

Sunny Review 上周回顧

- [1. WYS College 13th Anniversary Celebration](#)
- [2. Zentangle Workshop](#)



College Activities 書院活動

- [1. English through Music & Songs Appreciation : Music Buffet 2.0 with the Hidden Gems <New>](#)
- [2. Online Mindfulness Practice 網上靜觀練習 <New>](#)
- [3. English through Sports <Deadline this Thu>](#)

College Announcements 宣佈事項

- [1. Fee Payment for Full-time Undergraduate Students \(2nd Term 2020/21\) <New>](#)
- [2. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2020/21 \(Application Deadline: 14th May 2021\) <New>](#)
- [3. College Hostel Grant 2020/21 Applications \(for all local undergraduate resident students\) 2020/21 年度書院住宿助學金 \(接受本地本科生宿生申請\)](#)
- [4. College Student Grant/Loan Application \(Freshmen Only\) 書院學生助學金/貸款接受申請 \(只限新生\)](#)
- [5. Reaching Out Award \(外展體驗獎\) 2020/21 - Now open for application](#)
- [6. Plan Your Career Ahead - GPS Career Development Facilitation Scheme 職涯 GPS 2020-21](#)
- [7. Healthy Recipe Sharing 有營食譜分享](#)
- [8. Open Recruitment for WYS International Team Members](#)
- [9. Temporary Closure of College Catering Outlets 書院膳堂暫停營業](#)
- [10. "Meet the Dean" Hours 輔導長時間](#)
- [11. Student Pastoral Care](#)
- [12. WYS's Got Talents - Photography, Poster Design, MC and a lot more!](#)
- [13. 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. Smart Campus Solutions Competition 2020/21 - Call for Application <Deadline on 29th Jan>](#)
- [2. Online Financial Literacy Seminar \(金融理財知識網上講座\) <Deadline Today>](#)
- [3. Survey about Online Teaching and Learning \(For current full-time undergraduates\)](#)
- [4. 2FA Policy for All CUHK Accounts 大學帳戶雙重認證政策](#)
- [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. WYS College 13th Anniversary Celebration



3

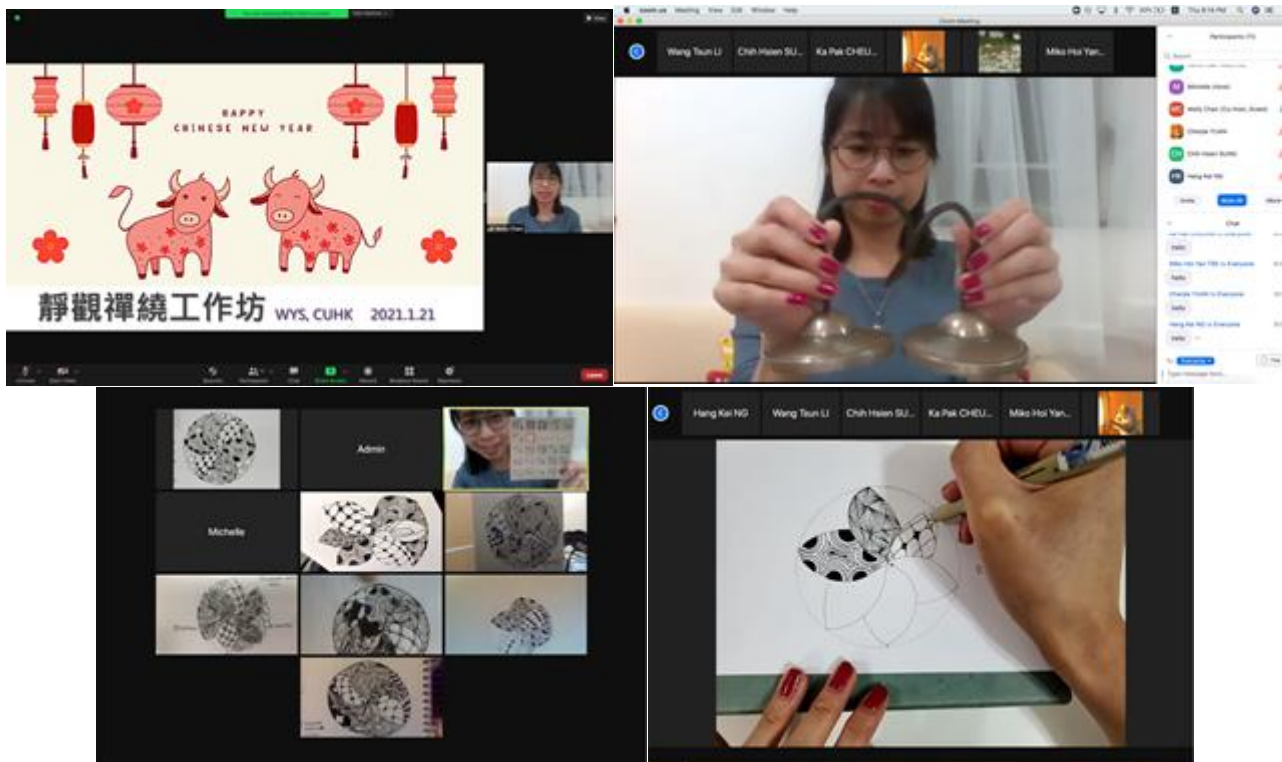
To celebrate the 13th Anniversary of the College, the Organizing Committee of College Anniversary prepared “523 Game Show” to foster interaction between College members and students. In view of the current development of the pandemic, the “523 Game Show” were conducted via Facebook live on 19th Jan 2021.



