulness Workshop  
Mental Health First Aid Course

**Qualification Courses for Health and Well-being Instructors**  
Max. funding amount :  
**\$4,000**  
or 80% of course fee  
(whichever is lower)

**Examples**  
Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course  
Art / Music Therapy Instructor Course

Application & Guidelines

Enquiries:  
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

*Self-Motivation Fund for Health and Well-being Activities* encourages students to participate in various kinds of health and well-being activities in order to bring everyone **health, happiness** and/or **satisfaction**.

#### Eligibility:

For Wu Yee Sun College students who participate in health and well-being activities organized by organization(s) other than the College.

**There are two categories of activities you can apply :**

#### **(i) Health and Well-being Activities**

##### **Examples :**

Healthy Cooking Class, Trial Course on Musical Instruments, Course about Nutrition or Chinese Medicine, Mindfulness Workshop, Mental Health First Aid Course

Funding amount : maximum **\$1500** or 80% of total application fee and course fee (whichever is lower)

#### **(ii) Qualification Courses for Health and Well-being Instructors**

##### **Examples :**

Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art or Music Therapy Instructor Course

Funding amount : maximum **\$4000** or 80% of course fee (whichever is lower)

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

**Application :** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10447493>

**Enquiries:**

Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

[\(Back to top\)](#)

## 2. Self-Motivation Fund for Sports Activities

The infographic features a blue and yellow geometric background with the CUHK logo in the top right. It is titled 'Self-Motivation Fund for SPORTS Activities' and includes a quote: 'Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports activities, in order to live up the spirit "Sports for Everyone"'. It is divided into two main sections: 'Sports Activities' and 'Qualification Courses for Sports Coach'. The 'Sports Activities' section shows a barbell icon, a max funding amount of \$1,500 (or 80% of the original \$1,000), and examples like the Standard Chartered Hong Kong Marathon and Oxfam Trailwalker. The 'Qualification Courses for Sports Coach' section shows a coach icon, a max funding amount of \$4,000 (or 80% of the original \$2,000), and examples like Rowing and Taekwondo. At the bottom, there is an 'Enquiries' section with contact information for Miss Chillies Tam and a QR code for 'Application & Guidelines'.

*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".*

To enhance support to students, funding amount is increased as follows:

Sports Activities: Max. \$1,000 → **\$1,500**

Funding per student per year: Max. \$2,000 → **\$4,000**

**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)

[\(Back to top\)](#)

## 3. Self-Motivation Fund for Green Activities

# Self-Motivation Fund for GREEN Activities



Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.



## Green Activities

Max. Funding Amount:

**\$1500**

or 80% (whichever is lower)

### Examples:

Eco-cultural Tour,  
Upcycling Workshops,  
Forest Bath

## Qualification Courses for Instructor of Green Activities

Max. Funding Amount:

**\$4000**

or 80% (whichever is lower)

### Examples:

Horticultural Therapists,  
Trainer for Organic Farming,  
Docent Training on Ecotourism

Application & Guidelines:



### Enquiries:

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

*Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.*

### Funding Amount:

Green Activities: Max. **\$1,500**

Qualification Courses for Instructors of Green Activities: Max. **\$4,000**

**Details:** <https://www.wys.cuhk.edu.hk/whole-person-development/green/>

### Enquiries:

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

[\(Back to top\)](#)

## 4. 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.

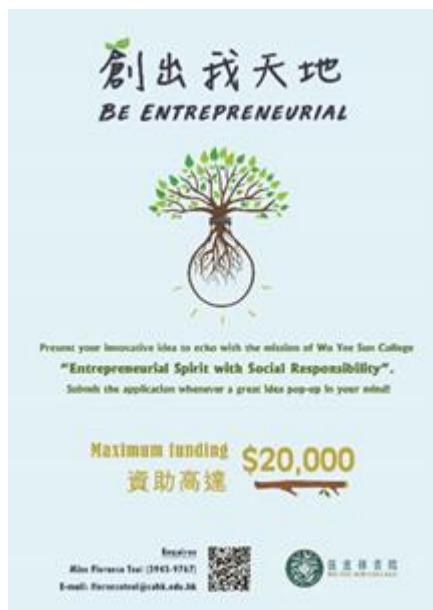
**More Details:** <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

### Enquiries:

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

[\(Back to top\)](#)

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



Grab the chance, be creative!

