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College Activities

1. [c!ab OLD HONG KONG Exhibition](#)



Student convenors of Creativity Laboratory, clabbers, organized an exhibition called OLD HONG KONG (懷舊香港) in the gallery to showcase Hong Kong traditional crafts, which included frame bags, traditional minibus signs, neon lights, film photos and tie dye cloths, handmade by clabbers.

A series of glass-tube-made neon light art decorations made by our college students were also showcased. They were the awardees of clab neon lights design competition and used the traditional technique to create their neon light art decorations in a workshop. In this exhibition, you can find the artworks of a neon light master, Jive, preserving the traditional technique by transforming the glass-tube-made neon signs into light art decorations; while the works of other supporter of this exhibition, Amazing Neon HK, is using new technology LED to mimic the traditional look of neon signs.



You are invited to come and visit OLD HONG KONG exhibition at College gallery from now on till 28 January, 2022. Don't forget to stop by. Take a photo on the nostalgia setting of the exhibition, share your thoughts about the old Hong Kong and learn some stories about old Hong Kong.

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2. Fai Chun Writing Workshop to Celebrate Chinese New Year



The Lunar New Year is just around the corner! Want to learn some Calligraphy techniques? Attend the Fai Chun Writing Workshop and you will learn about tips on writing Chinese Fai Chun! You can then create a unique “Fai Chun” to decorate your room. No worries if you can’t write Chinese, instructors will introduce you how to apply English Calligraphy in Chinese Fai Chun. Please see below for details.

Date: 24 January 2022 (Mon)
 Time: 6:30 - 8:30 p.m.
 Venue: W112 - 114
 Fee: \$50 deposit (Deposit will be refunded upon completion of the activity)
 Local, Non-local and Exchange Students are all welcome!

Deadline: 20 Jan 2022 (Thu)
 Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13644613>

First-come-first-served. Time of deposit payment will be the determinant. Please submit the deposit to Dean of Students' Office (UG09) within office hours after filling in the webform for seat reservation.

Join us to celebrate the Year of Tiger!

Enquiries: Ms Alice Kam (akam@cuhk.edu.hk/ 3943 3942)

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3. Kalimba Making Workshop 拇指琴製作工作坊

拇指琴製作工作坊
Kalimba Making Workshop

內容:

1. 親手製作獨一無二的拇指琴，包括設計圖案、裝嵌及調音
2. 了解拇指琴的歷史
3. 學習睇譜及彈奏流行歌 e.g. 《蒙著嘴說愛你》《神隊友》
《E先生》《假使世界原來不像你預期》
*所教的歌曲會視乎同學的進度而調整

日期: 25 Jan 2022 (Tue)
時間: 6:00pm – 10:00pm
地點: W112
語言: 粵語
費用: \$80 + 按金 \$220
(出席活動後可獲退回\$220按金)

截止報名日期:
19 Jan 2022

請於網上報名後把費用\$300交至書院院務室。
名額有限，先到先得，以遞交費用先後次序為準。

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

報名:

拇指琴最近成為音樂新寵，其療癒的音色，像音樂盒般；輕輕彈奏，令人心情放鬆。是次工作坊將教授製作 17 琴鍵的拇指琴，並會教授睇譜及彈歌。活動完結後，同學可以帶走拇指琴，隨時隨地享受彈奏音樂的樂趣。

內容:

1. 親手製作獨一無二的拇指琴，包括設計圖案、裝嵌及調音
2. 了解拇指琴的歷史
3. 學習睇譜及彈奏流行歌
e.g. 《蒙著嘴說愛你》《神隊友》《E先生》《假使世界原來不像你預期》
*所教的歌曲會視乎同學的進度而調整

日期: 25 Jan 2022 (Tue)

時間: 6:00pm – 10:00pm

地點: W112

語言: 粵語

費用: \$80 + 按金 \$220 (出席活動後可獲退回\$220 按金)

