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Sunny Review

1. College Photo Day for 2020/21 Graduating Class [2020/21 年度畢業班拍攝日]



Graduating Class of 2020/21 gathered on College campus to celebrate their success with friends, family members and teachers on the College Photo Day last Friday, 26th March 2021. Though everybody wore masks, the day was filled with joy and laughter, sharing the happiness of the graduating students.

Thanks to the sunny weather, the faculty and departmental photo-taking took place at the Central Courtyard with more than a dozen of College members joining together with College Master, Professor Anthony T.C. Chan (陳德章教授), to celebrate this special occasion.

Once again, congratulations to the graduating class 2020/21!

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2. 當代小說賞析及創作

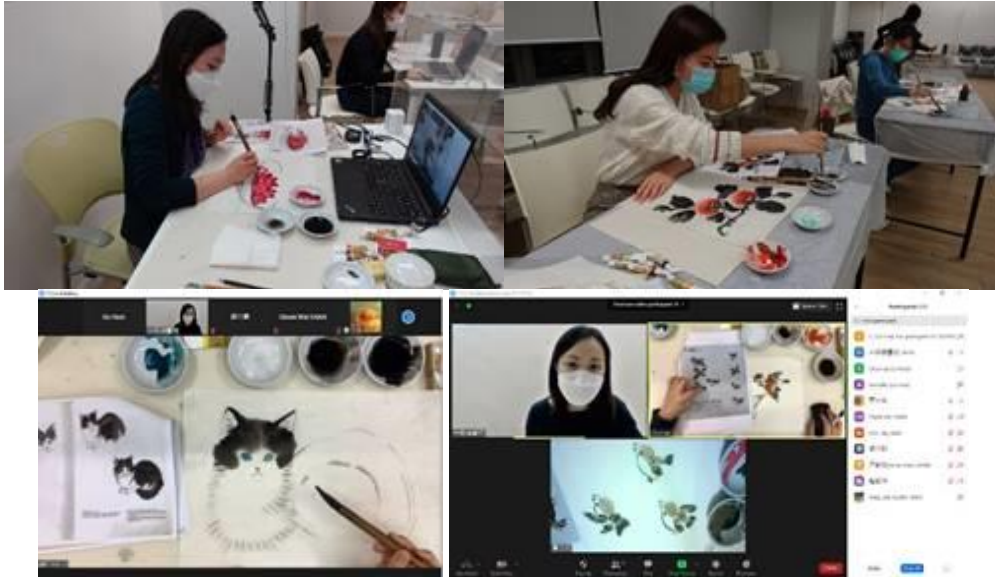
例：

- 1) 先看看圖中的「人」變成怎樣的形態？
- 2) 觀察圖中週邊環境。
- 3) 他們有甚麼感覺？他們在想甚麼？
- 4) 為甚麼他們會這樣生活？
- 5) 除了圖中所顯示的，還能延伸想像其他枝節，使情節更完整。

由於小說寫作班反應熱烈，書院於本學期再次邀得香港青年作家梁莉姿小姐舉辦為期四堂的「當代小說賞析及創作」網上小說創作工作坊，同學在導師的指導下，透過閱讀不同地方的文學作品、課堂討論及寫作練習，學習小說創作的技巧。本課程亦涉獵魔幻小說及跨藝術互文創作，進一步提升同學的創作能力及寫作技巧。

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3. 中國繪畫班



為期四堂的中國繪畫班於三月份透過混合模式成功舉行。同學在導師蔡德怡女士的悉心指導下，完成了繪畫蔬果、蝦蟹、花鳥及小貓等畫作，同學對中國文化的素養亦大大提升。

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College Activities

1. Time for Fun – Sports Activities (2020/21 Term 2)

We encourage every student to live up the spirit “Sports for Life”. A series of sports activities are presented by College and Sports Association for all of you to taste sports fun and maintain exercise routine during the pandemic.

Have your own preference of sports activities? “Self-motivation Fund for Sports Activities” has got you covered!