Professor Anthony T.C. Chan (陳德章教授), Professor Man-hong Lai (黎萬紅教授), Professor Ming-kay Poon (潘銘基教授) and student representatives attended and competed in various games. There were also performance by Miss Tang Lai Ying (鄧麗英小姐) and Mr. Billy Cheung (張浚霆先生), and lucky draw. More than 150 persons shared our joy online. The show could be viewed [HERE](#).

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

2. Zentangle Workshop

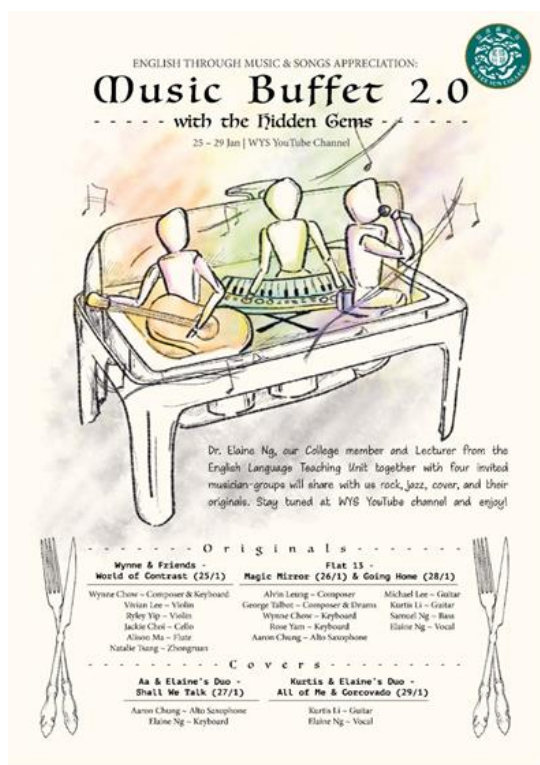


Zentangle Workshop conducted by Certified Zentangle Instructor, Miss Molly Chan (陳慕寧小姐) was held on 21st Jan via Zoom. Participating students have a chance to enjoy the peaceful, comfortable and silent moment when focusing on drawing zentangle under the pandemic. The beautiful images created by repeated simple patterns also gave them artistic satisfaction.

