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Sunny Review

- [1. Wu Yee Sun College Closing Assembly 2020-2021](#)



The College Closing Assembly 2020/21 was held last Friday to conclude the past academic year. Owing to the COVID-19 pandemic, the Assembly was held online via ZOOM. The Assembly commenced with the College Anthem, followed by Professor Anthony T.C. Chan (陳德章教授), the College Master's address. Professor Chan reviewed how the learning environment has changed over the year and hoping that the College could welcome our Sunnies again in the coming fall. He also introduced the awardees of the Wu Yee Sun Award for the Most Distinguished Graduating Student and shared their achievements and contribution to the College and community at large. He then went through the time he enjoyed on the College campus, appreciating the peaceful atmosphere and getting inspired by the plantation and scenery. Despite the obstacles we may encounter, he wished all students a bright future ahead.

After the sharing from Professor Chan, three student groups shared their innovative projects which aimed to benefit the community. NgWaiHaekYang (伍圍客人) is one of the groups being awarded the Outstanding Final-Year Project Award (OFYPA) this year. Their project introduced two of the diminishing local dialects in Hong Kong, and proposed various programmes to raise awareness towards these unique dialects among students and the community. EMAP (一步一腳印) is another group being awarded the OFYPA. Having the observation that different ethnic groups are not integrating very well in the community, they wished to enhance integration through story-telling and co-creation of ethnic community maps. The third group, DEA Project, was awarded the Gold Award of the Sunny Passion Programme. With the alarming increase in diabetic population in Indonesia, they wished to arouse public health awareness through various sports classes and sharing.

Professor Ming-kay Poon (潘銘基教授), Dean of Students, then had a dialogue with two student leaders, Miss Dani S.L. Chau 周秀玲同學 (Cultural Studies/ 2), President of Organizing Committee of SunnyYeah, and Mr. Kin-shun Tong 湯堅信同學 (Physical Education, Exercise Science And Health/ 2), President of Organizing Committee of College Anniversary on their experience and challenges they have faced in organizing the two important College events under the pandemic. They encouraged students to figure out what they want to achieve when engaging themselves in different roles and activities, and enjoy the process.

We look forward to meeting with fellow Sunnies on campus in the coming fall. Wish you all a fruitful and healthy summer ahead.

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2. Meeting with the Recommended Candidate for the Next College Master of Wu Yee Sun College 與下任書院院長推薦人選會面



After collecting the views from different stakeholders of the College, the Committee for the Appointment of the Next College Master of Wu Yee Sun College shall recommend Professor Anthony T.C. Chan (陳德章教授), current College Master, Dean of Graduate School and Li Shu Fan Medical Foundation Professor of Clinical Oncology to continue to be the Master of Wu Yee Sun College from 1st Aug 2021.

Professor Chan met with the stakeholders on 22nd Apr 2021 in hybrid mode to exchange views on College's future development. Participants brought up comments on hostel matters, student activity support, admission and general education course. Professor Chan and the Committee Members addressed their concerns and again welcomed inputs from students anytime. Support for student initiatives will continue to be our prime focus.

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3. Mosaic Candle Holder Workshop



The student conveners of Creativity Laboratory (clabbers), Miss Minru Liang 梁敏如同學 (BSCI/1) and Miss Pui-lam Chan 陳珮琳同學 (BSCI/1), led the mosaic candle holder workshop on 23rd Apr 2021 after learning the technique and origin about mosaic art from a professional studio. Nine students joined the workshop and they all had a great fun evening by learning from their peers. Participants were also encouraged to upcycle the daily stuff for creating craftworks. Let's stay tuned for more workshops held by clabbers.

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College Activities

1. Yoga Mats and Blocks Reservation

#Gym closed 🙄
#無得做gym點算好?



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)



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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College Announcements

1. Updated Campus Arrangements

Non-residents may return to College **during 09:00 - 22:30 daily starting from 26th Apr 2021**. Please be reminded that **ALL** students must follow below procedures before entering into College. **If students have taken a COVID-19 test, please stay at home until the test result is available.**

1. Tap students' own CU Link to access the main entrance of College buildings
2. Measure body temperature at the counter at College Gallery (If body temperature is above 37.5 °C, s/he will not be allowed to enter into College)
3. Fill in the registration form with **complete and accurate information** (e.g. fill in FULL name, not alias) at the same counter
4. Sanitize hands

Please be reminded that NO VISITORS (including WYS non-residents) will be allowed to enter the hostel floors. Students cannot bring in unauthorized persons or allow them to follow behind you to enter into the College. Unauthorized persons or illegal residents will jeopardize the accuracy of contact tracing. In order to protect your own health, violations will result in disciplinary actions.

The opening hour of College facilities is also updated in below table.

