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Sunny Review

- [1. Information Session on Vaccination and Testing Arrangements 接種疫苗及檢測安排簡介會](#)



To help students better understand the safety and efficacy of vaccination as well as the testing arrangements for residents in the new academic year, “Information on Vaccination and Testing Arrangements” shared by Professor Anthony T.C. Chan (陳德章教授), College Master and Professor Grace L.H. Wong (黃麗虹教授), Department of Medicine & Therapeutics was held in hybrid mode, moderated by Professor Ming-kay Poon (潘銘基教授), College Dean of Students, on 17th May. Professor Wong explained the benefits and addressed common questions on vaccination based on clinical data. A sample set of nasal swab for COVID-19 Rapid Antigen Test was also showcased. College Master introduced the vaccination booking procedures and testing arrangements for residents, with an aim to resume normal capacity at hostels while safeguarding the health and wellbeing of all our students and colleagues. Questions from participants regarding vaccination and testing arrangements were addressed in the Session. Recording can be reviewed at <https://www.wys.cuhk.edu.hk/news/information-session-on-vaccination-and-testing-arrangements/>

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College Activities

1. Overseas Alumni Sharing

Overseas Alumni Sharing
#Australia
#Sweden

Event Details
Date: 25 May 2021 (Tue)
Time: 5:30pm
Format: Zoom
Speakers: Miss Alice Hon, Miss Queenie Law
Moderator: Dr Christelle Davis
(English Language Teaching Unit)
Medium: English

About Alice
Alice Hon is a graduate of Wu Yee Sun College with a bachelor degree in Sociology. After graduating from CUHK in 2019, she pursued her master's degree in Criminology at the University of Melbourne. Meanwhile, she works as a Policy and Advocacy Intern at the Centre for Excellence in Child and Family Welfare, which is a local non-for-profit organisation. Her research fields focus on family violence and juvenile justice.

About Queenie
Queenie Law is an alumna of Wu Yee Sun College (WYS) with a bachelor in Government and Public Administration. Upon graduation in 2019, Queenie worked as a UN Volunteer at the United Nations Development Programme (UNDP) Lao PDR for over one year, focusing on inclusive governance, poverty reduction, gender equality, and social cohesion. Currently she is studying her master's degree in Peace and Conflict Studies at Uppsala University, Sweden.

Enquiries: Miss Kiki Chan (3943 2925/ kikilechan@cuhk.edu.hk)
Miss Rachel Poon (3943 3542/ rathelpoon@cuhk.edu.hk) | Registration: <https://bit.ly/3ocReiW>

(Please scroll down for English version)

海外校友分享第二場邀請了兩位校友，分別為韓婧雯校友(社會學/2019)及羅鈞渝校友(政治與行政學/2019)。她們於畢業後分別到澳洲及瑞典就讀碩士課程。

想了解更多她們的生活，在外學習跟香港的分別，立即登記參加校友分享會。

日期：2021年5月25日(星期二)

時間：5:30 pm

形式：Zoom

主持人：Dr Christelle Davis (英語教學單位講師)

語言：英文

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13074881>

Interested in pursuing further studies after your graduation? Have you thought about studying abroad? Our alumnae Miss Alice Hon (Sociology/ 2019) and Miss Queenie Law (Government and Public Administration/ 2019) decided to take their Master's degree in Australia and Sweden respectively for some global exposure.

Register now to know more about their stories and get some inspirations from them!

Date : 25th May 2021 (Tue)

Time : 5:30 pm

Format: Zoom

Moderator: Dr Christelle Davis (Lecturer, English Learning and Teaching Unit)

Medium: English

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13074881>

Alice Hon is a graduate of Wu Yee Sun College with a bachelor degree in Sociology. After graduating from CUHK in 2019, she pursued her master's degree in Criminology at the University of Melbourne. Meanwhile, she works as a Policy and Advocacy intern at the Centre for Excellence in Child and Family Welfare, which is a local non-for-profit organization. Her research fields focus on family violence and juvenile justice.