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

College Activities

1. English through Music & Songs Appreciation : Music Buffet 2.0 with the Hidden Gems



As the new semester begins, Dr. Elaine Ng, our College member and Lecturer from the English Language Teaching Unit, together with four invited musician-groups will share with us rock, jazz and their originals at Music Buffet 2.0. We wish to bring you a soothing and relaxing week and hope you enjoy our Music!

Date : 25th - 29th Jan 2021 | WYS YouTube Channel

Enjoy the music [here](#)

- (25/1) *World of Contrast*
- (26/1) *Magic Mirror*
- (27/1) *Shall We Talk*
- (28/1) *Going Home*
- (29/1) *Corcovado & All of Me*

2. Online Mindfulness Practice 網上靜觀練習

透過靜觀練習，學習觀察自己的身心，和壓力好好相處，提升身心健康
Practice Mindfulness and Enjoy the Present Moment



這一年來，疫情的反反覆覆，真令我們身心俱疲。整日宅在家裏，看著上上落落的數字，心情跌落谷底! 不想被負能量包圍，影響日常生活? 不如試下跟導師於網上一起進行靜觀練習。你可以安在家中，在最舒適及放鬆的環境下進行練習，這樣你更容易觀察自己的身心狀況，釋放憂慮，並培養自我關懷的能力。

導師: Prof. Eric Lee & Miss Molly Chan

Prof. Eric Lee 是香港家庭醫學專科醫生及中大精神健康碩士，並修畢英國牛津靜觀中心及香港靜觀中心之靜觀認知治療導師基礎課程。他也是中大敬靈靜觀研究與培訓中心研究人員之一。**Prof. Lee** 曾於中大醫學院，及不同機構擔任靜觀導師。

Molly 是港大社會工作學系學士及中大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** 現為安寧服務社工，擅於融合靜觀於輔導工作之中。

日期: 25/2/2021

時間: 8:30pm - 10:00pm

語言: 粵語

*活動將透過 Zoom 形式進行，於活動前 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=11880726>

截止報名日期: 22/2/2021

查詢:

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

3. English through Sports

English through SPORTS

Do you enjoy playing and/or watching sport? **I do!**

Would you like to chat about sport with a sporting enthusiast?
If so, come to my workshop where you will:

- Discover the origins of certain sports
- Display critical thinking skills
- Learn some sporting idioms to use in daily conversation

The ball is in your court!

Instructor: Mr. Gary Muddeman
(Assistant Lecturer at the English Language Teaching Unit)

Date: 2 Feb 2021 (Tue)

Time: 6:30pm – 8:00pm

Format: Online via Zoom

Deadline: 28 Jan 2021

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

Registration:

Do you enjoy playing and/or watching sport?
I do!

Would you like to chat about sport with a sporting enthusiast?
If so, come to my workshop where you will:

- Discover the origins of certain sports
- Display critical thinking skills
- Learn some sporting idioms to use in daily conversation

The ball is in your court!

Instructor: Mr. Gary Muddeman

Mr. Gary Muddeman is an Assistant Lecturer at the English Language Teaching Unit. He obtained his Masters in English Language Teaching from the University of Warwick. Hailing from England, Gary has lived and taught in the UK, South Korea, mainland China, and now Hong Kong. He has taught multiple courses including English for Academic Purposes, English for Specific Purposes, and Content-based subjects for ten years.

Date: 2nd Feb 2021 (Tue)

Time : 6:30pm – 8:00pm

Format : Online via Zoom

The workshop will be conducted online via Zoom. Participants will receive the Zoom links 3 days before the workshop.

Registration:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11705806>

Deadline: 28th Jan 2021 (Thu)

Enquiries:

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

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

College Announcements

1. Fee Payment for Full-time Undergraduate Students (2nd Term 2020/21)

Students who have financial difficulties and would wish to defer payment on tuition and/or hostel fee, please submit the application form together with supporting documents via email to cassieli@cuhk.edu.hk on or before **1st Feb 2021 (Mon)**. Late applications and incomplete forms will not be processed.