Rather stay at hostel room to workout privately? Book a yoga mat and a yoga block to facilitate your workout routine!

surelution

WYS FIFA Competition

29/3 (Preliminary)
& 18:30 - 22:00
30/3 (Final)
Venue: College Theatre, Wu Yee Sun College

Enroll in a playoff?
Have a taste of commentating with a professional caster?
Join Us!
Registration :shorturl.at/jmifN
Prizes: Max. HK\$300 Sports Coupons for Semi-finalists

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

WYS FIFA Competition 伍宜孫書院 FIFA 電競大賽

Semi-final and Final Round:

Date: 30th Mar 2021 (Tue)

Time: 6:30 pm - 10:00 pm

Mode of Competition: Live Streaming at College Theatre, Wu Yee Sun College

Welcome to watch the live streaming at

<https://www.facebook.com/WuYeeSunCollege/> on 30th Mar 2021 (Tomorrow)

Prize:

Champion: \$800 sports shop coupon

1st Runner-up: \$600 sports shop coupon

2nd Runner-up: \$400 sports shop coupon

3rd Runner-up: \$200 sports shop coupon

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 39433934)

Home Sports Challenge 居家運動大作戰

Join "Home Sports Challenge" for sports fun and prizes.

1. Try out the poses learnt in Online Yoga Class or Home Workout Demo*
2. Post it on Instagram with [#WYSSPORTSCHALLENGE2](https://www.instagram.com/wyssportschallenge2) and tag @wys.sports.asso during 22nd Mar - 9th Apr 2021

*Yoga Mats and Blocks Reservation is available for **current residents**.

Follow Sports Association's Instagram @wys.sports.asso for details

Enquiries:

John (9032 1506)

Elena (96226762)

HOME SPORTS CHALLENGE
居家運動大作戰!

Activity 1
ONLINE YOGA CLASS
自學瑜珈班
Starting from 22/3

Activity 2

ONLINE SPORTS CHALLENGE
DATE: 22/3-9/4
30s wall sit/30s plank/
30s side plank/30 push-up/
30 sit-up

POST ON INSTAGRAM WITH
#WYSSPORTSCHALLENGE2
AND TAG @wys.sports.asso

PARTICIPATION PRIZE:
Sport tools



Let's Cornhole 沙包洞大作戰！

Date: 9th Apr 2021 (Fri)

Time: 3:00 pm - 5:00 pm

Venue: W112-114*

Registration:

<https://forms.gle/pVQLYVgfNVY1hKoT9>

Grand Prize: Mini Massage Gun

**The arrangement will be subject to the latest university and government regulations.*

Enquiries:

John (9032 1506)

Sammy (5931 3118)



Self-motivation Fund for Sports Activities

Not available to the above activities? We support students to join sports activities organized by organizations other than College!

Sports climbing, abseiling, aerial yoga or archery class, name it and you may have financial support to enjoy sports fun! Check out the details at <https://www.wys.cuhk.edu.hk/whole-person-development/sports-health-education/>

Enquiries:

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

#Gym closed
#無得做gym點算好?

WYs Yoga and Tai Chi Dept.

YOGA MATS & BLOCKS RESERVATION

瑜伽墊及瑜伽磚借用服務



All WYS Residents are eligible to borrow at most ONE yoga mat and ONE yoga block (First-come, first-served)

Reservation Period: 7 days

Deposit: \$ 100
[Deposit refund will be made upon returning materials on time]

Register at:
Dean of Students' Office (UG09)

Yoga Mats and Blocks Reservation

Sometimes you may not be able to catch the opening hour of the gym. The reservation of yoga mat and yoga block is now open for **current residents**.

You may utilize the yoga mat and yoga block not only in practicing yoga, but also other fitness training like core training and endurance training. Stay healthy and fit!

Important Notes:

- Each resident may borrow at most **ONE** yoga mat and **ONE** yoga block per reservation for 7 days (first-come-first-served)
- If all yoga mats and yoga blocks are reserved, students may register on the waiting list.
- Users cannot renew their booking if other students are on waiting list.
- Users must sanitize the equipment before and after use

Registration: Please register at College Dean of Students' Office (UG09) during office hour with presence of your CU Link.
Deposit: HK\$100 (full refund upon returning the borrowed equipment on time)

Enquiries:

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

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2. 照顧身邊人: 多點認識創傷後遺症

有無經歷過一啲唔開心嘅事情，一直都纏擾喺你心中，揮之不去😞? 會吾會就喺患上咗創傷後遺症呢?