Queenie Law is an alumna of Wu Yee Sun College (WYS) with a bachelor in Government and Public Administration. Upon graduation in 2019, Queenie worked as a UN Volunteer at the United Nations

Development Programme (UNDP) Lao PDR for over one year, focusing on inclusive governance, poverty reduction, gender equality, and social cohesion. Currently she is studying her master's degree in Peace and Conflict Studies at Uppsala University, Sweden.

Enquiries:

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

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

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2. 布匹設計比賽 – 舊日時光

<以下內容由創意實驗室委員撰寫，並經書院傳送。>

CREATIVITY LAB (CIAB)

布匹設計比賽2021*

舊日時光

設計要求

回憶起那年某日，或許你發現舊時的景與物已不復存在，早在70-90年代的香港，都有充滿特色的遊戲食物建築物等等，例如滾子棋飛行棋、咁咁糖，希望參加者配合主題「舊日時光」，例如兒時與親人相處的體驗、玩具、建築物、服飾等許多不同元素，作為設計，並闡述該素材對你的意義/情感體驗。

作品規格

尺寸：110 x 200 cm
解像度：150dpi
規格：PNG/JPG format

獎品

比賽將設冠、亞、季軍各一名
第一名：Wacom繪圖板(價值約1665元)及獎狀
第二名：Chameleon22支裝漸變色麥克筆(價值約774元)及獎狀
第三名：美術用品店shopping coupons (價值500元)及獎狀
**所有參加者將獲參與證書。