Application Form: https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1610940992WYS_FeeDeferment_202021_T2_Form.pdf

Enquiries:

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

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

2. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2020/21 (Application Deadline: 14th May 2021)

CUHK Golden Jubilee Celestial Civilian Scholarship 2020/21 is now open for application. The scholarship aims to encourage and recognize the excellence of research, analysis, and writing by our students in the use of primary sources and rare materials held by the Hong Kong Literature Collection of The Chinese University of Hong Kong Library (CUHK Library).

Full-time undergraduate or research postgraduate students are eligible to apply. Details of the Scholarship, including eligibility criteria and application procedures can be found in the application form below:

<http://admission.cuhk.edu.hk/assets/oafa/Scholarships/local/celestial-civilian-form-2021.pdf>

You may also visit the website of CUHK Library for the information on Hong Kong Literature Collection (香港文學特藏) at <http://libguides.lib.cuhk.edu.hk/HKLit>.

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

3. College Hostel Grant 2020/21 Applications (for all local undergraduate resident students) 2020/21 年度書院住宿助學金 (接受本地本科生宿生申請)

College resident students (local undergraduates reside in College for whole year / Term 1 only / Term 2 only) with financial needs may apply for College Hostel Grant. The grant amount for 2020/21 will be maximum HK\$4,192 (Full year) / HK\$2,096 (One term).

Application is now open until **8th Feb 2021 (Mon)**.

Please submit the completed application form with supporting documents by email to stephyleung@cuhk.edu.hk or in person to the College Office (G03, East Block).

Please note that late applications and incomplete forms will not be accepted.

https://www.wys.cuhk.edu.hk/cms/wp-content/uploads/2021/01/Hostel-Grant-Application-Form2021_whole-year.pdf

Enquiries:

Miss Stephy Leung (stephyleung@cuhk.edu.hk / 3943 9773)

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

4. College Student Grant/Loan Application (Freshmen Only) 書院學生助學金/貸款接受申請 (只限新生)

College students who have financial difficulties may apply for College Student Grant/Loan 2020/21.

Application is now open for **freshmen only** until **22nd Feb 2021 (Mon)**.

Please submit the completed application form with supporting documents by email to stephyleung@cuhk.edu.hk or in person to the College Office (G03, East Block).

Please note that late applications and incomplete forms will not be accepted.

https://www.wys.cuhk.edu.hk/cms/wp-content/uploads/2021/01/Student-Grant-and-Loan-202021_F_updated.pdf

Enquiries:

Miss Stephy Leung (stephyleung@cuhk.edu.hk / 3943 9773)

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

5. Reaching Out Award (外展體驗獎) 2020/21 – Now open for application

Wu Yee Sun College full-time undergraduate students are now invited to apply for the Reaching Out Award 2020/21 (ROA) offered by the HKSAR Government.

The award, in the amount of HK\$10,000 for each successful applicant, aims to support students in participating in events/competitions (e.g. conferences/ forums/ workshops/ seminars/ training camps/ competitions/ service projects etc.), internships or placements (credit-bearing/non-credit bearing), field/study trips or courses (e.g. foreign language immersion programmes/academic exchange programmes etc.) which are conducted outside Hong Kong in 2020/21 academic year (1st Sep 2020 – 31st Aug 2021).

Learn more about the selection criteria, supporting documents required and application procedures here: <https://www.wys.cuhk.edu.hk/news/reaching-out-award-202021-now-open-for-application/>

Application Deadline: 8th Feb 2021, 5:30 pm

Enquiries:

Miss Stephy Leung (stephyleung@cuhk.edu.hk / 3943 9773)