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13643421>

截止報名日期: 19 Jan 2022

請於網上報名後把費用\$300 交至書院院務室。
名額有限，先到先得，以遞交費用先後次序為準。

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

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4. 創意小說寫作坊



本工作坊將圍繞「落差的遊戲」、「封閉空間的文字密度」、「虛構的音樂與虛構中的音樂」和「肉體溝通之可能與不可能」四個主題開展討論，通過與學員共同研讀精選中外文本，以及進行各種課堂練習，擴闊想像，探索小說創作的不同可能性。

課程概要：

第一節 落差的遊戲

學習如何在小說中運用各種手法為讀者製造預期落差並寫出有趣的作品。

主要研讀文本：博爾赫斯〈刀疤〉、陳浩基習作三篇

第二節 封閉空間的文字密度

探討作家如何以文字經營不同意義的封閉空間，以及封閉空間的設置如何誘發脫軌的經驗，生成不同形態的作品。

主要研讀文本：張愛玲〈封鎖〉及愛倫坡〈活埋〉

第三節 虛構的音樂與虛構中的音樂

探討作家如何在小說中融入音樂元素，並嘗試以音樂構思創作。

主要研讀文本：村上春樹〈查理·帕克演奏巴薩諾瓦〉和石黑一雄〈抒情歌手〉。

第四節 肉體溝通之可能與不可能

探討作家如何利用肉體的變異擴展和限制感官體驗，從而建構風格獨特的作品。

主要研讀文本：謝曉虹〈肉變〉、乙一〈被遺忘的故事〉。

導師：陳韻紅女士

講者簡介：陳韻紅，畢業於香港中文大學中國語言及文學系及日本研究系，曾獲香港中文文學創作獎小說組第一名、青年文學獎小說高級組亞軍、香港文學季「海」徵文比賽冠軍等，曾任第 47 屆青年文學獎小說初級組評審。作品散見《字花》、《別字》、《無形》、《虛詞》、《SAMPLE》。

日期：2月8日、15日、22日及3月1日(逢星期二，共四堂)

時間：晚上 6:30 至 8:30

語言：粵語

地點: 伍宜孫書院西座 112 至 113 室

按金: \$100 (出席最少 3 堂可獲退回全部按金)

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13643910>

截止日期: 1 月 26 日

*名額有限, 先到先得, 以遞交按金先後次序為準。請將按金交至書院院務室。

查詢: 胡佩德小姐 (phoebewu@cuhk.edu.hk / 3943 3988)

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5. Fitness Room User Introductory Course 2021-22 健身室使用者課程 2021-22

Fitness Room User Introductory Course

健身室使用者課程

Instructor 導師:
Mr. John Chan

Date: 1/3/2022 (Tuesday)
Time: 7:00pm - 9:00pm
Venue: College Gym
Quota: 15 (first come, first served)

日期: 1/3/2022 (星期二)
時間: 7:00 - 9:00pm
地點: 書院健身室
名額: 15 (先到先得)

Registration 報名:
<https://qr.page/g/1TafZ2irwX7>

*Year 1 students may obtain the CUHK Fitness Room User Certificate from PE lessons.
一年級同學可於體育課申請中大健身室使用證書

For those who have registered successfully, a confirmation email will be sent to you and please observe the following:

- Please gather at the College Gymnasium (LG/F, Former University Guest House) before the class starts
- Please dress in appropriate clothing and wear sports shoes.
- Please bring along the fee (Student: HK\$20 / Staff: HK\$30) to be submitted after the class for the application of CUHK Fitness Room User Card or Certificate. Please tender the exact amount of fee.

