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Sunny Review

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

To celebrate the 14th anniversary of the College, the Organizing Committee of College Anniversary “Yeetropolis” prepared a series of celebration activities to gather college members and students to celebrate the big day of the College.



The celebration kick-started with **523 Banquet (523 人宴)** on 15 November 2021, more than 150 students and members attended to share the joy. Our Music Society performed on stage and CU Magic Society performed interactive magic tricks. The banquet climaxed with the singing of pop star Miss Cath Wong (黄妍小姐), students enjoyed her performance very much. There was also lucky draw, congratulations to all the awardees! Participants had a great time interacting with friends and enjoying the joyful night.



The **Sunny Festival (大筴地)** was held on 18 November 2021, there were stalls selling creative handicrafts, clothes, food and drinks; some students also hosted game booths and attracted many guests to join. Various performances also took place that night, including Shaw Band, Skyline, 波士碧池, CC band and Kolor. The audience enjoyed the performances very much.



Round Campus Run (環校跑) hosted by College Sports Association (體育學會) was held on 19 November 2021. We were honoured to have College Master Professor Anthony T.C. Chan (院長陳德章教授) and Chairman of Sunny

Sports Committee Professor Kelvin K.F. Tsoi (體育委員會主席蔡錦輝教授) to deliver opening remarks to encourage our runners. Our hearty appreciation again to all the participating students and College members. Please click [HERE](#) to view the result.



Chamber of Secret (密室) and Adventure (歷奇) held on 22-24 November 2021 marked the end of the celebration events. Participants were assigned in group and they had to solve some riddles and complete the challenges in order to leave the Chamber. After that participants needed to compete against the executive committees in various adventurous tasks. Despite of the challenging tasks, participants were excited while joining and completing the games prepared by the organizing committee.

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2. 李沛良師友計劃 - 夜話 Night Talk



Rance Lee Mentorship Programme organized a Night Talk on 25 November, featuring the importance of social networking, which is multifunctional that helps for job hunting.

Mr. Jason Ma 馬家文先生, Co-Founder/Managing Director of Motiva Consulting Ltd was invited to share his experiences and knowledge in helping job-searchers to write CV, adopt the appropriate manner at interview and get to know the importance of referral. Our College alumni, Mr. Ivan Jim Lik Fu 詹歷富先生 (GLEF/2017) and Mr. Joseph Chan Nim Him 陳念謙先生 (SEEN/2016) also shared their personal experience in their workplaces. They stayed behind and had a casual chat with the fellow students for another hour after the talk.

With the support of Mr. Philip Li 李永權先生, one of the mentors of Rance Lee Mentorship Programme, to host the talk, students had a fruitful night and learnt a lot about the importance of social networking.

More details about the Mentorship Programme will be rolled out in due course. Stay tuned!

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3. 深涌文化 x 歷史 x 生態遊 Field trip to Sham Chung



With the aim of encouraging Sunnies to get closer to the natural environment, the Green Team organized a field trip to Sham Chung on 20 Nov 2021 (Saturday).

It is with great pleasure to have Professor Kwai-Cheong Chau (鄒桂昌教授), Chairperson of College Campus Environment Committee, for guiding participants to visit the traditional Hakka settlement and understand the ecology in Sham Chung. Through the vivid presentation by Prof. Chau, participants not only understand the value of Hakka inheritance and coastal ecosystem, but also learned to appreciate the harmonious relationship between humans and the environment in Sham Chung.

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4. Fitness Training Workshop - HIIT & Resistance Training



Regular exercise can help increase our fitness level and improve our overall well-being. This term, some Sunnies joined **High-intensity Interval Training (HIIT)** allowing participants to burn more calories in a shorter period of time. It is especially suitable for those who are busy and cannot squeeze much time for physical activity. While another group of Sunnies opted for **Resistance Training** to learn proper and effective bodyweight training and free weight training on top of training using gym machines. Everyone had an enjoyable time and sweated a lot.

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5. Social English Workshops



Three sessions of Social English Workshops conducted by Ms. Jenna Lara Collett, College Member and Lecturer of English Language Teaching Unit, were held in November. Students learnt more about phrasal verbs and idioms for the language of friendship and dating. Through conversation practice, students are now more confident in expressing themselves orally in English.

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College Activities

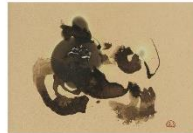
1. 洽蕙藝文計劃 “疫下春來 - 利漢楨教授作品展”



疫下春來——利漢楨教授作品展
 “Even in Pandemic, Spring Comes”
 An Art Exhibition by Professor Hon-ching LEE

29.11 - 15.12.2021

展覽地點
 崇基學院行政樓
 大堂展覽廳



Exhibition Venue
 Lobby Gallery
 Chung Chi College Admin. Bldg.