**Be Entrepreneurial! Funding Scheme** supports students to implement various short-term projects fulfilling college's core values of **creativity, entrepreneurial spirit, and social responsibility.**

All undergraduate students, regardless of discipline and year of study, are welcome to submit application all year round. **The maximum funding amount is up to HK\$20,000!**

Check out the details through this [link](#).

### Enquiries:

Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

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

[\(Back to top\)](#)

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

[\(Back to top\)](#)

## Other Activities & Announcements

### 1. 【解剖新豬肉】—如何以營銷帶動素食潮流



【如何推動素食風氣?】



素食主義近年風靡全世界，就連香港這個彈丸之地也林立各色各樣的素食餐廳。然而，說起本地素食風氣，就不能不提及 Green Monday！

在香港，素食文化之所以由「old school」、「佛教 feel」，搖變為時尚和健康的潮流象徵、有社會承擔的表現，Green Monday 多年來的推動功不可沒。Green Monday 近年更研發自家素肉 – Omnipork 新豬肉，引入香港大大小小食肆，掀起另一番熱潮。

180DC@CUHK 將會從營銷角度出發，與 Green Monday 代表探討，如何透過營銷改變大眾舊有思維，將新豬肉推廣至家傳戶曉。對營銷有興趣、但又想「sell 啲有意義嘅嘢」的你，不要錯過！

【解剖新豬肉】－如何以營銷帶動素食潮流

日期：10月23日（星期五）

時間：5:30 pm - 6:30 pm

講者：Tiffany Cheung (Green Monday 代表)

語言：廣東話

形式：網上直播 + Q&A

有興趣記得趕快報名！

報名連結：<https://bit.ly/2FogEbh>

是次活動為中大同學優先，同時歡迎非中大生參加

－180 Degrees Consulting @ CUHK－

180DC 係全球最大嘅 Social Consultancy，分佈於全球超過 35 個國家！每間大學嘅分支都由學生主導，由有熱誠同社會承擔嘅學生成為 Social Consultants，為社企同 NGO 提供營運建議。180DC@CUHK 就會針對社會影響力嘅企業提供諮詢，例如幫助社企同非政府組織（NGO），解決營運問題，品牌設計、宣傳同營銷方面，令更加多人知道佢咁咁有意義嘅工作！如果你係諗嘢天馬行空、做嘢鍾意打破框架、成日問點解嘅同學，歡迎成為我哋會員✧

[\(Back to top\)](#)

## 2. 2FA Policy for All CUHK Accounts 大學帳戶雙重認證政策

Please note the arrangement of “2FA for All CUHK Accounts” and take the necessary action:

<b>Policy Summary</b>	<p>Under this policy, all staff, student and project accounts (aka @cuhk.edu.hk and @link.cuhk.edu.hk) must be 2FA protected. You can activate 2FA on your account anytime. The enforcement date is</p> <ul style="list-style-type: none"><li>• Student Accounts: 3<sup>rd</sup> Nov 2020</li><li>• Staff and Project Accounts: 2<sup>nd</sup> Feb 2021</li></ul>
<b>Your Action</b>	<ul style="list-style-type: none"><li>• Enroll your account and designated mobile device via DUO 2FA Self-Service User Portal (<a href="https://duo.itsc.cuhk.edu.hk">https://duo.itsc.cuhk.edu.hk</a>)</li><li>Or</li><li>• Purchase a hardware token from ITSC for DUO 2FA</li></ul>
<b>2FA Integrated Applications</b>	<p>When 2FA is activated on your account, your access to the following services will be protected with 2FA.</p> <ul style="list-style-type: none"><li>• Email</li><li>• CUHK &amp; SSL VPN</li><li>• Microsoft 365</li><li>• MyCUHK</li></ul>