吾駛諗喇，一於參加明天舉辦嘅**多點認識創傷後遺症**工作坊，你就可以知道更多關於創傷後遺症嘅成因、病徵，同睇下可以點解決……

如果你留意到身邊朋友都因為以往發生過嘅事而感到不开心，可以叫埋佢哋嚟聽下呀~~~

希望此工作坊可以幫到大家，讓大家可以得到釋懷🥰

[工作坊內容絕對保密，活動期間不需開啟鏡頭，亦不會進行錄影，同學如需發問亦可把問題填寫於 CHAT 內]

活動詳情:

日期: 2021年3月30日(星期二)

時間: 6:30 pm - 7:30 pm

講者: 書院院務委員及中大心理學系 梁永亮教授

語言: 粵語

形式: 透過 zoom 網上進行

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12236434>

**照顧身邊人:
多點認識創傷後遺症**

日期: 2021年3月30日 (星期二)
時間: 6:30pm - 7:30pm
講者: 書院院務委員及中大心理學系 梁永亮教授
語言: 粵語
形式: Zoom
截止報名日期: 3月23日

大學? 咁難係? 被人暴力襲擊? 人生不如意的事十常八九, 在遇到不幸的事或或意外後感到不安、傷心是正常的, 但如表如裡三意外一些天候, 仍然出現緊張不安、經常失眠、發呆等, 或者不斷回想悲慘事件等等, 就有可能做患上創傷後遺症, 好多同學會亦一發覺到自已的問題, 故此, 如果你留意到身邊的朋友性格突然轉變或情緒穩定行踪, 你和他都可以參加這次工作坊, 了解有關創傷後遺症的成因、病徵, 以及如何可以幫到身邊的人。

幫助自己, 幫助身邊的人, 你可以

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

查詢：

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

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College Announcements

1. Wu Yee Sun Award for the Most Distinguished Graduating Student 2020/21

2020/21
Wu Yee Sun Award
for the Most Distinguished Graduating Student
伍宜孫最優秀畢業生獎

Awardee will receive max. HK\$50,000 and the name of recipient will be shown on campus prominently

Proactive graduating students of 2020/21 demonstrating College Motto by participating in various activities to broaden horizon

Have outstanding contributions to the College/Department/University/Society

Cumulative GPA reaches 3.4 or above, or Top 10% of the corresponding department

Application deadline extended to 30 March 2021

Apply Now

Enquiries | Ms Karen Yiu | karenyiu@cuhk.edu.hk | 3943 3936

The application deadline has been extended to **30th Mar 2021 (Tue)** and the eligibility has been updated as follows:

Eligibilities:

- proactive graduating students of 2020/21 academic year demonstrating the College motto by participating in various activities to broaden horizon; and
- cumulative GPA reaches 3.4 or above or Top 10% of the corresponding department and
- have outstanding contribution to the department / college / university or society

Applicants are required to submit a Personal Statement of not more than 1,000 words (English or Chinese) which illustrates his/her personality & aspirations, as well as achievement in demonstrating College motto. A Letter of Recommendation written by CUHK Teacher is mandatory.

Award Amount: Maximum HK\$ 50,000

Online Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10406775>

Enquiries:

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

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2. Meeting of Student Hostels Committee - Next Meeting Date (31st Mar)

The upcoming meeting of Student Hostels Committee will be held on 31st Mar (Wed) at 10:30 am. College students can approach the corresponding student members through the College Student Union (wysuuc.cuhk@gmail.com),

Resident Association (homiyees.wys@gmail.com) and Non-Resident Association (523hypersunic@gmail.com) if there are any suggestions or comments. Thank you for your valuable input.

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3. Meeting of Service-Learning Committee – Next Meeting Date (31st Mar)

The upcoming meeting of Service-Learning Committee will be held on 31st Mar (Wed) at 2:00 pm. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (College Student Union: wysuuec.cuhk@gmail.com) prior to the meeting. Thank you for your valuable input.

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4. Re-opening of Learning Commons (Partial Areas) 共享學習空間(部份範圍)重新開放

Partial areas of Learning Commons will be reopened 9:00 am - 10:30 pm daily from 15th Mar 2021 onwards for **residents**. The area at the back will remain closed for temporary luggage storage.

Please be reminded to wear a mask at all times and maintain social distancing in accordance with the latest government regulations.

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5. 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>.

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6. 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.

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7. "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 (florecetsui@cuhk.edu.hk / 3943 9767)

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

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8. 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.

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9. 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)

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10. 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。

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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**.

