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Sunny Review

- College Forum: Artificial Intelligence+: What You Need to Know" 「人工智能 +」面面觀 (Speaker: Professor Kam-fai Wong 黃錦輝教授)



The third College Forum entitled "Artificial Intelligence+: What You Need to Know (「人工智能+」面面觀)" was conducted by Professor Kam-fai Wong (黃錦輝教授), Associate Dean (External Affairs), Faculty of Engineering, Associate Master, Wu Yee Sun College, last Friday. Professor Wong introduced to students the definition of artificial intelligence, and some major applications of the technology, including finance, service, art creation etc.

Despite the wide adaption of AI in different industries, he urged students to reflect if AI learning could actually replace human minds, and we should bear in mind that ethics should always come first when developing AI technology.

We were grateful to Professor Kong-pang Pun (潘江鵬教授), Department Vice-Chair (Undergraduate), Department of Electronic Engineering; Chairperson of Students Hostel Committee, Wu Yee Sun College, for moderating the Forum.

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2. GPS Career Development Facilitation Service Scheme: Briefing-cum-opening ceremony



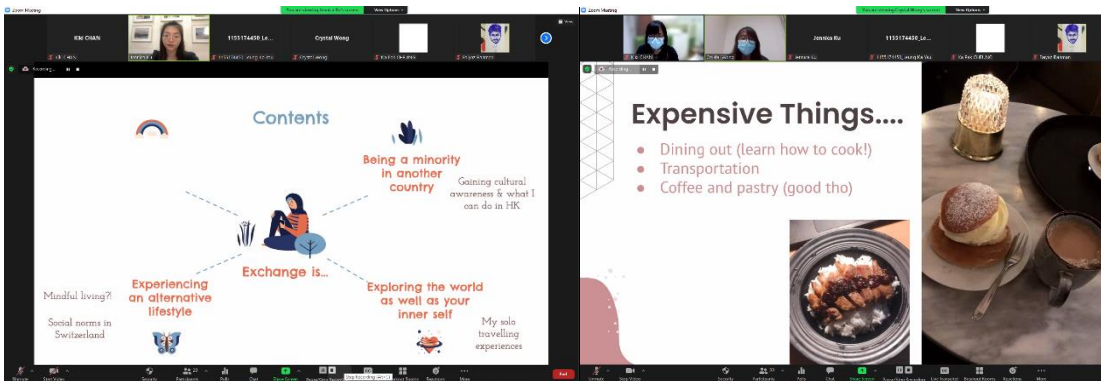
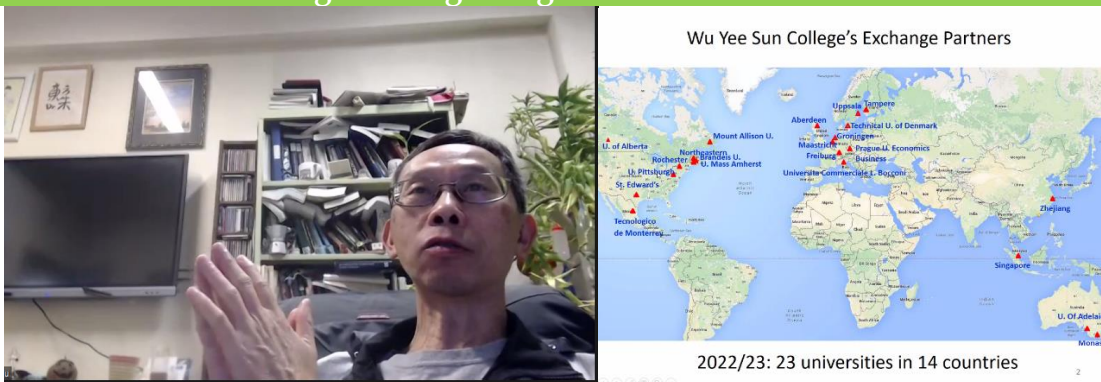
This is the fourth time of the college to collaborate with CUHK School of Continuing and Professional Studies (CUSCS - 中大專業進修學院) to organize GPS Career Development Facilitation Service Scheme which aims at providing our students with career guidance and enriching their self-understanding through one-on-one consultation and assessment by certified career development facilitators. The briefing-cum-opening ceremony was held on 28th Oct 2021 in College Theatre.



