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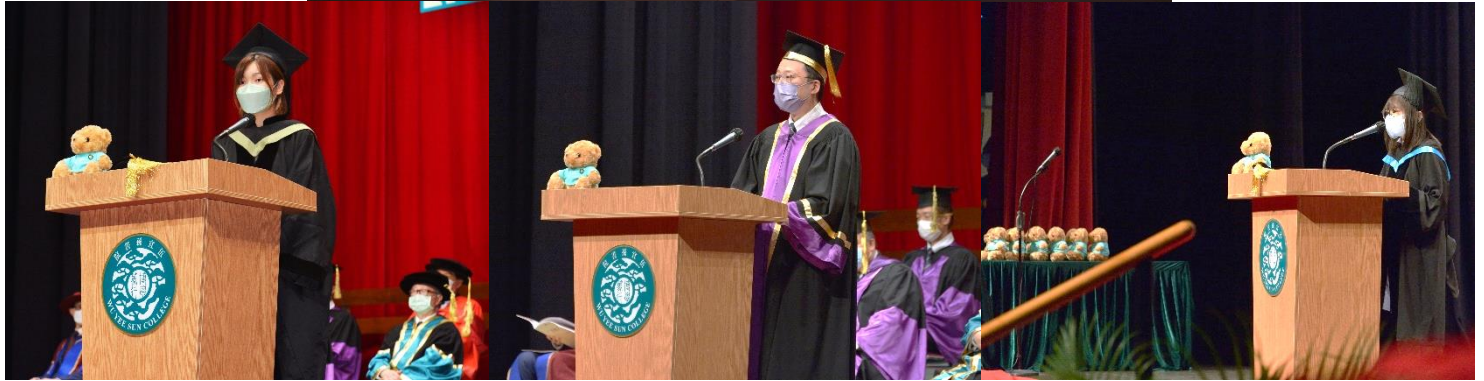
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Sunny Review

- [1. The Congregation and College Graduation Ceremony 2021](#)



The 90th Congregation for the Conferment of Bachelor's Degrees of The Chinese University of Hong Kong and the 6th Graduation Ceremony of Wu Yee Sun College was successfully held on 4 November 2021 (Thursday) at Sir Run Run Shaw Hall.

It is a great honour for the College to have invited Dr. Joseph Lee (李宗德博士), the Executive Chairman of Wofoo Group to be the guest of honour in the ceremony. Dr. Lee reminded graduates that what they had learned in University life was not just skills but also, they have to learn the importance of respect, love, understanding and honesty. Dr. Lee encouraged them to equip themselves to prepare for the future challenges.



Congratulations to all the graduates again. We hope they will always remember the slogan of "Go Green Be Sunny". By using their creativity and passion, we believe they can light up the world and shine in the community.

香港中文大學第 90 屆大會 (頒授學士學位典禮)及伍宜孫書院第六屆畢業典禮已於 2021 年 11 月 4 日(星期四)假邵逸夫堂舉行。

書院很榮幸邀請到和富集團主席李宗德博士擔任主禮嘉賓。李博士提醒各位畢業生在大學所學的不單是技巧，亦要謹記社會所需要的尊重、關愛、包容和誠信，要好好為未來而努力。

書院在此再次恭賀所有畢業生，希望各位將來都記住書院 Go Green Be Sunny 的精神，以創意及熱誠，成為世界的光，在社會發熱發亮。



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2. CUHK Athletic Meet 2021

Our Track & Field Team attained excellent results again in CUHK Athletic Meet 2021 (2021 中大田徑精英比賽) with one Silver and Three Bronze medals in four races held on 3th Nov. We appreciate the great effort the athletes devoted in both training and competition.