	<ul style="list-style-type: none"> <li>• CUPIS</li> <li>• Employee Self-Service (ESS)</li> <li>• CUSIS**</li> <li>• UG Admission System**</li> <li>• PG Admission System**(GS Platform (Division))</li> </ul> <p>**Authorized application administrators</p>
DUO 2FA Usage	<p>Visit <a href="https://www.itsc.cuhk.edu.hk/all-it/information-security/two-factor-authentication-2fa">https://www.itsc.cuhk.edu.hk/all-it/information-security/two-factor-authentication-2fa</a> for</p> <ul style="list-style-type: none"> <li>• Mobile or Hardware token Enrollment</li> <li>• User Guides (document and video)</li> <li>• <a href="#">Briefing Sessions</a></li> </ul>
Policy Details	<p><a href="https://www.itsc.cuhk.edu.hk/it-policies/information-security-policies/2fa-policy-for-all-university-accounts">https://www.itsc.cuhk.edu.hk/it-policies/information-security-policies/2fa-policy-for-all-university-accounts</a> (via CUHK Login)</p>

[\(Back to top\)](#)

### 3. Celebrity Talk (I): Through the eyes of your heart 名人講堂 (I) – 心眼闖世界



*(The English version follows the Chinese one.)*

#### 名人講堂 (I) – 心眼闖世界

8歲那年，本應充滿歡笑，可是一次藥物敏感，令黃明慧（Jennifer）失去視力。Jennifer沒有因此而自暴自棄，她入讀主流中、小學；及後移民加拿大，攻讀大學取得經濟及心理學雙學士學位、輔導心理學碩士學位，以及教育文憑。近年，她回流香港從事心理輔導和治療服務，曾出任長者安居協會個案管理顧問。為推廣傷健共融，她更與視障友人創立社會企業「Codekey Cookies」售賣點字曲奇。名人講堂將邀請Jennifer於**10月29日下午1時30分至2時30分**，於Zoom舉行分享會，與大家分享她用心眼闖世界的故事。

精彩預告：

<http://bit.ly/PTJW1029>

報名連結：

<http://bit.ly/1029JW>

查詢

電話：3943 1533

電郵：[leos@cuhk.edu.hk](mailto:leos@cuhk.edu.hk)

Facebook: <https://www.facebook.com/LEOs.online/>

Instagram: [https://www.instagram.com/leos\\_cuhk/](https://www.instagram.com/leos_cuhk/)

學習輔導主任

學生事務處 學習輔導及文化共融組

### **Celebrity Talk (I): Through the eyes of your heart**

At the age of eight, an age which was supposed to be filled with childhood laughter, Jennifer went blind due to drug allergy. Jennifer did not stop here. Instead, she attended mainstream schools in Hong Kong, emigrated to Canada, obtained a double bachelor's degree in Economics and Psychology, a master degree in Counselling Psychology, and Diploma in Education. Later, she returned to Hong Kong and delve into the field of Psychology & Counselling Service and worked as a Case Management Consultant for the Senior Citizen Home Safety Association. To promote the social integration of the disabled, Jennifer went further and co-founded a social enterprise 'Codekey Cookies' with her visually impaired friends to sell Braille cookies.

Jennifer will share her story with CUHK students and staff on **29<sup>th</sup> Oct 2020 from 1:30pm to 2:30pm** on Zoom in Cantonese and partially in English. Please join us.

#### **Promotional Trailer:**

<http://bit.ly/PTJW1029>

#### **Online Registration:**

<http://bit.ly/1029JW>

#### Enquiry

Phone: 3943 1533

Email: [leos@cuhk.edu.hk](mailto:leos@cuhk.edu.hk)

Facebook: <https://www.facebook.com/LEOs.online/>

Instagram: [https://www.instagram.com/leos\\_cuhk/](https://www.instagram.com/leos_cuhk/)

Learning Enhancement Officers (LEOs)

Learning and Cultural Enhancement Section

Office of Student Affairs

[\(Back to top\)](#)

## 4. Social Impactful Project

Are you looking for opportunities to drive social change through entrepreneurial actions? If yes, Enactus CUHK Social Impactful Project will serve as a solid starting point for your ideas to grow and be realized.

Enactus CUHK is a chapter of a nonprofit organization, Enactus, aiming to promote social entrepreneurship as an important vehicle to drive social change for the better; more importantly, to ignite students' life-long passion for social entrepreneurship. This year, our first flagship event, Social Impactful Project (SIP), is about to start!