Professor Ming-kay Poon (潘銘基教授), College Dean of Students, encouraged participants to grab this chance to explore their interests and potential out of their professional studies; while Mr. Ren Au (區浚汶先生), the programme administrator of Professional and Continuing Education Programme, shared further details about the scheme. Students collected the offer letter from Professor Poon one by one. They had a great chat with the facilitators and look very much forward to the four upcoming meetings.

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3. Term-long Exchange Programme Introduction Session



The introduction session of College Term-long Exchange Programme was conducted last Wednesday. Professor Ming-chung Chu (朱明中教授), Chairperson of Student Exchange Committee, shared with participants the details of partner institutes. Miss Jennica P. L. Ku (古佩琳同學), and Miss W. Z. Wong (黃穎婕同學) shared their inspiring exchange experience in University of Zurich and University of Uppsala respectively. They encouraged participants to take this opportunity to explore the world and themselves through experiencing alternative lifestyle in another country.

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4. Chinese Seal Engraving Workshop 圖章雕刻



The College collaborated with Eldage to organize Chinese Seal Engraving Workshop for students. Mr Ng Kam Chuen who is an experienced craftsman on seal engraving was invited to conduct a workshop to let our students learn more about the effort behind the tradition handicrafts. Mr Ng shared with participants the history of Traditional Chinese Seal and demonstrated the skills of word design and seal engraving. Students then had the chance to design and create their own hand-carved seal.

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5. Let's Go! Archery Tag 來吧！攻防箭



A group of Sunnies joined “Let's Go! Archery Tag” organized by College Sports Association last Tuesday. It was not simply just a sports game to improve your physical health, it provided opportunities for College students to mingle together with great fun. Everyone had great enjoyment.

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College Activities

1. 野外求生活動 (Wilderness Survival Skills Workshop)



透過參加野外求生活動，探索更多可能性，學習面對挑戰，增強抗逆能力。

同學將有機會身處郊外，學習 5C (Cover, Cordage, Container, Combustion and Cutting Tools) 求生術，接受挑戰，尋找合適的資源，克服困難。

活動內容包括：學習搭建帳篷、繩結運用、製作容器、生火及野外煮食，以及運用切割工具等

日期：2021年11月13日(星期六)

時間：9 am to 5 pm

地點：西貢

名額：12人

費用：港幣 200 元 (另加按金 港幣 400 元，於完成活動後退回)

截止報名日期：2021年11月5日(星期五)

Registration 報名：

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13641237>

請於 11 月 5 日(星期五) 下午 5 時前填妥報名表格，並於辦公時間內到書院學生輔導處繳交費用港幣 600 元。名額先到先得，以收到費用為準。

查詢：

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

Ms. Sammy Kwan (sammykwan@cuhk.edu.hk / 3943 9775)

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2. Introductory Workshop on Mindfulness 靜觀體驗工作坊

透過靜觀練習，學習觀察自己的身心，和壓力好好相處，提升身心健康

Practice Mindfulness and Enjoy the Present Moment



透過靜觀練習，
學習觀察自己的身心，
和壓力好好相處，提升身心健康

*Practice Mindfulness and
Enjoy the Present Moment*

靜觀體驗工作坊
Introductory Workshop on *Mindfulness*

Registration 報名：


靜觀導師：Prof. Eric Lee & Miss Molly Chan

Date 日期：8 Nov 2021 (Mon)

Time 時間：7:00pm – 8:30pm

Venue 地點：The Lounge in WYS House of Sunny Living

Deposit 按金：\$50 (Refundable after completion of the activity)

Language 語言：Cantonese (supplemented with English)

Registration deadline 截止報名日期：4/11/2021

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



靜觀是指有意識、不加批判的態度去覺察此時此刻。靜觀練習有助認識和接納當下的情緒、思想和身體感覺，告別負面思緒。在活動中，導師會帶領同學於輕鬆及舒適的環境下，透過練習觀察身心狀況，培養自我關懷的能力。