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

6. Plan Your Career Ahead - GPS Career Development Facilitation Scheme 職涯 GPS 2020-21

職涯 GPS 伴您規劃人生
Career Development Facilitation Service Scheme

- 由香港中文大學伍宜孫學院及專業進修學院合辦
Jointly organized by the Wu Yee Sun College and School of Continuing and Professional Studies (CUSCS) of CUHK
- 提供專業導師協助職業生涯諮詢服務
Provides professional career facilitation service by career development facilitators
- 透過諮詢及評估，幫助同學深入了解自己，探索職業發展及作出生涯規劃
Guides students to enhance self-understanding for planning or embarking on their career development through one-to-one consultation and assessment
- 專業導師協助同學及關注導師最佳配對，一對一規劃人生
Matching of one student and one career development facilitator by CUSCS

關於認證導師
About Certified Career Development Facilitators

香港中文大學專業進修學院 (CUSCS) 和 2014 年榮獲「全球職業發展課程 (CCDF) 專業認證導師」，並於 2019 年獲頒「職業生涯規劃師 (CCDF)」，當今已超過 3000 名專業導師，專為具有豐富工作經驗的人士提供諮詢、評估及輔導，助人職涯發展及個人成長。

職業生涯規劃導師及關注導師註冊委員會 (Vocational Board for Certified Counselors) 認證的註冊職業生涯中心 (Center for Orienting and Evaluation) 成員。

The School of Continuing and Professional Studies of The Chinese University of Hong Kong (CUSCS) launched the Global Career Development Facilitator (GCDF) Programme in 2014 and the Facilitating Career Development (CCDF) Programme in 2019 among the over 3000 trained who have completed the programme are experienced professionals from various fields including education, administration and management, human resources and training, social work and helping professions.

There are 2 types of certified career development facilitators – Certified Career Services Provider (CCSP) and Global Career Development Facilitator (GCDF). The CCSP credential is verified by the National Career Development Association (NCDA), while the GCDF credential is verified by the Center for Credentialing and Education (CCE) of the National Board for Certified Counselors (NBCC), USA.

詳情內已
More about Career Development Education www.cuscs.hk/careerdevelopment

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-face consultation and assessment by certified career development facilitators.

Programme Content

Period: Mar 2021 - Jun 2021

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

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

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

Quota: 12

Briefing and Kick-off Ceremony (MANDATORY)

Date: 31st Mar 2021 (Wed)

Time: 7:00 pm

Venue: College Theatre, Wu Yee Sun College (may change to zoom subject to the development of COVID-19)

Application

Complete the online application form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11590013>) and submit the deposit in amount of HK\$400 directly the bank or via ATM transfer:

Name of Bank: Hang Seng Bank

Account Number: 293-005005-018

Account Holder: The Chinese University of Hong Kong

Remarks: The deposit bank-in date will be regarded as the completion date of application. Please be reminded to e-mail the receipt of deposit to Miss Rachel Poon (rachelpoon@cuhk.edu.hk) to secure a place at your earliest or not later than 16th Feb, 2021. Deposit is refundable upon completing this scheme and fulfilling the specific criteria.

Enquiries:

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

What is CCSP / GCDF?

Certified Career Services Provider (CCSP) and Global Career Development Facilitator (GCDF) are experienced professionals from various fields including education, administration and management, human resources and training, social work and helping professions. CCSP is certified by the National Career Development Association (NCDA); while the GCDF credential is certified by the Center for Credentialing and Education (CCE) of the National Board for Certified Counselors (NBCC), USA. For details, please check out this website : www.cuscs.hk/gcdf

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

7. Healthy Recipe Sharing 有營食譜分享

Vegetable and Chicken Roll with Salmon 綠野鮮竹



Did you gain much weight due to eating a lot of take-away food or instant noodles and lacking exercise recently? Let's follow the healthy recipe ([click here](#)) to prepare a yummy and nutritious dish to stay healthy and fit under the pandemic!

經常宅在家中，不是買外賣，就是食公仔麵，加上欠缺運動，你的體重是否都增加了呢? 大家不如跟著健康食譜 ([按此](#))，親手烹調有營美食，攝取足夠營養素，保持身體健康!

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

8. Open Recruitment for WYS International Team Members

Can't travel abroad due to the pandemic? Want to meet friends from different regions? Interested in understanding different cultures? Here is your chance, the College International Team is recruiting new members!