成功報名者將收到電郵確認, 並請留意以下事項:

- 請於書院健身室 (前大學賓館LG/F) 集合
- 請穿著合適服裝及運動鞋
- 請於課堂結束後繳交費用 (學生: \$20 / 職員: \$30), 用作申請中大健身室使用卡或證書, 請攜帶如數的費用, 不設找贖

查詢 Enquiries: Ms. Elsus Yeung (elsusyung@cuhk.edu.hk / 3943 3934)



The full Sea-view Fitness Room is open for use. In accordance with the University's guidelines, only those who can present valid CUHK Fitness Room User Cards can use Fitness Rooms on University campus. Students/members who are not CUHK Fitness Room User Card holders may attend a Fitness Room User Introductory Course organized by the College with details as follows:

Date: Tuesday, 1st Mar 2022

Time: 7:00 - 9:00pm

Venue: College Gym

Quota: 15 (first come, first served)

Instructor: Mr. John CHAN

Application: <https://qr.page/g/1TafZ2irwX7>

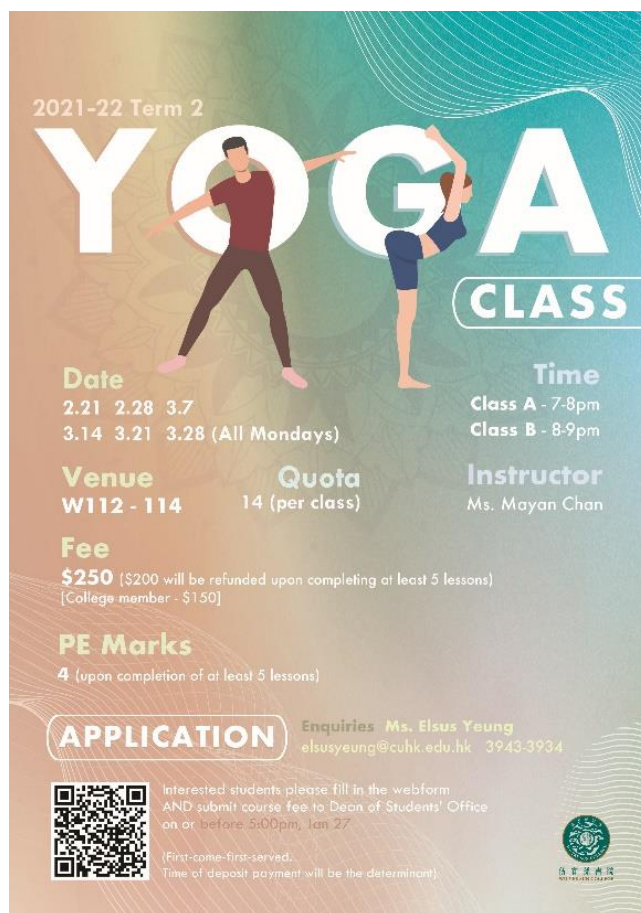
*Year 1 students may obtain the CUHK Fitness Room User Card from PE lessons.

Enquiries:

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

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6. Yoga Class 2021/22 Term 2



2021-22 Term 2

YOGA CLASS

Date
2.21 2.28 3.7
3.14 3.21 3.28 (All Mondays)

Time
Class A - 7-8pm
Class B - 8-9pm

Venue
W112 - 114

Quota
14 (per class)



Instructor
Ms. Mayan Chan

Fee
\$250 (\$200 will be refunded upon completing at least 5 lessons)
[College member - \$150]

PE Marks
4 (upon completion of at least 5 lessons)

APPLICATION Enquiries Ms. Elsus Yeung
elsusyeung@cuhk.edu.hk 3943-3934

Interested students please fill in the webform AND submit course fee to Dean of Students' Office on or before 5:00pm, Jan 27.
(First-come-first-served. Time of deposit payment will be the determinant).