靜觀導師：Prof. Eric Lee & Miss Molly Chan

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

Molly 是港大社會工作學系學士及中大家庭輔導及家庭教育碩士，並修畢英國牛津靜觀中心及香港靜觀中心合辦之靜觀認知治療導師基礎課程。Molly 現為安寧服務社工，擅於融合靜觀於輔導工作之中。

Date 日期：8 Nov 2021 (Mon)

Time 時間：7:00pm – 8:30pm

Venue 地點：The Lounge in WYS House of Sunny Living

Deposit 按金：\$50 (Refundable after completion of the activity)

Language 語言：Cantonese (supplemented with English)

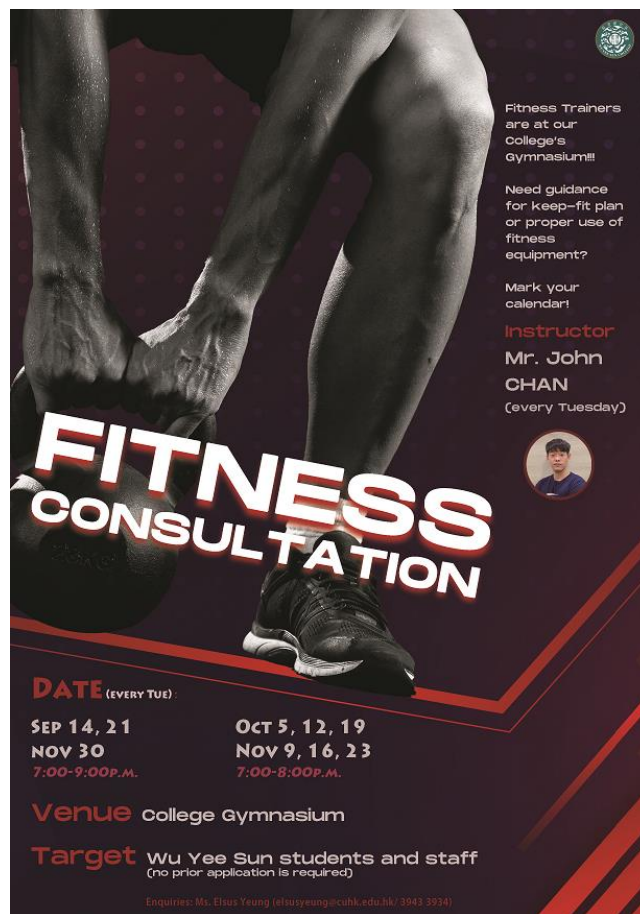
Registration 報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13640843>

Registration deadline 截止報名日期：4th Nov 2021

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

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3. Fitness Consultation Sessions 健身訓練諮詢



Fitness Trainers are at our College's Gymnasium! Need guidance for keep-fit plan or proper use of fitness equipment? Mark your calendar!

Date (Every Tue) :

Nov 30
Time: 7:00-9:00pm

Date (Every Tue) :

Nov 9, 16, 23
Time: 7:00-8:00pm

Venue: College Gymnasium

Instructor: Mr. John Chan

No prior applications required! Kick-start your workout plan now!

Enquiries:

Ms. Elsus Yeung (elsusyeung@cuhk.edu.hk/ 3943 3942)

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College Announcements

1. Campus Arrangement

To further facilitate students' learning and activity planning, the opening hour of following venues for residents will be revised to 8:00am – 2:00am daily with immediate effect.

- Learning Commons
- Piano Rooms
- Creativity Laboratory (clab)

Please also note the important remarks as follows:

- College non-residents can access College facilities from 9:00am to 10:30pm. All College facilities are restricted to WYS students only unless prior approval has been sought from the College.
- Access to hostel floors is restricted to College residents only
- Please be reminded again to comply with College Prevention and Control Measures against COVID-19, including but not limited to measuring body temperature upon entering the College building. If body temperature is above 37.5 °C, s/he will not be allowed to enter into College.
- The opening hours and maximum capacity of College facilities can be referred at <https://www.wys.cuhk.edu.hk/about-us/campus/> .