開放時間
 星期一至五 上午九時至下午五時
 星期六 上午九時至下午一時
 星期日及公眾假期休息

Opening Hours
 Monday to Friday 9 a.m. - 5 p.m.
 Saturday 9 a.m. - 1 p.m.
 Closed on Sunday & Public holidays



洽蕙藝文計劃
 Hop Wai Art & Cultural Programme

主辦 organised by



崇基學院
 Chung Chi College



聯合書院
 United College



伍宜孫書院
 Wu Yee Sun College

合辦 co-organised by



中國文化研究所文物館
 Art Museum
 Institute of Chinese Studies

香港中文大學 The Chinese University of Hong Kong

「疫下春來」展覽是由崇基學院、聯合書院、伍宜孫書院主辦，並由中國文化研究所的文物館合辦。是次展覽是2021-22 年度洽蕙藝文計劃之一，展出一系列利漢楨教授最新的創作。

全球疫情反覆，利教授卻善用餘閒，創作一系列新的藝術作品，簡單以紙、木及金屬等作為創作媒介，引領觀眾從平和安逸的角度，面對現況。

請於十二月十五日(星期三)或之前，親臨崇基學院行政樓大堂展覽廳欣賞。

開放時間:

星期一至五 上午九時至下午五時

星期六 上午九時至下午一時

星期日及公眾假期休息

如有查詢，請電 3943-9767 或電郵 florecetsui@cuhk.edu.hk 與徐小姐聯絡。

Hop Wai Art & Cultural Programme
Even in Pandemic, Spring Comes -
An Art Exhibition by Professor Hon-ching LEE

The “Even in Pandemic, Spring Comes” Exhibition is jointly organized by Chung Chi College, United College, Wu Yee Sun College, and co-organized by Institute of Chinese Studies Art Museum. This exhibition is part of the Hop Wai Art & Cultural Programme 2021-22 featuring a list of art pieces created by Professor Hon-ching Lee which have never been exhibited before.

Despite the unstable situation of a global pandemic, Prof. H.C Lee has made use of his leisure time to create a new series of art-pieces. Using paper, wood and metal as the creative medium, Prof Lee’s art works lead us to perceive things from a new angle with a calm and peaceful mind under the pandemic.

The exhibition is open until **15th December, 2021 (Wednesday)**. Come and enjoy the exhibition staged at Lobby Gallery, Chung Chi College Admin Bldg. during the opening hours –
Monday to Friday 9am – 5pm
Saturday 9am - 1pm
Closed on Sunday & Public Holidays

For enquiries, please contact Miss Florence Tsui at 3943-9767 or e-mail florecetsui@cuhk.edu.hk

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College Announcements

1. Re-opening of Learning Commons

To facilitate students' learning, Learning Commons (except Discussion Room 102A) will further re-open from **26 Nov onwards**.

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. "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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3. 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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4. WYS's Got Talents - Photography, Poster Design, MC and a lot more!

JOIN CREATIVITY COUNTS!

WYS'S GOT TALENTS

- Photography / Video-production
- Art & Design
(e.g. posters or infographics)
- Simultaneous Interpretation
- Master of Ceremonies
- Audio-Visual Support
- Writing
(e.g. creative writing or student reporter in publications)

Registered students may be invited to assist in different occasions.
Don't hide your talents, shine in the College!

REGISTER

Enquiries:
Miss Elsus Yeung (elsusyeung@cuhk.edu.hk / 3943 3934)
Ms. Sammy Kwan (sammykwan@cuhk.edu.hk / 3943 9775)

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 Support

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

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

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5. 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 "Health and well-being Activities" with a maximum funding amount of \$1500, or up to 60% of the application fee and course fee (whichever is lower). Examples include Healthy Cooking Class, Course about Nutrition / Chinese Medicine, Mindfulness Workshop, and Mental Health First Aid Course. It also lists "Qualification Courses for Health and Well-being Instructors" with a maximum funding amount of \$3000, or up to 60% of the course fee (whichever is lower). Examples include Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course and Art/Music Therapy Instructor Course. The infographic includes the WU YEE SUN COLLEGE logo and contact information for Miss Phoebe Wu.

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 features a blue and yellow color scheme. At the top right, a QR code is labeled 'Application & Guidelines:'. The main title 'Self-Motivation Fund for Sports Activities' is written in a mix of blue and yellow fonts. Below the title, there are two main sections: 'Sports Activities' and 'Qualification Courses for Sports Coach'. Each section includes a description, a maximum funding amount, a list of examples, and contact information for Ms. Elsus Yeung.

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

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WU YEE SUN COLLEGE
Enquiries:
MS ELSUS YEUNG (elsusyung@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 (elsusyung@cuhk.edu.hk / 3943 3934)

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3. Self-Motivation Fund for Green Activities

The infographic is titled "Self-Motivation Fund for Green Activities" and is divided into two main sections: "Green Activities" and "Qualification Courses for Instructors of Green Activities".

Green Activities:

- Self-Motivation Fund for Green Activities:** Encourages students to participate in various kinds of green activities that promote **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.

At the bottom left, there is contact information for Ms. Sonia Yu (Soniayu@cuhk.edu.hk / 3943 3937) and the logo of WU YEE SUN COLLEGE.

At the top right, there is a QR code labeled "Application & Guidelines".

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 of people engaged in service-learning activities. Below the illustration, five key points are listed with corresponding 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 is provided for more details, and contact information for Kiki Chan is at the bottom.

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

Application: <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



 www.sjcshk.com

 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.