Category	Max. funding amount	Examples
Health and Well-being Activities	\$1,500 or 80% of course fee (whichever is lower)	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	\$4,000 or 80% of course fee (whichever is lower)	Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course Art / Music Therapy Instructor Course

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 / 3943 3988)

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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 runner icon. Below the title, it states: '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"'. The infographic is divided into two main sections: 'Sports Activities' and 'Qualification Courses for Sports Coach'. The 'Sports Activities' section includes a dumbbell icon, a 'Max. Funding Amount' of '\$1500 or 80% (whichever is lower)', and examples like 'Standard Chartered Hong Kong Marathon', 'Oxfam Trailwalker', 'Spartan Race', 'Dance Workshop', and 'Yoga Class'. The 'Qualification Courses for Sports Coach' section includes a coach icon, a 'Max. Funding Amount' of '\$4000 or 80% (whichever is lower)', and examples like 'Rowing', 'Rope-skipping', 'Taekwondo', and 'Orienteering'. 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 / 3943 3934)

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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)

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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.

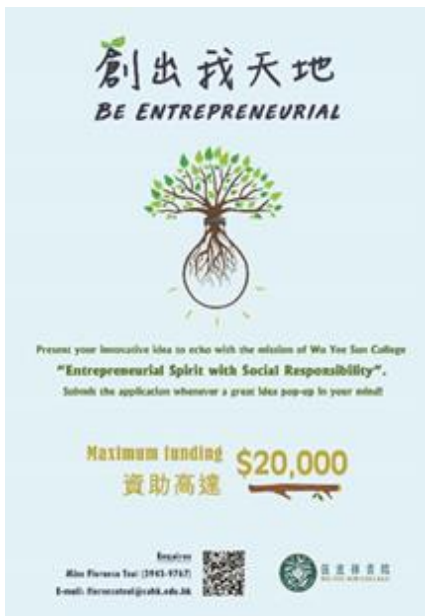
More Details: <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

Enquiries:

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

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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 (florencetsui@cuhk.edu.hk / 3943 9767)

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

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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)

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Other Activities & Announcements

1. AIESEC CUHK <TWINTERNSHIP : 滿足你海外本地都有 intern 做嘅願望>



已經三月啦，寄咗好多份 CV？煩緊唔夠工作經驗？心思思想去外國實習，但又想係香港公司儲經驗？好消息！依家 AIESEC 嘅‘Twinternship’可以一次過滿足你**兩個願望**！參加 Twinternship 就可以獲得**海外 intern 機會**，踏出自己舒適圈，體驗外國工作文化，返黎之後仲會直接得到**香港初創公司實習面試機會**，成功就有海外加本地兩份 intern。即刻實踐返係第一份實習學到嘅嘢，雙重提升你嘅競爭力！

你嘅實習旅途並不孤單，過程中我地會提供專業指導，確保你嘅旅途豐富充實，服務包括：

- 全方位職涯規劃諮詢，幫你搵最適合嘅海外同香港實習
- 撰寫 CV 技巧同面試技巧專業意見，搵工冇難度
- 個人學生夥伴支援實習旅途

AIESEC 致力於提供不同海外實習同義工機會，開拓同學嘅發展潛能同領導能力。唔好諗啦，快啲[報名參加](#)啦！

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2. AIESEC CUHK <AMONG US- An exciting journey with AIESEC!>



📣喂喂喂📣！話咁快 sem 2 又就嚟完，但回想返過去幾個月，每日都屈喺屋企上 zoom 堂，完全無機會識 friend 😊。唔緊要 😊！一齊嚟參加 AIESEC 嘅 Among Us 啦 😊😊！你喺呢度會認識倒一班新朋友，陪你一齊完成我地又有趣又有意義嘅任務！仲等咩啊，快 d click 下面條 link 報名啦 😊！

O-day: 9th Apr 2021 (Fri)

地址：CUHK (to be confirmed)

活動日期：4 月至 5 月(會根據 final exam 時間作調整)

活動形式：Hybrid mode

有咩玩？我地有：

- 心理測驗♥，認識自己同身邊人🔍
- Inside out challenge！(你到時咪知玩咩囉)
- 自製小型營火！🔥
- 創意模型🔗

*部分 face to face 活動會根據疫情情況作調整

參加費用：免費

報名表格：<http://bit.ly/AIESECAmongUs1>

截至報名日期：2021 年 4 月 7 日 (星期三)

Hey! Can I catch your attention for one minute? Time flies and semester 2 is almost over. Yet, we spent most of our days stuck at home having zoom lessons. 😊 No friends? No university life? No worries, Just join our first first ever AMONG US event! 😊😊 In here, you'll meet new friends who will accompany you in a journey to complete challenges once a week. 🔥 So join us in this journey of growth, self-discovery and fun! 😊 What are you waiting for, apply NOW!