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2. Temporary Closure of College Gym

College Gym will be closed at the following timeslots for fitness courses.

Nov		
Nov 2 (Tue)	7 pm – 9 pm	Fitness Room Introductory Course
Nov 9, 16, 23 (Tue)	8 pm – 9 pm	Fitness Class

We are sorry for the inconvenience caused.

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3. WYS Term-long Exchange Programme 2022/23 – Open for Application

The College Term-long Exchange Programme 2022/23 is now open for application, the application deadline is **15 November 2021**. If you are interested in applying for it, please refer to the College website (<https://www.wys.cuhk.edu.hk/whole-person-development/exchange/>) for details and apply online (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13640698>).

Notes for Application Form

Kindly note that the application form **MUST be completed in English** as some interviewers may not be able to read Chinese.

Make sure you press the “**submit**” button to submit your application, a confirmation email will be sent to you after successful submission. Late application will not be processed nor accepted.

Bonus for “Interacting Across Cultures”

“Interacting Across Cultures” is a platform developed by The Independent Learning Centre. The materials in this Platform may give students some insight especially about cultural difference and communication tactics. You are recommended to complete module 1-4, 6-7 before departure. Check it out at: <https://www.ilc.cuhk.edu.hk/workshop/IAC/#c01>

In the application form, you will be asked to indicate if you have completed and submitted the modules. Kindly note that it is **not compulsory**, yet **BONUS will be given** to those who have completed them. Your submission will also serve as reference material for interviewers.

If you want to know more about the College Exchange Programme, or how to better prepare for your application, attend the Term-long Exchange Programme Introduction Session on 27 Oct 2021. Our students will share about their exchange journey. Register [here](#).

Feel free to contact Ms. Kiki Chan at kikiwkchan@cuhk.edu.hk or 3943 3935 should you have any enquiries.



List of Exchange Institutes

In 2022-23, the college is offering exchange in 23 institutes, please see below detailed list of exchange institutes. Note: 1 FTE means one full year or two terms

Applicants will be given chances to change their preference by mid-Jan, 2022 after term 1, 2021/22 result is released. Therefore, please base on the following details and decide your choices now.

REGION	COUNTRY	HOST INSTITUTE	Quota (FTE)
America	Canada	University of Alberta	1.0
		Mount Allison University	1.0
	Mexico	Tecnologico de Monterrey	0.5
	The United States	Brandeis University	0.5
		Northeastern University	0.5
		University of Massachusetts Amherst	0.5
		University of Pittsburgh	0.5
		University of Rochester	0.5
	St. Edwards' University	1.0	
Asia	China	Zhejiang University	0.5

	Singapore	National University of Singapore	0.5
Europe	Czech Republic	Prague University of Economics and Business	1.0
	Denmark	Technical University of Denmark (ERG & SCI Programs)	0.5
	Finland	Tampere University	0.5
	Germany	Albert-Ludwigs-Universitat Freiburg	0.5
	Italy	Universita Commerciale L. Bocconi	0.5
	Netherlands	Maastricht University, School of BA & Economics (UW)	0.5
		Maastricht University, University College Maastricht	0.5
		University of Groningen	1.0
	Sweden	Uppsala University	1.0
United Kingdom	University of Aberdeen	1.0	
Oceania	Australia	Monash University	0.5
		The University of Adelaide	1.0

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4. "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 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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5. 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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6. 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:

Ms. Sammy Kwan (sammykwan@cuhk.edu.hk / 3943 9775)

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7. 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". It features a QR code for "Application & Guidelines". The main text states: "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 strengthen your physical health and mental wellness." Below this, it lists two categories of activities with their respective funding amounts and examples.

Health and well-being Activities	Qualification Courses for Health and Well-being Instructors
<p>Max. funding amount \$1500 OR Up to 60% of application fee & course fee (whichever is lower)</p>	<p>Max. funding amount \$3000 OR Up to 60% of course fee (whichever is lower)</p>
<p>Examples Healthy Cooking Class Course about Nutrition / Chinese Medicine Mindfulness Workshop Mental Health First Aid Course</p>	<p>Examples Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course Art/Music Therapy Instructor Course</p>

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 strengthen your **physical health** and **mental wellness**.