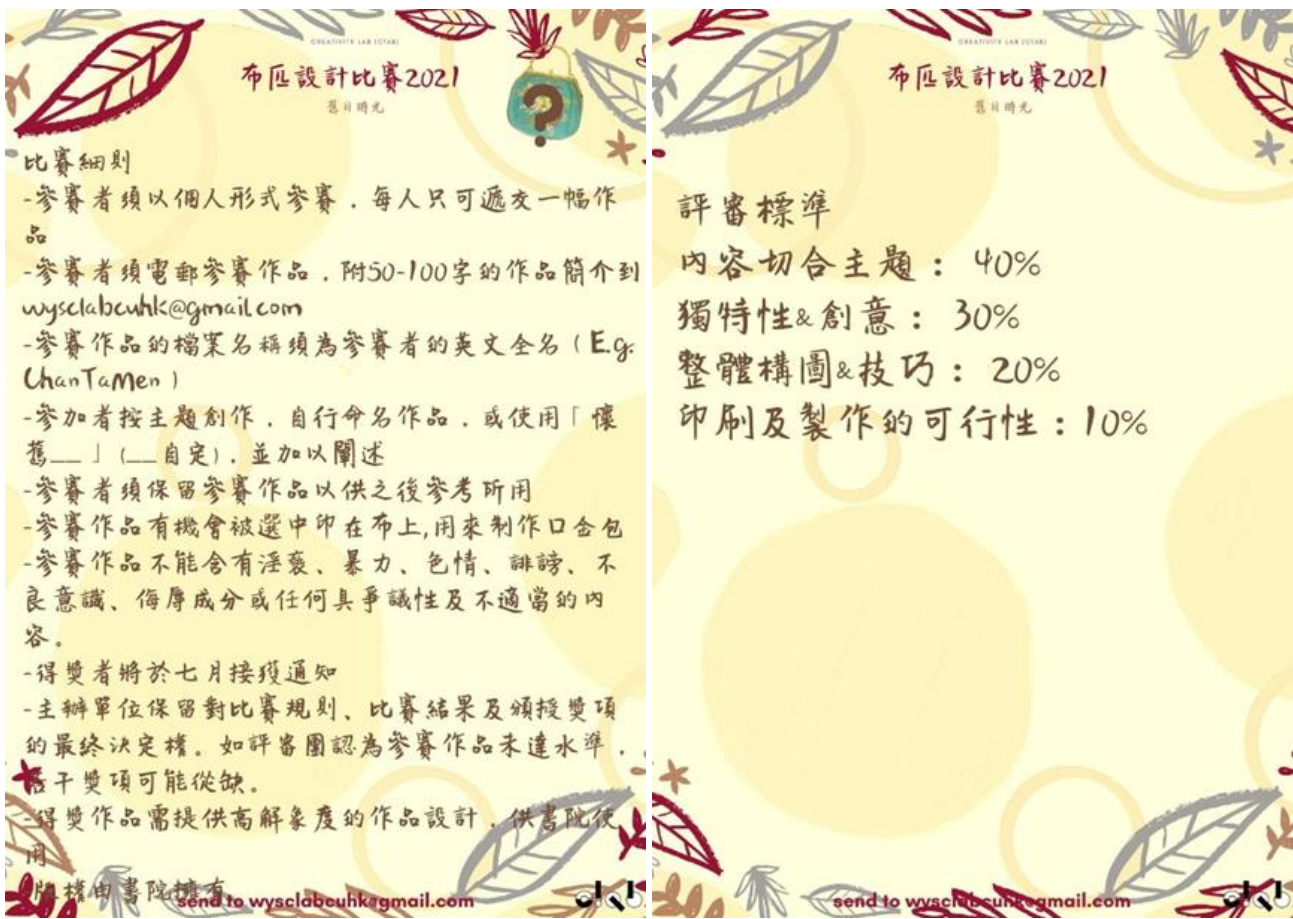
截止日期

六月十七日 23:59

send to wysclabcuhk@gmail.com

你仲記唔記得某年某日，記得當時見到嘅景物？舊地重遊，有些事、有些人與物也許只存留在自己心底之中。我哋WYS clab以「舊日時光」為主題，舉辦布匹設計比賽，不妨設計出你心底的那個「舊日時光」，於6月17日前把作品遞交到 wysclabcuhk@gmail.com

詳見海報資料。



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College Announcements

1. Vaccination and Testing Arrangements for Hostel Accommodation in 2021/22

While embracing summer, we are planning for better preparation in the next academic year. The University has issued an announcement recently entitled "[Latest Health Advisories from the University for New Academic Year](#)" to strongly encourage students to receive COVID-19 vaccination at the earliest opportunity and lay out directions on student activities and hostel accommodation arrangements for 2021/22. In alignment with the University policy, we strive to resume normal capacity at hostels while safeguarding the health and wellbeing of all our students and colleagues.

Hostel accommodation presents challenges for physical distancing. Shared spaces can also increase the risk of cross-infections. Student residents are therefore strongly encouraged to get COVID-19 vaccine. Vaccination bookings could be made via the following link: <https://www.covidvaccine.gov.hk/en/>. Students who have queries on the efficacy and safety of vaccination may refer to the recording of "Information Session on Vaccination and Testing Arrangements" held on 17th May at <https://www.wys.cuhk.edu.hk/news/information-session-on-vaccination-and-testing-arrangements/>. The session was conducted in Cantonese and supplemented by slides in English. You may also consult with your family doctor for medical advice.

To identify infected people who are asymptomatic, student residents who have not been vaccinated against COVID-19 will be required to undergo an entry test before admission to hostel and a COVID-19 test every two weeks afterwards at their own expense. Those who have been fully vaccinated for more than 14 days can be exempted from entry and serial tests. Detailed arrangements will be worked out in due course. Students who have a contraindication to vaccination and encounter financial difficulties to cover the cost of serial test may seek assistance from College.

Whether you are vaccinated or not, all members of College should continue to follow all College preventive and control measures against COVID-19, including mask wearing, social distancing and frequent hand washing.

Stay healthy and positive. We look forward to welcoming you back to the campus in September!

迎接初夏之時，我們亦正積極為新學年做好準備。大學近日發出題為「[大學就新學年發出的健康建議](#)」的電郵，鼓勵同學盡早接種疫苗及闡述 2021/22 年度學生活動及宿舍安排的方向。因應大學最新政策，我們亦期盼在恢復書院宿舍入住人數至原有水平，以及保障所有員生的健康與福祉之間取得平衡。

入住宿舍為維持社交距離帶來挑戰，共用空間亦增加交叉感染風險。因此，我們強烈鼓勵同學接種疫苗。同學可以透過以下連結 <https://www.covidvaccine.gov.hk/zh-HK/> 於網上預約疫苗注射服務。同學若關注疫苗的安全性及功效，可瀏覽以下網址 <https://www.wys.cuhk.edu.hk/news/information-session-on-vaccination-and-testing-arrangements/?lang=zh> 觀看於 5 月 17 日舉行的「接種疫苗及檢測安排簡介會」之錄影片段，會面以粵語進行並輔以英語簡報。你亦可先諮詢家庭醫生的意見。