O-day: 9th Apr 2021 (Fri)

Venue: CUHK (to be confirmed)

Event duration: April to May (will be adjusted according to final exam)

Format: Hybrid mode

Event details:

- Psychology tests♥🔍
- Inside out Challenge
- Self built campfire🔥
- Creative Model🔗

* Events are held physically. We will switch the format to virtual according to the pandemic situation.

Fee: free of charge

Application form: <http://bit.ly/AIESECAmongUs2>

Application deadline: 7th Apr 2021 (Wed)

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3. 參與贏取免費海外義工之旅 ➔ 立即報名 AIESEC 'Compete for Brighter Future' 比賽



***Scroll down for English version**

2020 年嘅疫情令我哋受困於網上課堂，甚至無得同朋友聚會或者去海外交流。雖然係咁，但係我哋仍然可以喺 2021 年為社會出一分力！參加 AIESEC 嘅 **mini case competition** 就可以發揮你嘅創意同觀察力，親力親為一齊改善生活環境，建立更好嘅香港！

我哋嘅比賽俾你同各個國度嘅朋友仔組隊走訪不同角落，**一齊探討香港社會問題嘅解決方案**，仲有得玩本地義工活動、城市追蹤、尋寶遊戲、經營 IG 等等嘅團隊活動開闊視野，深入結交志同道合嘅好朋友！比賽過程中，我哋專業嘅工作人員會提供意見諮詢，仲準備咗技巧培訓同分享環節，幫你提升 **soft & hard skills**，發展潛能！好處點止咁少？所有參賽者都會獲頒發證書，幫你砌靚份 CV 之外，**頭三名嘅組別更可獲得資助甚至費用全免嘅海外義工之旅！**

活動日期：4 月 7 日、4 月 10 日、4 月 17 日、4 月 21 日

報名截止日期：4 月 6 日，晚上 11:59

如果你希望

- 以環球視野為本地社會作出貢獻

- 參與一場有趣又獲益良多嘅 case comp
- 豐富自己嘅 CV 履歷
- 認識志同道合，來至不同國家、文化背景嘅朋友
- 累積本地義工經驗

就一定唔好錯過！把握時機釋放創意，成為推動社會改變嘅人啦！

AIESEC 致力於提供不同海外義工同實習機會，開拓同學嘅潛能同領導能力。唔好諗啦，快啲[報名參加](#)啦！

Boring Zoom lessons, no more gatherings with friends, overseas exchanges cancelled... 2020 was a tough year, but we can still make an impact for our society in 2021. Join Compete for Brighter Future to utilize your observation and creativity, improve our hometown and build stronger connections with Hong Kong!

Take part in our exciting **mini case competition** with international buddies, where you actively **seek solutions for Hong Kong's social problems** without limitations. Engage in other activities such as local volunteering, city tracing, treasure hunting, awareness IG campaign and bonding events, while you can always consult from our well-trained AIESEC members for advice. Moreover, you will not only receive SDG and skills development education, but also insights from sharing of our partners. What's more, while all participants will be awarded certificates to boost your CV, **winners will be awarded discounts or even a free overseas volunteering trip** in the future!

Event period: Every Saturday on April (7th, 10th, 17th, 21st April)

Application deadline: 6th April, 11:59 pm

You shouldn't miss out if you want to

- Contribute to local society with global perspective
- Join a fun and fruitful case competition
- Enrich your CV
- Meet like-minded people and international friends
- Gain local volunteer experience

Grab the chance to unleash your creativity and be an influencer!

AIESEC is devoted to providing overseas volunteer and internship opportunities, enabling all CUHK students to unlock their own potentials and leadership capabilities. Don't hesitate and sign up now through [here](#)!