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 Up to 60% of 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 **\$3000** or Up to 60% of course fee (whichever is lower)
Take a look at the **guidelines** and the **reflection template** to start your healthy life now!!!

Application : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

Enquiries:

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

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2. Self-Motivation Fund for Sports Activities

[Application for Phase I is closed as the fund has been used up. Students can submit your application for Phase II starting from 10 January 2022 for activities held on or after 1 February 2022]

The infographic is titled "Self-Motivation Fund for Sports Activities" and features a QR code for "Application & Guidelines". It is divided into two main sections: "Sports Activities" and "Qualification Courses for Sports Coach".

Sports Activities

- Max. funding amount: **\$1500**
- OR
- Up to 60% of application fee & course fee (whichever is lower)
- Examples: Standard Chartered Hong Kong Marathon, Oxfam Trailwalker, Spartan Race, Yoga Class, Dance Workshop

Qualification Courses for Sports Coach

- Max. funding amount: **\$3000**
- OR
- Up to 60% of course fee (whichever is lower)
- Examples: Rowing, Rope-skiing, Orienteering, Taekwondo

Additional text on the infographic: "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'." and "伍宜孫書院 WU YEE SUN COLLEGE".

Enquiries: MS ELSUS YEUNG (elsusyeung@cuhk.edu.hk / 3943 3934)

*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".*

Funding Amount:

Sports Activities: Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

Qualification courses for sports coach: Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look on the **guidelines** and **report template**, and challenge yourself with different activities.

Application : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

Enquiries:

Ms. Elsus Yeung (elsusyeung@cuhk.edu.hk / 3943 3934)

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3. Self-Motivation Fund for Green Activities

Application & Guidelines : 

Self-Motivation Fund for Green Activities

Green Activities

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



Max. funding amount
\$1500
OR
Up to 60% of application fee & course fee (whichever is lower)

Examples
Eco-cultural Tour
Uncycling Workshops
Forest Bath

Qualification Courses for Instructors of Green Activities



Max. funding amount
\$3000
OR
Up to 60% of course fee (whichever is lower)

Examples
Horticultural Therapists
Trainer for Organic Farming
Docent Training on Ecotourism



伍宜孫書院
WU YEE SUN COLLEGE

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

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

Funding Amount:

Green Activities: Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

Qualification courses for instructors of green activities: Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look on the [guidelines](#) and [reflection template](#), and challenge yourself with different activities.

Application : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

Enquiries:

Ms. Sonia Yu (soniayu@cuhk.edu.hk / 39433937)

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

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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=13638278>

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

Enquiries:

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

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

6. Service-learning project Funding Scheme 服務學習項目資助計劃



The poster features the WU YEE SUN COLLEGE logo and the motto 'Serve to Learn, Learn to Serve'. The main title is 'SERVICE-LEARNING PROJECT FUNDING SCHEME' with the Chinese translation '伍宜孫書院服務學習項目資助計劃'. The central illustration shows people engaged in various service-learning activities like assisting the elderly, environmental work, and community service. Below the illustration, five key points are listed with icons: 1. 'Initiate your Service-Learning Project (Can co-operate with other organizations) 策劃自己的服務學習計劃 (可與其他機構合作)'; 2. 'Can be individual or group application 可以個人或小組形式申請'; 3. 'No restriction on programme destination or length 計劃地點、時長不限'; 4. 'Year-round application 全年開放申請'; 5. 'Subsidy amount: maximum HKD80,000 資助金額: 上限港幣80,000元'. A QR code for more details is provided, along with contact information for Kiki Chan.