Stretch your body • Increase your flexibility • Improve your mobility

Date: Feb 21, 28

Mar 7, 14, 21, 28 (Mondays)

Time: Class A - 7pm to 8pm

Class B - 8pm to 9pm

Venue: W112-114

Quota: 14 (per class)

Instructor: Ms. Mayan Chan

PE Marks: 4 (upon completion of at least 5 lessons)

Fee: \$250 (\$200 will be refunded upon completing at least 5 lessons)

[College member - \$150]

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13637261>

Interested students please fill in the webform AND submit course fee to Dean of Students' Office on or before 5:00pm, Jan 27 (first-come-first-served. Time of deposit payment will be the determinant)

Enquiries:

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

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College Announcements

1. New College Members 新增書院成員

The following CUHK staff members have recently joined Wu Yee Sun College as teacher affiliate. Warm welcome from all the Sunnies!

	<p>Professor Oliver N.K. CHAN 陳藝強教授 <i>BSSc, MPhil (CUHK); MS, PhD (C' nell.)</i> Assistant Professor, School of Journalism and Communication</p> <p>Professor Chan is an Assistant Professor at the School of Journalism and Communication at The Chinese University of Hong Kong. He received his Ph.D. in Communication at Cornell University and M.Phil. in Communication and B.S.Sc. in Government and Public Administration from CUHK. His areas of interest include: Critical data studies, Critical platform studies, Algorithms and quantification, Platform governance, Gig economy and Metric culture. Professor Chan's recent projects include a multi-case study of gig workers' experiences of algorithmic metrics across ride-hailing, on-demand temp work, and delivery platforms; an analysis of Uber's gamification design and work games (with Krishnan Vasudevan); a comparative study of platform power and operative logic in the United States and China (with Chi Kwok); and an examination of algorithmic optimization industries and brokerage (with Malte Ziewitz).</p>
	<p>Professor Raymond S.Y. TANG 鄧承恩教授 <i>BS (UCLA); MD (S. Calif.); DABIM (Gastroenterology)</i> Assistant Professor, Department of Medicine and Therapeutics</p> <p>Professor Tang is an Assistant Professor in the Department of Medicine and Therapeutics and the Director of S.H. Ho Center for Digestive Health, The Chinese University of Hong Kong (CUHK). His research focuses on pancreatobiliary diseases and outcomes research of advanced diagnostic and therapeutic endoscopy in GI and pancreatobiliary diseases, with particular interest on pancreatic cystic neoplasms, colorectal cancer screening, and GI bleeding. Prof. Tang has been involved in research collaboration with the Asian EUS Group and the Asia Pacific Working Group on Colorectal Cancer Screening. He is currently the honorary treasurer and council member of the Hong Kong Society of Endosonography and a member of the education committee of the Asian Pacific Society for Digestive Endoscopy.</p>

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2. Meeting of Catering Services Committee - Next Meeting Date (19th Jan)

The upcoming meeting of Catering Services Committee will be held on Wed, 19th Jan 2022 at 4:00pm. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (Student Union : wysuuc.cuhk@gmail.com) prior to the meeting. Thank you for your valuable input.

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3. Temporary Closure of College Student Canteen and Café during Lunar New Year Holiday 農曆新年期間書院學生飯堂及特色咖啡室暫停營業

College Student Canteen and Café will be temporarily closed from 31 January to 6 February 2022 for Lunar New Year Holiday. Thank you for your kind attention.

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4. Suspension of Dine-in Service after 6pm at College Student Canteen 學生飯堂於晚上 6 時後暫停堂食服務

In accordance with the government's social distancing measures in view of latest epidemic situation, dine-in service at Wu Yee Sun College Student Canteen is suspended after 6:00pm during the period from 7 January to 29 January 2022.

College Student Canteen adopts the following dine-in and takeaway arrangements:

Breakfast	8:15am - 11:00am
Lunch	11:00am - 2:00pm
Tea	2:00pm - 4:30pm
Dinner	4:30pm - 8:30pm (Last order for dine-in service is 5:30pm, and takeaway service will be provided)

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5. Temporary Closure of College Gym 書院健身室暫停開放

In accordance with the government's social distancing measures in view of latest epidemic situation, Wu Yee Sun College Gymnasium has been closed from 7 January 2022 until further notice.