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4. 心事日光浴 Emotion Sunbathing by Sunshine at CUHK



世界太紛擾，節奏太急促，如你開始覺得身心俱疲的話，不如試試把壓抑良久的情緒拿出來曬一曬？中大有晴想和大家一起在心理健康及輔導中心靜觀庭院曬個「日光浴」！在靜觀庭院舒適及輕鬆的環境下、將積了塵的心事抖出來，讓陽光一掃心中鬱悶。無論是心事、煩惱，還是對自己或世界的祝願，歡迎你前來曬一曬！

The world may somehow be too busy and unrestful for you to breathe, how about unwinding yourself under the nice and warm sunshine? Sunshine at CUHK would like to invite you to join us in an “Emotion Sunbathing” at the Patio of Wellness and Counselling Centre, a restful place where you can embrace your deepest feelings and thoughts. Come to enjoy the tranquility and have a good chat with yourself.

日期 Date : 5th Mar – 30th Jun 2021

地點 Venue : 龐萬倫學生中心 2 樓心理健康及輔導中心靜觀庭院

Patio at 2/F Wellness and Counselling Centre, Pommerenke Student Centre

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5. Diversity & Inclusion Slogan Competition 2021

The Diversity and Inclusion Slogan Competition 2021 is now open for application! Create a slogan to promote awareness of diversity and inclusion and its core values, which includes openness, civility and inclusivity, among CUHK.

Join now and win fabulous prizes!

Eligibility

All current CUHK students and staff

Requirements

Slogans should pertain to the theme:

“Diversity and Inclusion @CUHK” / 「多元共融在中大」

Categories:

Chinese Category : Within 30 characters including punctuation

English Category : Within 30 words including punctuation

*Each entrant can submit 1 ENTRY ONLY under either category.

Prizes

Champion Prize: iPad Mini

First runner-up Prize: \$800 LOG-ON Gift Card

Second runner-up Prize: \$300 LOG-ON Gift Card

Merit award Prize: \$40 Cafe330 Coupon

Guidelines and submission

<https://www.dio.cuhk.edu.hk/programmes-and-activities/slogan-competition-2021/>

Deadline

7th Apr 2021 (Wed), 6:00 pm

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6. Enrich Your Internships - Introducing Global Talent!



AIESEC Global Talent

人人都返 intern，唔通人人都想返咩

Let's face it: you are only applying for internships just to fill up your resume, or because others told you so. Want to maximise your learning and takeaways in various career experiences? AIESEC's **Global Talent** is the perfect service for you to explore your inner capabilities and ascertain future career directions under extensive guidance!

Why should I join Global Talent?

- **Comprehensive career consultancy sessions** for occupational planning
- **Practical CV polishing and interview advice** for early preparations
- **Personal student buddy** for comfy sharings and experience consolidation
- Discover own values, strengths, weaknesses and learn what's best for you
- Enhance self-understanding and become leader of your own life
- Chance for semi-virtual internships to apply scientific learnings and get innovative/ gain hands-on experience and create impact

Don't hesitate and sign up for more information [here!](#)

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7. Online Quiz Game on Preventing Sexual Harassment – Chance to Receive One 8GB USB Memory Stick 防止性騷擾網上問答遊戲 — 可獲贈一枚 8GB USB 記憶體

防止歧視及性騷擾委員會推出網上問答遊戲 (<https://policy-harass.cuhk.edu.hk/zh-tw/training-events/online-quiz-game>)，以提高教職員和學生對在校園內可能構成性騷擾行為的意識，並加深大家對大學防止性騷擾政策及程序的認識。

電腦會從 25 條問題中隨機抽出其中 5 題，請選出每條問題的正確答案。答中所有 5 條題目，可獲贈一枚 8GB USB 記憶體 (數量有限，送完即止)。委員會將以電郵通知各得獎者。

如有查詢，請致電 3943 0826 或 3943 1722 與陸小姐聯絡。

The Committee Against Discrimination and Sexual Harassment has launched an online quiz game (<https://policy-harass.cuhk.edu.hk/en-gb/training-events/online-quiz-game>), with an aim to raise awareness of members of the University community on behaviour that may constitute sexual harassment on campus and assist staff and students in having a better understanding of the University's policy and procedure against sexual harassment.

5 out of 25 questions will be randomly selected. Choose the correct answer for each question. An 8GB USB memory stick will be presented to those who have got all 5 correct answers while stocks last. The winners will be notified individually.

Enquiries:

Ms. Yvonne Luk (3943 0826 / 3943 1722)

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8. 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**”.

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>.

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9. 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)

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10. 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

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