伍宜孫書院
WU YEE SUN COLLEGE

Serve to Learn
Learn to Serve

SERVICE-LEARNING PROJECT FUNDING SCHEME

伍宜孫書院服務學習項目資助計劃

- Initiate your Service-Learning Project
(Can co-operate with other organizations)
策劃自己的服務學習計劃 (可與其他機構合作)
- Can be individual or group application
可以個人或小組形式申請
- No restriction on programme destination or length
計劃地點、時長不限
- Year-round application
全年開放申請
- Subsidy amount: maximum HKD80,000
資助金額: 上限港幣80,000元

More details:



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

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)

7. Global Learning Award Scheme



The Global Learning Award Scheme (GLAS) aims to encourage students to initiate or participate in non-local academic or experiential learning programmes with the main purpose of LEARNING. Applicants will be awarded the “Global Learning Award” and receive the award amount after completing all post-trip requirements on time.

Students can apply funding for the self-initiating trips, overseas programmes, and virtual programmes. For further details, Please refer to [college website](#) for application guidelines.

Round	Applying for trips taken during (for trips overlapping both rounds, <u>first date</u> of the trip shall determine the application period)	Application period
Winter	Nov 1 – Apr 30	May 1 – Nov 30

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638945>

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8. Internationalization Activity Fund



If you are interested in organizing activities to promote cross-cultural integration, we support you to kick-start your plan!

The **Internationalization Activity Fund** aims to support students or student bodies to organize college- or hostel-level extracurricular activities which promote internationalization and inter-cultural exchange opportunities among members of the WYS community.

Eligibility

1. All registered WYS student associations will be eligible for applying for financial support from the Fund.
2. Local and non-local student bodies/students are also encouraged to apply for the funding to organize activities for promoting campus integration and cohesion.
3. At least 70% participants should be local undergraduate students.

Examples

- Experience of Clothing, Dining, Living & Transport in Hong Kong
- Hong Kong Sightseeing Tram Tour
- Thanksgiving Festival Celebration
- Korean Night

Funding Amount: Maximum \$20,000

Guidelines & Application: <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=internationalization-activity-fund-2>

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Other Activities & Announcements

1. Multicultural Counselling Service for Non-local Students

Multicultural Counselling Service

For Non-Local Students

INDIVIDUAL COUNSELLING SERVICES
By native Putonghua speaking counsellors and native English speaking counsellors

LANGUAGES
Apart from Putonghua and English, counselling in other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi might also be available

SESSIONS
6 counselling sessions
(may be extended according to service needs)

LOCATION
St John's Cathedral Counselling Service in Central
www.sjcshk.com

TIME PERIOD
September 2021 to May 2022

SERVICE TARGET
All CUHK full-time non-local students

ENROLLMENT & ENQUIRIES
Please visit our website for details




 Office of Student Affairs
The Chinese University of Hong Kong

To strengthen counselling support to non-local students, Wellness and Counselling Centre is launching a pilot programme to provide multicultural counselling service to non-local students. The service will be provided by native Putonghua or English speaking counsellors from an external counselling service provider, St. John's Cathedral Counselling Service (<https://www.sjcshk.com/>). Subject to the availability of their counsellors, counselling sessions might also be conducted in other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi. For more details, please visit: <https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service> for more information.

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2. CUHK Independent Learning Centre (ILC)

Independent Learning Centre (ILC) has in store to support student learning in the First Semester of 2021-2022 via our **face-to-face** and **Zoom** sessions.

For the **new incoming students** who are not familiar with the ILC, I would recommend them to visit the ILC website (<https://www.ilc.cuhk.edu.hk/EN/>) for a short ILC video for our major work and services.

For **international students** who are interested in having better communication with the CUHK staff and students of other nationalities, this Interacting Across Cultures (IAC) online learning series should be very useful (<https://ilc.link/IAC>).

While the ILC workshops mainly target UG students, we also offer special postgraduate workshops with the University Library collaboratively. For details, please visit the ILC website regularly: <https://www.ilc.cuhk.edu.hk/EN/workshops.aspx>

Here are some ILC workshop highlights for the new academic year 2021-2022:

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 Success 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

To see the workshop series posters, please go to: <https://bit.ly/3Dz0zZy>

Students who think they will benefit from having a one-to-one meeting with our teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session, and our schedule can be found here: <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>

The ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support our students. Details are available at: <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>

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3. 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.