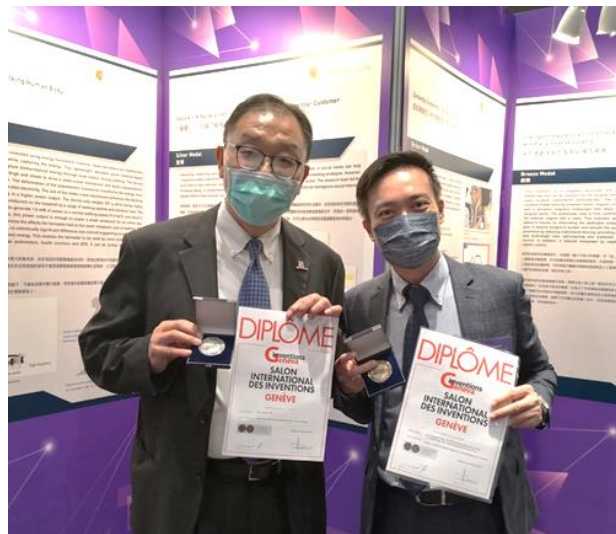
為識別無症狀感染者，未接種疫苗的宿生在入宿前需要進行新冠病毒檢測，其後每隔兩星期亦要自費接受病毒檢測。至於已經完成接種疫苗超過 14 天的學生則可獲豁免定期檢測。實際檢測安排有待公布。獲醫生證明不適合接種疫苗並因經濟困難而難以負擔定期檢測費用的同學，可向書院尋求協助。

不論你曾否接種疫苗，所有書院成員應繼續遵守書院防疫措施，包括配戴口罩、保持社交距離及勤洗手。

盼望各位保持身心健康。期待九月書院重聚！

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2. College Members' Success on Two Award-winning Projects



We are pleased to announce our College Associate Master, Professor Kam-fai Wong (黃錦輝教授) and College Associate Dean of Students, Professor Kelvin K.F. Tsoi (蔡錦輝教授) have received awards for their outstanding performance in the International Exhibition of Inventions Geneva 2021. This award is to give recognition to scientific projects covering areas of health technology, renewable energy and artificial intelligence. A total of nine medals were awarded to The Chinese University of Hong Kong and two of them have been awarded to our College members. Professor Wong has been awarded a Silver Medal with his project, *Soliste – A Social Listening System for Understanding Your Customer* and Professor Tsoi has been awarded a Bronze Medal with his project, *Dementia screening in 30 seconds with 1 simple drawing*.



Congratulations to Professor Wong and Professor Tsoi on their great success!

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3. Application for Scholarship for Semester Exchange Programme (Non-College) 2020/21

College students participating in Term-long Exchange Programmes, which are not organized/coordinated by WYS College, during academic year 2021/22, can now apply for the “Scholarship for Semester Exchange Programme 2020/21”. Details are listed below.

Applicants must meet all the following criteria:

- Full time WYS College undergraduate;
- Will go on exchange in academic year 2021/22 (One term/whole year)
- Participating in Term-long Exchange Programmes organized/ coordinated by units other than WYS College

Note: This scholarship is NOT open to students participating in the Term-long Exchange Programmes organized/coordinated by WYS College as they have already been awarded this Scholarship. The scholarship amount has been announced in the offer email sent in February. No extra application is needed.

Application

- Application link: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12899888>
- Application deadline: **31st May 2021 (Mon)**

Applicants need not attend interview. The application result will be determined by the selection panel according to the application documents submitted and the content on the application form. Since members of the selection panel may not be able to read Chinese, you **MUST complete the application form in ENGLISH**. Those written in Chinese will be not viewed or considered, while incomplete or late application will not be handled.

Enquiries:

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

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

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4. Campus Arrangements

Non-residents may return to College **during 9:00 am – 10:30 pm 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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5. Temporary Closure of College Catering Outlets 書院膳堂暫停營業

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

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6. "Meet the Dean" Hours 輔導長時間

["Meet the Dean" Hour is temporarily suspended and will be resumed once the circumstances allow. If you wish to talk to Dean of Students during this period, please email sammykwan@cuhk.edu.hk 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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7. Student Pastoral Care

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

1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email sammykwan@cuhk.edu.hk 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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8. WYS's Got Talents - Photography, Poster Design, MC and a lot more!

