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Sunny Review

- [1. The Kickoff Ceremony of Hop Wai Art Exhibition](#)



A kickoff ceremony for “Even in Pandemic, Spring Comes” 「疫下春來」 presented by Professor H.C. Lee (利漢楨教授) was held on 1 December, 2021. The event 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 Lee which have never been exhibited before.

We were grateful to have Professor Lee, the artist, taking a long-haul flight from U.S.A to Hong Kong to officiate the kickoff ceremony and deliver a speech. Graced with the presence of Professor W.P. Fong (方永平教授), Head of Chung Chi College and Professor Jimmy C.M. Yu (余濟美教授), Head of United College, Professor Anthony T. C. Chan (陳德章教授), our College master, also presented a welcoming speech on behalf of the organizers. A souvenir was presented to Professor Lee expressing our sincere gratitude for exhibiting the latest artworks for Hop Wai Art & Cultural Programme.

The exhibition is open until 15 December. Come and enjoy the exhibition staged at Lobby Gallery, Chung Chi College Admin Bldg. from 9am to 5pm from Monday to Friday and from 9am to 1pm on Saturday.

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2. College Forum: Know yourself and stay healthy
(Speaker: Dr. Derrick K.S. Au 區結成醫生 and Mr. Hin-cheong Chi 池衍昌先生)



The final College Forum entitled “Know yourself and stay healthy” was conducted by Dr. Derrick K.S. Au (區結成醫生), Centre Director, CUHK Centre for Bioethics and Mr. Hin-cheong Chi (池衍昌先生), ICF Professional Coach in Transformation, last Friday. Dr. Au introduced the concept of mental wellness and how we could deal with difficult times in our lives. Mr. Chi then discussed what Internal Family System is, and how we can take care of ourselves through learning about our inner selves.

We were grateful to Professor Albert Lee (李大拔教授), Director of Centre for Health Education and Health Promotion; Associate Dean of General Education of Wu Yee Sun College, for moderating the Forum.

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3. 中大劇賽 2021 CUHK Drama Competition 2021





Drama Society(宜孫劇社) participated in Drama Competition 2021 hosted by the Office of the Arts Administrator, and the show was put on stage at Sir Run Run Shaw Hall on 4 December 2021 (last Saturday). The title of the play is 《轉》 and attracted around a hundred audiences.

Students prepared for more than two months and it was a great success, a big round of applause for the Drama Society's effort and performance!

The video of their performance will be uploaded onto YouTube, please stay tuned.

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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

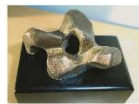
展覽地點
 崇基學院行政樓
 大堂展覽廳

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



Exhibition Venue
 Lobby Gallery
 Chung Chi College Admin. Bldg.

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

協辦 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. Rance Lee Mentorship Programme - Open for Enrollment

Rance Lee Mentorship Programme 2021-22

With the initiation of our CUHK alumnus Mr. Sai-Yung Lau and the generous funding support of our CUHK alumni Mr. Albert Wu and Mr. Philip Li, this programme has been renamed as Rance Lee Mentorship Programme in honor of Prof. Rance Lee, the Founding Master of Wu Yee Sun College, since the year Prof. Lee retired in 2017.

Outings Meal Gatherings Visits Career Planning

This programme aims at supporting our students to build up **social networks** for tackling problems and acquiring support across all stages of life through information sharing, helping each other, making new friends, having stress relief and getting advices for career development, investment and study etc.

Programme Details

Eligibility: WYS students

Format: 3-4 mentors (including college alumni) per group to support mentees

Activities: Annual kick-off event, group initiated activities (such as hiking, visits, BBQ etc), year-end gatherings etc.

Funding Support: HK\$3,000 per annum for each group

Please scan QR code for enrollment.

Enquiries: Miss Florence Tsui (3943-9767 / florencetsui@cuhk.edu.hk)

With the initiation of our CUHK alumnus Mr. Sai-Yung Lau and the generous funding support of our CUHK alumni Mr. Albert Wu and Mr. Philip Li, this programme has been restructured.

The group-to-group mentor-mentee model, which is comprised of senior mentors, alumni mentors and student mentees, will be adopted. With the support of alumni mentors, a new element of this programme, it is believed that the bonding within a group or among WYS members will be stronger.