Social Impactful Project is a six-month incubation program for sustainable social business projects, which participants will join internal consultation workshops with advisors from the business and engineering faculties at CUHK, a Fall Exploration experiential workshop to give you the first taste of social innovation, and networking opportunities with founders of social enterprises to help you overcome barriers that may be involved in your startup journey ahead.

**We welcome students from all disciplines to join us with your passion for social change whether as an individual or group participants.**

**Social Impactful Project Application** [Kick-start the social venture!]

Date: 21<sup>st</sup> Sep 2020 (Mon) – 20<sup>th</sup> Oct 2020 (Tue)

### Application Link:

[https://docs.google.com/forms/d/e/1FAIpQLSdznYsZFobp6on9ETN8paxG9Ah0gC\\_M1pAIQtfe6KJ9cBIPqQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdznYsZFobp6on9ETN8paxG9Ah0gC_M1pAIQtfe6KJ9cBIPqQ/viewform?usp=sf_link)

To follow our latest information, please follow our **Instagram (@enactuscuhk)**. For further queries, please feel free to email us ([cuhk@enactus.hk](mailto:cuhk@enactus.hk)).

[\(Back to top\)](#)

## 5. CUHK Independent Learning Centre (ILC)

Here are some workshop highlights for academic year 2020/21 which is organized by CUHK Independent Learning Centre (ILC). You are welcome to visit the ILC website (<https://www.ilc.cuhk.edu.hk/EN/>) for a short ILC video for their major work and services or check out their new link on “**Tips for Successful Online Learning @ CUHK**”. You may also go to: <https://bit.ly/32MAMvF> to see the workshop series posters.

1. **University Study Skills Series** – this series is particularly useful for incoming UG students
  - Study Skills in English at University Level
  - Academic Reading: Strategies for Success
  - Ace Your Oral Presentations
  - Discussion Skills and Current Affairs
  - Saying What you Mean: English Pronunciation for Cantonese and Mandarin Speakers
  - Listening to Learn: Academic Listening and Note-Taking Skills
  - Building a Bigger and Better Vocabulary
2. **Writing Series**
  - Academic Essays
  - Research Papers
  - Reflective Journals
  - Personal Essays
3. **Job Preparation Series** – this series is particularly useful for graduating students and students who are interested in applying for exchange/ internship opportunities
  - Writing Impressive Resumes
  - Writing Impressive Application Letters
  - Ace Your In-person and Video Job Interviews
  - Standing Out in a Group Interview
  - Interview Practice and Self Reflection
4. **CRE/ JRE Series**
  - Preparing for the CRE – Use of English
  - Tips and Strategies in Tackling the JRE
  - JRE Writing Practice (Practice writing for the JRE under exam conditions)
  - Feedback on JRE Writing Practice (Discuss exam strategy and student writing)
5. **Exam Preparation Series**
  - Taking the IELTS Challenge: Reading & Writing
  - Taking the IELTS Challenge: Speaking & Listening
  - Mastering the TOEFL: Reading and Listening
  - Mastering the TOEFL: Speaking and Writing

Students who think they will benefit from having a one-to-one meeting with the teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session. The schedule can be found at: <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>. Besides, the ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support students. Details are available at: <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>.

[\(Back to top\)](#)





# Flourishing First Year @ CUHK 2020-21

Flourishing First Year@CUHK is a tailor-made programme for all NEW students. A series of workshops are provided for supporting you to flourish and grow from failures.

*How does Flourishing First Year@CUHK work?*

**Step 1:** All new students are eligible for receiving information about upcoming activities/workshops and have the priority in enrolling in these activities/workshops

**Step 2:** Enroll in the workshop and get our welcoming gift in your first workshop (on a first-come-first-serve basis)

**Step 3:** Be a flourishing learner!

**Step 4:** Get your reward! (coffee making workshop/pottery class; on a first-come-first-serve basis)

**Step 5:** Complete all workshops from PERMA (Positive Emotions, Engagement, Relationship, Meaning, Accomplishment)

**Programme Details and List of Workshops:**

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

**Enquiries:**

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

[\(Back to top\)](#)

## 7. Community Resources for Emotional Support

**<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*

[\(Back to top\)](#)

To unsubscribe, please email us at [info.wys@cuhk.edu.hk](mailto:info.wys@cuhk.edu.hk).