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6. Arrangement for Gown Borrowing and Photo Day for Graduating Students of 2021/22

The College Photo Day has been scheduled on 25th March, 2022 (Friday). Graduating class of 2021/22 may visit the College Office (G03, G/F, East Block) during the office hours from today till 28th January, 2022 (Friday) for graduation gown and cap size trial. Alternatively, you can refer to "Reminder for the Rental of Graduation Gown" of the [Important Notes](#) for the gown and cap sizes.

For gown borrowing, students are required to complete below online form of undertaking and submit the true copy of the ATM / bank-in slip to College Office or e-mail online bank transaction record to glorialeung@cuhk.edu.hk on or before 28th January, 2022 (Friday)

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13643862>

With the uncertainty of the COVID, the College will share updates regarding the arrangement for student organizations who wish to organize celebratory activities during the photo-taking day in due course. For enquiries, please contact Gloria at 3943-3941 or glorialeung@cuhk.edu.hk

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7. Reaching Out Award 2021/22 - Application

Full-time undergraduate students are now invited to apply for the **Reaching Out Award 2021/22 (ROA)** offered by the HKSAR Government. The award, in the amount of HK\$10,000 for each successful applicant, aims to support students in participating in events / competitions (e.g. conferences / forums / workshops / seminars / training camps / competitions / service projects etc.), internships or placements (credit-bearing / non-credit bearing), field / study trips or courses (e.g. foreign language immersion programmes / academic exchange programmes etc.) which are **conducted outside Hong Kong in 2021/22 academic year (1 Sep 2021 – 31 Aug 2022)**.

Kindly note that preference is given to local students and financial need may also be considered. Please visit the link below to learn more about the eligibility and application procedures, and pay special attention to the submission requirements and supporting documents needed. For those who are applying for Term 2 exchange programme, please be reminded to submit the required documents to the College Office before departure.

<https://www.wys.cuhk.edu.hk/news/reaching-out-award-202122-now-open-for-application/>

Application Deadline: **5:00pm, 8 February 2022 (Tuesday)**

Please note that students can only be awarded **once** throughout the entire study programme.

Late applications and incomplete submissions will not be processed.

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

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8. Sunny Passion Programme 2021/22



The poster features a central yellow sun with a smiling face, surrounded by rays and orange clouds. The text 'Sunny Passion' is written in a large, stylized font across the sun. At the top left, the Chinese characters '愛陽光計劃' are displayed. At the top right is the CUHK logo. The main text reads: 'Radiate positive energy! Take social responsibility! Collaborate with our Sunnies to actualize your creative ideal! Submit your application on or before **25 January, 2022**. Compete for Gold, Silver and Bronze Awards with scholarships up to **HK\$10,000!**' At the bottom left, contact information for enquiries is provided. At the bottom right, there is a QR code and the text 'For enrolment and details'.

愛陽光計劃

CUHK

Sunny Passion

Radiate positive energy! Take social responsibility!
Collaborate with our Sunnies to actualize your creative ideal!
Submit your application on or before **25 January, 2022**.
Compete for Gold, Silver and Bronze Awards
with scholarships up to **HK\$10,000!**

For enrolment and details

ENQUIRIES:
MISS - HO-BE WU (phoebewu@cuhk.edu.hk; 3943-3988)
MISS - GR-NCE-LSL1 (lumen.edsu@cuhk.edu.hk; 3943-9767)

QR code

Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. You are invited to apply this programme individually or in group with at least 50% of Wu Yee Sun College students, competing for Gold, Silver and Bronze Award. Winners will get HK\$10,000, HK\$6,000 and HK\$4,000 respectively to implement, promote or demonstrate their project ideas to the others!