The team will organize 1-2 activities per semester to foster interaction between local and international students. If you are keen on interacting with students from regions that are different from yours, and willing to know more about other cultures, come join the International team. Register [HERE](#) by **1st Feb 2021**. A meeting for all applicants will be arranged to discuss the plan of the International Team after the recruitment period. **All local and international students are most welcome to be a team member!**

Enquiry:

Miss Kiki Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

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

9. 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.

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

10. "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 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 / 3943 9775)

Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)

Miss KiKi Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

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

11. Student Pastoral Care

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

1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email 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.

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

12. 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) / 3943 3934)

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

13. 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

WU YEE SUN COLLEGE

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

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

[Application & Guidelines](#)



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 / 3943 3988)

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

2. Self-Motivation Fund for Sports Activities

Self-Motivation Fund for **SPORTS Activities**

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".

Sports Activities
Max. Funding Amount:
\$1500
or 80% (whichever is lower)

Examples:
Standard Chartered Hong Kong Marathon,
Oxfam Trailwalker,
Spartan Race,
Dance Workshop,
Yoga Class

Qualification Courses for Sports Coach
Max. Funding Amount:
\$4000
or 80% (whichever is lower)

Examples:
Rowing,
Rope-skipping,
Taekwondo,
Orienteering

Application & Guidelines:

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

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 / 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 / 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.

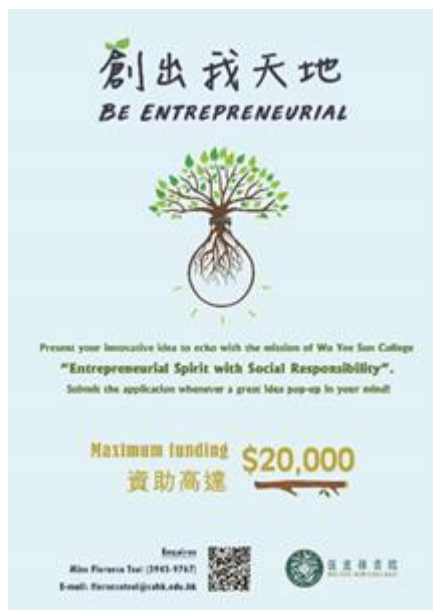
More Details: <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

Enquiries:

Miss Rachel Poon (rachelpoon@cuhk.edu.hk / 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!**

Online application is now available, simply submit your application through one click

- <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10631420>

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

Enquiries:

Miss Florence Tsui (florecetsui@cuhk.edu.hk / 3943 9767)

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

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

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 KiKi Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

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

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

Other Activities & Announcements

1. Smart Campus Solutions Competition 2020/21 - Call for Application (Deadline on 29th Jan)



Smart Campus Solutions Competition 2020/21

Application Deadline: 29th Jan 2021



The Smart Campus Solutions Competition is the first university-wide, college-based competition that offers an opportunity for undergraduate students to realize their innovative ideas about making CUHK smarter and more sustainable.

Each shortlisted project team will receive seed funding up to HK \$50,000 to produce a prototype. The winning project teams will be awarded funding for one-year full-fledged project development.

📣 Eligibility: All CUHK full-time undergraduate students

📣 Themes: Choose one theme to develop your idea:



📣 Application deadline: **29 January 2021 (Friday)**

[Apply Now](#)

The Smart CUHK Challenge



The Smart CUHK Challenge is the first smart campus initiative at CUHK, which aims to provide an experimentation platform and resources to support students and staff to actively address challenging questions and propose innovative solutions for the development of a smart CUHK campus.

Check out '[The Smart CUHK Challenge](#)' webpage for more information.

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

2. Online Financial Literacy Seminar (金融理財知識網上講座)

In order to promote financial literacy and encourage students to develop good financial management habits, our students are now invited by the Investor and Financial Education Council, a subsidiary of the Securities and Futures Commission, to join an online financial literacy seminar on 28th Jan 2021 (Thu).