	Residents	Non-residents
Learning Commons	9:00 am - 12:00 am (Daily, 26 th Apr - 18 th May 2021) 9:00 am - 10:30 pm (Daily, 19 th May 2021 onwards)	9:00 am - 10:30 pm (Daily)
Piano Room	9:00 am - 10:30 pm (Daily)	9:00 am - 10:30 pm (Daily)

Yan Chak Study Room (for non-residents only)	N/A	9:00 am – 10:30 pm (Daily)
College Gymnasium* (for authorized users only)	9:00 am – 5:30 pm (Monday to Friday, EXCEPT public holidays)	9:00 am – 5:30 pm (Monday to Friday, EXCEPT public holidays)

*Please read through and follow guidelines on the latest arrangement of College Gymnasium via mass email dated 21st Apr 2021. First-time users should bring the valid (i) CU Link Card and (ii) CUHK Fitness Room User Card to College Office (G03) for registration. Please be reminded to wear masks during exercises as well.

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2. Freecycling Scheme at Hostel Check-out 退宿回收

College Green Team is coordinating a freecycling scheme at hostel check-out from 3rd May to 18th May. Collection boxes will be placed at the G/F lift lobby of East Block and West Block. Items collected will be distributed to resident students of next year or donated to charities. Please join and contribute to a green environment!

一年一度的退宿時間即將到了！書院環保小組將於 4 月 26 日至 5 月 18 日舉行退宿回收活動，東、西座宿舍地下電梯大堂將設回收箱，讓各位宿生把有用的物品分類回收再用、供下年宿生使用或捐贈予慈善機構。請大家積極參與，為環保出一分力！Freecycling items include 回收物品包括：

- Kitchen utensil 廚具
- Personal items 個人用品
- Books 書本
- Stationery 文具
- Daily necessity 日常用品
- Computer/ electronic device 電腦/電器

Reminders 注意事項:

- 1) Please make sure the stuff is **clean** 請清潔乾淨所有物資
- 2) **Food, clothing & shoes, pillow/duvet are not accepted**, just share with your friends 恕不接受食物、衣物鞋履、床上用品，請找三五知己分享
- 3) Students should not leave the freecycling items at hostel lift lobbies 請勿將退宿回收物品棄置於宿舍樓層電梯大堂
- 4) Students are welcome to take stuff they want during the collection period 歡迎同學於回收期間領取有用物資

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3. College Student being awarded the Harold Ho Memorial Scholarship in Social Work 20/21

We are pleased to announce that our College student, Mr. Felix C.T. Lau (劉卓浚同學), has been awarded the Harold Ho Memorial Scholarship in Social Work 2020/21 by Chung Chi College. This scholarship was set up in 2003/04 to award first-year Social Work undergraduates with outstanding academic performance and/or leadership qualities.

Congratulations to Felix and we wish him continued success.

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4. Sunny Bi-Weekly Is Here!

Starting from now to August, Sunny Bi-Weekly will be issued instead. The College e-newsletter will be sent every two weeks during the summer holiday and the next publication will be issued on 10th May 2021. Sunny Weekly will be resumed in the coming September.

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5. 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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6. 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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7. 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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8. "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)

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9. 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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10. 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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11. 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

The infographic is titled "Self-Motivation Fund for Health and Well-being Activities" and features the Wu Yee Sun College logo in the top right corner. It is divided into two main sections. The left section, "Health and Well-being Activities", lists a maximum funding amount of \$1,500 or 80% of the course fee (whichever is lower). Examples include Healthy Cooking Class, Trial Course on Musical Instruments, Course about Nutrition / Chinese Medicine, Mindfulness Workshop, and Mental Health First Aid Course. The right section, "Qualification Courses for Health and Well-being Instructors", lists a maximum funding amount of \$4,000 or 80% of the course fee (whichever is lower). Examples include Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course and Art / Music Therapy Instructor Course. At the bottom right, there is a QR code labeled "Application & Guidelines" and contact information for 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 a CUHK logo in the top right. The title 'Self-Motivation Fund for SPORTS Activities' is prominently displayed. Below the title, a sub-header 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"'. Two main categories are detailed: 'Sports Activities' with a maximum funding of \$1,500 (or 80% of the actual cost, whichever is lower) and 'Qualification Courses for Sports Coach' with a maximum funding of \$4,000 (or 80% of the actual cost, whichever is lower). Examples are provided for both. A QR code for 'Application & Guidelines' and contact information for Miss Chillies Tam are also included.

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)

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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 (florecetsui@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. Tertiary Student Finance Scheme - Publicly-funded Programmes (TSFS) and Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2021/22

Both TSFS and NLSFT (2021/22) are now open for application from current students on or before 14th May. Applications should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through the "SFO E-link - My Applications" online platform (<http://ess.wfsfaa.gov.hk>) on or before 14th May 2021.

After submission of the online form, applicants will be required to submit the declaration and supporting documents by online uploading or by post to the SFO's office. Applicants may also submit the documents to the collection box at Room 1206, 12/F, YIA from 8:45 am to 1:00 pm and 2:00 pm to 5:30 pm, Monday to Friday (except public holidays) during 19th Apr to 21st May 2021.

Application Details: <http://admission.cuhk.edu.hk>

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已經三月啦，寄咗好多份 CV？煩緊唔夠工作經驗？心思想去外國實習，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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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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4. 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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5. 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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6. 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.