Race	Rank	Name of Athletes
Men - 800m	1st Runner-up	MA Ho Kwan (馬顯昆同學)
Men - High Jump	2nd Runner-up	YANG Wenfei (楊文飛同學)

Women - 400m	2nd Runner-up	LAI Kei Hei (黎紀希同學)
Women - Discus	2nd Runner-up	HO Huen Yu (何萱渝同學)

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3. Yoga Class



One of the key parts in establishing healthy lifestyle is doing exercises. A group of Sunnies joined a series of Yoga Class, conducted by Mayan Chan in Oct and Nov. They not only improved their flexibility and strength, they also had great fun when practicing yoga with other Sunnies. They also challenged themselves with new poses to enhance their mobility. The College will organize Yoga Class again in Term 2. Please stay tuned.

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4. Three Point Shoot 轉身射個三分波



Another group of Sunnies joined “Three Point Shoot” organized by College Sports Association last Friday. The contest is divided for boy group and girl group using different size of basketball. All the players tried their best to get the score and enjoyed the contest a lot. Top 5 of each group got attractive prize for encouragement. Congratulations to the winners and hope everyone will keep doing exercises after the contest.

College Activities

1. WYS College 14th College Anniversary 伍宜孫書院 14 周年院慶



讓你走進撲朔迷離的都市夜🌃🌃
伍宜孫書院十四週年院慶「Yeetropolis」
精彩活動等緊你👀

千人宴🍽️：15/11（一）
大笪地👣：18/11（四）
環校跑🏃：19/11（五）
鬼屋歷奇👁️👁️：22-24/11（一至三）

仲唔 mark 低日期？一齊嚟宜孫玩得盡興
「我好肚餓 ppppp，真係好肚餓 ppppp…」
唔使周圍望，係呢度喇！

15/11 就係宜孫院慶嘅人宴🍽️ 今年唯一一個有野食嘅院慶！諗唔倒 ocamp re-u 食咩，又或者莊聚唔知去邊嘅話，人宴就啱曬你喇💖👣！

我哋當日除咗有唔同食物🍽️🍷提供俾大家，仲邀請咗黃妍，中大魔術學會，同埋宜孫音樂學會為大家表演🐱！

咩話？仲係唔夠喉？我哋仲有 豐富嘅抽獎禮物 等大家帶走！想知道你係唔係下一個幸運兒就快啲叫埋班朋友仔黎，一次過買六張飛仲有 discount👛！

活動詳情
舉辦日期：15/11/2021（一）
舉辦時間：18:00-21:00
舉辦地點：伍宜孫書院學生飯堂
收費：
個人---\$160
團購---\$150（每張）

***6 人或以上一團
報名表格：bit.ly/3k2rt42

**優惠期只到 8/11

有任何問題嘅話可以喺 IG 搵 @wysanni21

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2. Campus Run 2021



伍宜孫書院體育學會
WYS SPORTS ASSOCIATION

CAMPUS RUN 2021

@wys.sports.asso

注意：
男女子組頭三名將獲贈獎杯！
所有參賽者會有4分PE分！
今年環校跑只限伍宜孫同學參加！
詳情請看活動賽程

Date: 19/11/2021
Time: 1100 - 1300
Venue: WYS
Quota: 100 participants

LINK IN IG BIO OR SIGN UP HERE
@wys.sports.asso



想拎到 PE 分？想鍛鍊身體？一年一度的環校跑返嚟啦！作為院慶其中一個重要活動，身為宜孫人嘅你地點可以唔參與？

活動詳情如下：

日期：11 月 19 日（星期五）

活動時間：早上 11 時 至 下午 1 時（活動於 11 時 25 分開始）

集合時間：早上 11 時

集合地點：伍宜孫書院大堂

詳細規則及路線圖：<https://docs.google.com/document/d/1sEcXXo5a3NVZqNcFtv-Tbe4iKI5ouHBrKjmg-sOBIDY/edit>

報名：https://docs.google.com/forms/d/e/1FAIpQLSeAw7jV2ak423S9-Qn-Wbyp6W6DAxqrfwxrckQT2_cd5-FPgg/viewform?usp=sf_link

如有疑問，請聯絡體育學會主席 Alex(5978 7133)或副主席 Sammy(5931 3118)

期望見到你地！

Do you want to get participation marks for PE lessons? Do you want to keep fit? Join the Campus Run! As a key anniversary event of our college, you must not miss the opportunity!