Details:

Online Financial Literacy Seminar (金融理財知識網上講座)

(Registration Deadline: 25th Jan 2021)

Personal Finance and Investment 個人理財及投資

Investor and Financial Education Council 投資者及理財教育委員會

Language: Cantonese (廣東話主講)

Content 內容

1. Personal financial management
(個人財務管理)
2. Financial planning
(理財策劃)
3. Introduction to Hong Kong stock market and Initial Public Offering
(簡介香港股票市場及首次公開招股)
4. Understanding trading channels of different investment products

(了解各類投資產品的交易渠道)

5. Investment strategies and risk management
(投資策略及風險管理)

Date: 28th Jan 2021 (Thu)

Time: 4:30 pm – 6:00 pm

Platform: Zoom

Note: Investor and Financial Education Council is a subsidiary of the Securities and Futures Commission.

附註：投資者及理財教育委員會是證券及期貨事務監察委員會（證監會）的附屬機構。

Reservation

1. To register for the seminar, please complete and submit on or before 25th Jan 2021 an online registration form which is available at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11733895>
2. The online seminar link will be sent to successful registrants by email on or before 27th Jan 2021.

Enquiry:

Scholarships and Financial Aid Section, Office of Admissions and Financial Aid
(sfas@cuhk.edu.hk / 3943 7205 or 3943 1898)

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

3. Survey about Online Teaching and Learning (For current full-time undergraduates)

How's your home-based learning experience so far?

We are eager to learn more about your home-based online learning experience amid the COVID-19 pandemic.

Student Version

Tell us your thoughts by completing the questionnaire at:
<https://cloud.itsc.cuhk.edu.hk/myuform/view.php?id=567869>

香港中文大學 The Chinese University of Hong Kong
學能提升研究中心 Centre for Learning Enhancement and Research

In this survey, we would like to investigate the following 6 aspects: (1) Evaluation of students' attitudes of study during online learning; (2) Students' perception about teachers' online performance; (3) Students' challenges and difficulties when attending online learning; (4) Peer support during online learning; (5) Impact of COVID-19 on students' daily lives and (6) Suggestions for the improvement of the future online teaching and learning.

Please click the following link to fill in the survey or SCAN the QR Code to complete the survey:

<https://cloud.itsc.cuhk.edu.hk/myuform/view.php?id=567869>



This survey will take about 15 minutes to complete. Participation is voluntary. If participants feel uncomfortable when doing the online survey, they have the right to withdraw and discontinue participation.

We sincerely thank for your participation in this study.

Vivian WY LEE
Associate Professor
Centre for Learning Enhancement And Research [CLEAR]

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

4. 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:

Policy Summary	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 <ul style="list-style-type: none"> • Student Accounts: 3rd Nov 2020 • Staff and Project Accounts: 2nd Feb 2021
Your Action	<ul style="list-style-type: none"> • Enroll your account and designated mobile device via DUO 2FA Self-Service User Portal (https://duo.itsc.cuhk.edu.hk) Or • Purchase a hardware token from ITSC for DUO 2FA
2FA Integrated Applications	When 2FA is activated on your account, your access to the following services will be protected with 2FA. <ul style="list-style-type: none"> • Email • CUHK & SSL VPN • Microsoft 365 • MyCUHK • CUPIS • Employee Self-Service (ESS) • CUSIS** • UG Admission System** • PG Admission System**(GS Platform (Division)) **Authorized application administrators
DUO 2FA Usage	Visit https://www.itsc.cuhk.edu.hk/all-it/information-security/two-factor-authentication-2fa for <ul style="list-style-type: none"> • Mobile or Hardware token Enrollment • User Guides (document and video) • Briefing Sessions
Policy Details	https://www.itsc.cuhk.edu.hk/it-policies/information-security-policies/2fa-policy-for-all-university-accounts (via CUHK Login)

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

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>.

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

6. Flourishing First Year Programme 心盛計劃 2020-21



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 / 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.