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

--- **Photography / Video-production**

--- **Art & Design (e.g. posters or infographics)**

--- **Simultaneous Interpretation**

--- **Master of Ceremonies**

--- **Audio & Video Control**

--- **Writing (e.g. creative writing or student reporter in publications)**

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

P.S. CREATIVITY COUNTS!!!

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

Enquiries:

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

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

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

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

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

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

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College Funding & Awards Schemes

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

The infographic features a blue and white color scheme with the college's logo in the top right. It is divided into two main sections. The left section, titled 'Health and Well-being Activities', lists a maximum funding amount of \$1,500 or 80% of the course fee (whichever is lower). It provides examples such as Healthy Cooking Class, Musical Instruments, Nutrition/Chinese Medicine, Mindfulness Workshop, and Mental Health First Aid Course. The right section, titled '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). It provides examples like MBCT Instructor Course and Art/Music Therapy Instructor Course. A QR code for application guidelines and contact information for Miss Phoebe Wu are located at the bottom right.

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. At the top left, the title 'Self-Motivation Fund for SPORTS Activities' is displayed in blue and yellow. Below it, a small text block states: 'Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports activities, in order to live up the spirit "Sportst for Everyone"'. The infographic is divided into two main columns. The left column is titled 'Sports Activities' with a dumbbell icon and lists a 'Max. Funding Amount: \$1500 or 80% (whichever is lower)'. It provides examples: 'Standard Chartered Hong Kong Marathon, Oxfam Trailwalker, Spartan Race, Dance Workshop, Yoga Class'. The right column is titled 'Qualification Courses for Sports Coach' with a coach icon and lists a 'Max. Funding Amount: \$4000 or 80% (whichever is lower)'. It provides examples: 'Rowing, Rope-skipping, Taekwondo, Orienteering'. At the bottom right, there is a QR code labeled 'Application & Guidelines:' and an 'Enquiries:' section with contact information for 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/soniyu@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 (soniyu@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)

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)

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)

Other Activities & Announcements

1. The Esther Yewpick Lee Millennium Scholarship 2022

(Application Deadline: 6th Sep 2021 (before 5:30 p.m.))

This Scholarship is EXCLUSIVELY offered to CUHK final-year students or graduates of undergraduate and postgraduate degree programmes. The scholar will be FULLY sponsored for a maximum of 3 years to read for a postgraduate degree or a second bachelor's degree at the University of Oxford, U.K. commencing Oct 2022.

Value of the Scholarship

One Scholarship for two to three years will be awarded to a degree graduate or final-year student of CUHK.

All amounts due in respect of University and College fees at Oxford will be paid direct to the College concerned. The Scholar will be provided with a return economy class airfare between Hong Kong and London, charges for

land transportation between London and Oxford, and an annual personal allowance which is expected to take care of board and lodging and other maintenance costs.

Eligibility

- Applicants should be either final-year students in the academic year 2021/22 including both undergraduates and postgraduates of degree programmes, or graduates holding degrees awarded by CUHK.
- Successful candidates must have outstanding academic records and have a respect for humanity, a curious mind, moral integrity and a spirit of adventure and reveal the potential to make a contribution to the well-being of the community.
- Candidates must be under 25 years of age on 1st Oct 2022.

Application Procedures

1. Details of the Scholarship and its application form are obtainable from our website at <http://admission.cuhk.edu.hk/> (Financing Your Studies → Scholarships → Open for Applications).
2. Applicants should read the Memorandum and Checklist of Supporting Documents carefully and strictly follow the instructions.
3. Completed application form together with ALL the requisite documents should be submitted **online**, unless otherwise specified, **not later than 5:30 p.m., 6th Sep 2021 (Hong Kong time)**. Late or incomplete applications will not be considered.

Enquiries

Office of Admissions and Financial Aid (3943 7204 / sfas@cuhk.edu.hk)

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2. 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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3. 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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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.