Details are as follows:

Date: 19 November (Friday)

Time: 11:00a.m. - 1:00p.m. (Start at 11:25 a.m.)

Gathering Time: 11:00 a.m.

Gathering Location: Lobby, G/F, Wu Yee Sun College

Rules and Routes: <https://docs.google.com/document/d/1sEcXXo5a3NVZqNcFtv-Tbe4iKI5ouHBrKjmg-sOBIDY/edit?usp=sharing>

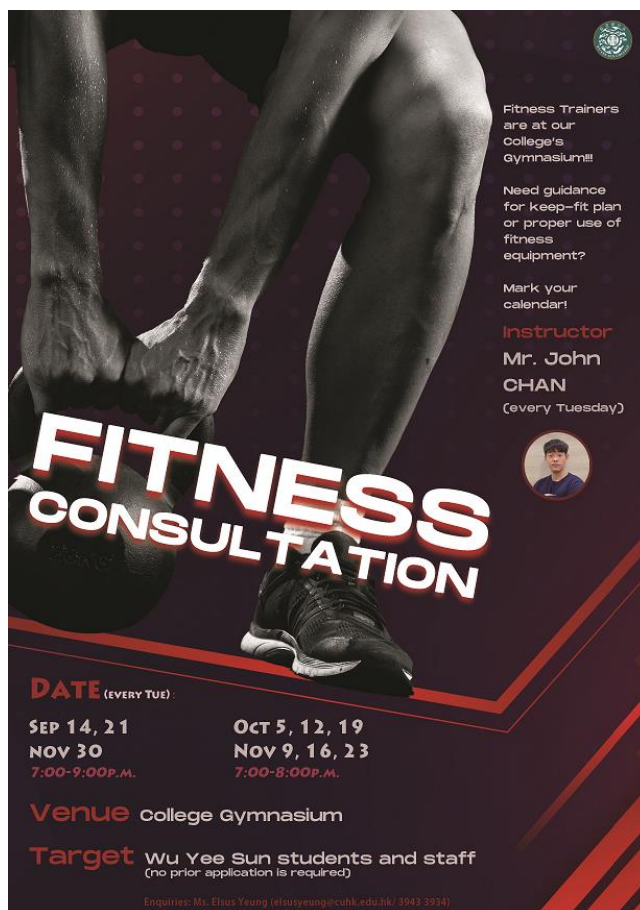
Registration: https://docs.google.com/forms/d/e/1FAIpQLSeAw7jV2ak423S9-Qn-Wbyp6W6DAXqrfwxrckQT2_cd5-FPgg/viewform?usp=sf_link

Should you have any questions, please contact the President Alex(5978 7133) or the Vice President Sammy (5931 3118) of the Sports Association.

Look forward to seeing you in the Campus Run!

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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!

Instructor
Mr. John CHAN
(every Tuesday)

DATE (EVERY TUE):

SEP 14, 21 NOV 30 7:00-9:00P.M.	OCT 5, 12, 19 NOV 9, 16, 23 7:00-8:00P.M.
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Venue College Gymnasium

Target Wu Yee Sun students and staff
(no prior application is required)

Enquiries: Ms. Elous Yeung (elousyeung@cuhk.edu.hk/3943 3934)

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 (c!ab)

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 College events.

Nov		
Nov 9, 16, 23 (Tue)	8 pm – 9 pm	Fitness Training Workshop
Nov 18 (Thu)	5 pm – 10:30 pm	College Anniversary Celebration

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 INSTITUE	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

Application & Guidelines: 

Self-Motivation Fund for Health and Well-being Activities

Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities in order to strengthen your **physical health** and **mental wellness**.