This programme aims to promote *a multi-functional social networking* for

- Providing practical advice and assistance
- Sharing information and interests
- Nurturing close friendship and emotional support

This programme offers a lifelong membership for all the participants. It is now open for enrollment. Should you be interested in it, please click this [link](#) to register.

For details, please check out College website

<https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/>

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

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2. Complimentary Fruit at College Student Canteen 書院學生飯堂免費送水果

To show support to students before examination, the caterer will offer complimentary fruit to Wu Yee Sun College students who purchase any meal (drinks excluded) starting from **29 November 2021 (Monday to Friday; Dinner session only)** at the Wu Yee Sun College Student Canteen. Please present your CU Link Card as verification. Offers limited to 40 fruits per day. While stock lasts, first-come, first-served.

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3. 嘆啡咩樹下 Coffee Tasting December

LOOK UP
Coffee & Stories

嘆啡咩樹下
Coffee Tasting December

Date and Theme

8 / 12	9 / 12	16 / 12	23 / 12
Fair Taste 洪都拉斯 Honduras	Fair Taste 耶加雪夫 Yirgacheffe	Coffee Justice 坦桑尼亞 Tanzania	MMC Project 東帝汶 East Timor

Time: 3pm - 4pm
Fee: \$60 / section
預先報名 Registration in advance >>>

#咖啡 #手沖咖啡 #公平貿易
#藉著食物說故事
#coffee #hand_drip #fairtrade
#sharing_stories_through_food

營業地點：伍宜孫書院地下 Location: G/F, Wu Yee Sun College
營業時間：早上十時至下午六時 Opening Hours: 10am-6pm
(星期一至五) (Monday to Friday)

#咩樹將會在 12 月連續三星期推出手沖咖啡品嚐時段。

每節特別精選一款公平貿易咖啡豆，分享咖啡豆的來源、特質，以及沖泡方式，還有品嚐其風味。

希望大家都能夠忙裡偷閒，放鬆心情，加加油。

主題與日期如下：

8/12 (細味公平 · 洪都拉斯)

9/12 (細味公平 · 埃塞俄比亞耶卡雪夫)

16/12 (珈琲公義 · 坦桑尼亞)

23/12 (Maubere Mountain Coffee Project · 東帝汶)

時間：下午 3 時至 4 時

費用：每節\$60

歡迎預先親臨咩樹咖啡館報名，或 PM 咩樹的 [IG](#) / [facebook](#)，方便事前準備，現場參加亦可。

Lookup Coffee offers you a series of hand drip coffee tasting sections in this December.

In each section, we will introduce the selected fairtrade coffee beans and their origin, share the pour over method and the coffee's tasting characteristics.

Hope you can join us and take a break from the busy day.

Theme and date :

8/12 (Fair Taste : Honduras)

9/12 (Fair Taste : Ethiopia Yirgacheffe)

16/12 (Coffee Justice : Tanzania)

23/12 (Maubere Mountain Coffee Project : East Timor)

Time : 3pm - 4pm

Fee : \$60 / section

Registration in advance at Café counter or contact us via [IG](#) / [facebook](#). Walk-ins are also welcomed.

4. 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/>.

5. "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 (florencetsui@cuhk.edu.hk / 3943 9767)

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

6. 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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7. 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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8. 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 describes the fund's purpose: "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." It lists two categories of activities with their respective funding amounts and examples.

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

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 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-skipping, Orienteering, Taekwondo

Additional information includes a QR code for "Application & Guidelines", the motto "Sports for everyone", and contact details for Ms. Elsus Yeung at WU YEE SUN COLLEGE.

*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 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

 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 for the Service-Learning Project Funding Scheme features the WU YEE SUN COLLEGE logo and the motto 'Serve to Learn, Learn to Serve'. The title 'SERVICE-LEARNING PROJECT FUNDING SCHEME' is prominently displayed in green, with the Chinese title '伍宜孫書院服務學習項目資助計劃' below it. The central illustration shows a large globe made of puzzle pieces, with various icons representing service-learning activities: an elderly person with a walker, a person with a backpack, a person with a lightbulb, a person with a magnifying glass, and a person with a clipboard. 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 labeled 'More details:' is located on the right side. At the bottom, contact information for Kiki Chan is provided: '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




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.