Health and Well-being Activities

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

Examples
Healthy Cooking Class
Course about Nutrition / Chinese Medicine
Mindfulness Workshop
Mental Health First Aid Course

Qualification Courses for Health and Well-being Instructors

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

Examples
Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course
Art/Music Therapy Instructor Course

伍宜孫書院
WU YEE SUN COLLEGE

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 divided into two main sections: 'Sports Activities' and 'Qualification Courses for Sports Coach'. The top right corner features a QR code labeled 'Application & Guidelines'. The 'Sports Activities' section includes an icon of sports equipment, a funding amount of \$1500, and examples like the Standard Chartered Hong Kong Marathon. The 'Qualification Courses for Sports Coach' section includes an icon of a certificate, a funding amount of \$3000, and examples like Rowing and Taekwondo. The bottom left corner features the WU YEE SUN COLLEGE logo and contact information for Ms. Elsus Yeung.

Application & Guidelines : 

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
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-skipping
Orienteering
Taekwondo

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



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



伍宜孫書院
WU YEE SUN COLLEGE

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



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

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 logo of Wu Yee Sun College (伍宜孫書院) 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 a globe made of puzzle pieces, with various icons representing service-learning activities: a person with a walker, a person working at a table, a person holding a lightbulb, and a person with a backpack. Below the illustration, there are five key points:

- 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. Recruitment of "Save Food and Plastic-free Ambassadors" 招募惜食走塑達人



LOVE FOOD hate waste @CUHK 惜食中大

「[惜食中大 走塑校園](#)」計劃誠邀中大同學成為「惜食走塑達人」，將珍惜食物及停用即棄塑膠的意識推廣至整個校園及社區。立即報名，一同向剩食和即棄塑膠飲管說不！完成培訓後參與餐廳推廣活動，可獲每小時 60 港元津貼。

對象

- 中大學生
- 樂意於午膳時間在校內餐廳進行推廣

職責

- 在校內餐廳推廣惜食及減少剩食
- 推廣「走塑校園」及停用塑膠飲管

培訓

	地點	日期及時間
計劃簡介會	中大校園	11 月 12 日 (星期五) 16:00 – 17:00
參觀活動	沙田 Greeners Fusion 及 Slowood	11 月 13 日 (星期六) 09:30 – 12:30
廚餘分類示範 (只需參加其中的 30 分鐘)	中大校園	11 月 15 日 (星期一) 10:00 – 16:00

📄 報名請按：<https://bit.ly/3FD38L6>

📅 截止日期：11 月 10 日 (星期三)

如有查詢，請致電 34991780 予合辦機構綠領行動楊先生。

‘[Love Food Hate Waste @CUHK](#) and [Plastic-free Campus](#) (No Straw)’ Campaign is now recruiting ‘Save Food and Plastic-free Ambassadors’ to promote food cherishing and no disposable plastic on the campus. Join us and say ‘No’ to food waste and disposable plastic straw! Allowance (HKD 60 per hour) will be provided to trained ambassadors who participate in canteen promotions.

Targeted Participants

- CUHK students
- Willing to participate in CUHK canteen promotions during lunch hour

Duties

- Promote food cherishing and leftover reducing in the CUHK canteens
- Promote Plastic-free Campus and no disposable plastic straw

Training

	Location	Date and Time
Seminar	CUHK campus	12/11 (Friday) 16:00 – 17:00

Visit & Workshop	Greeners Fusion & Slowood @Shatin	13/11 (Saturday) 09:30 – 12:30
Practical demonstration of food waste separation (30 minutes during the demonstration period)	CUHK campus	15/11 (Monday) 10:00 – 16:00

📄 Enroll here: <https://bit.ly/3FD38L6>

📅 Application deadline: 10/11 (Wednesday)

For enquiry, please contact Mr Yeung of Greeners Action, co-organizer of the campaign, at 34991780.

想緊貼中大社會責任及可持續發展的最新動態？

- 追蹤我們的 Facebook ([@CUHK.SRSD](#)) 及 Instagram ([@cuhk.srsd](#)) 專頁
- 按 [此](#) 登記成為「中大綠色達人」

Want to stay up to date with CUHK's social responsibility and sustainable development happenings?

- Follow us on Facebook (@CUHK.SRSD) and Instagram (@cuhk.srsd)

Click [here](#) to register as a 'CU Green Buddy'

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2. 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.sjcskhk.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

bit.ly/3DK0kG

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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3. 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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4. 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.