Just submit (1) the application form together with (2) ONE A4 page Business Model Canvas by **5:00 pm, 25th Jan 2022** through one of the following channels –

1. e-mail the softcopy of the documents to Miss Phoebe Wu (phoebewu@cuhk.edu.hk) and/or Miss Florence Tsui (florencetsui@cuhk.edu.hk); **OR**
2. click the following link (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13641629>) and complete the online application form ; **OR**
3. Send the original hard copy of the documents to the College Office, Wu Yee Sun College in person

Express your ingenious creativity and make our society a better one! Please refer to the College website for details. Application form and Business Model Canvas are available through this link:

<https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=sunny>

For inquiry, please feel free to contact Miss Phoebe Wu at 3943-3988 (e-mail: phoebewu@cuhk.edu.hk) or Miss Florence Tsui at 3943-9767 (florencetsui@cuhk.edu.hk)

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9. Dorsett Young Entrepreneur Scholarship 2021/22



**DORSETT YOUNG
ENTREPRENEUR SCHOLARSHIP**

帝盛青年創業家獎學金



**Rocket to
Success!**

Present your innovative idea with entrepreneurial spirit to run a business targeting Hong Kong and/or the Mainland China Market.

**WINNING THE SCHOLARSHIP
UP TO \$80,000!!**

If you're **YEAR 2 or above** and preferably have exposure to the **China Market**, just submit a proposal. Quota limited to **FOUR**.

Deadline: 24 Jan, 2022

ENQUIRIES:
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943-3988)
Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943-9767)

For enrollment and details



Kick Start Your Own Business and Rocket to Success – Apply Dorsett Young Entrepreneur Scholarship NOW!

Dorsett Young Entrepreneur Scholarship (DYES) is an award offered by Dorsett Hospitality International Limited. The awardees will be offered up to HK\$80,000, which is subjected to the total number of applications, with 2-4 quota per year.

DYES aims at providing students, who are year 2 or above and preferably have exposure to Mainland China, an opportunity to demonstrate entrepreneurial talents with innovative ideas to set-up their own business, targeting Hong Kong and/or the Mainland China market. You can submit your application individually or in a group comprised of at least 50% WYS students.

Should you be interested in developing your own business, submit the application form together with ONE page Summary and ONE page Business Model Canvas by **5:00p.m., 24th January, 2022** through one of the following channels –

1. e-mail the softcopy of the documents to Miss Phoebe Wu (phoebewu@cuhk.edu.hk) and/or Miss Florence Tsui (florencetsui@cuhk.edu.hk); **OR**
2. click the following link (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13643317>) and complete the online application form ; **OR**
3. Send the original hard copy of the documents to the College Office, Wu Yee Sun College in person

Please check out the details through the website <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?lang=zh&scheme=dorsett-young-entrepreneur-scholarship> and download the documents for further details.

For inquiry, please feel free to contact Miss Phoebe Wu at 3943-3988 or Miss Florence Tsui at 3943-9767 or e-mail: florencetsui@cuhk.edu.hk

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10. 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 / florecetsui@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 florecetsui@cuhk.edu.hk

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11. “Meet the Dean” Hours 輔導長時間

“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 (kikiwkchan@cuhk.edu.hk / 3943 3935)

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12. 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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13. 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 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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14. 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 in the top right corner labeled "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. The first category, "Health and well-being Activities", has 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. The second category, "Qualification Courses for Health and Well-being Instructors", has 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 also 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 & 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)

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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 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: an elderly person with a walker, a person with a backpack, a person with a lightbulb, a person with a stack of books, and a person with a gift box. Below the illustration, there are five bullet points with icons: 1. 'Initiate your Service-Learning Project (Can co-operate with other organizations) 策劃自己的服務學習計劃 (可與其他機構合作)'; 2. 'Can be individual or group application 可以個人或小組形式申請'; 3. 'No restriction on programme destination or length 計劃地點、時長不限'; 4. 'Year-round application 全年開放申請'; 5. 'Subsidy amount: maximum HKD80,000 資助金額: 上限港幣80,000元'. A QR code is labeled 'More details:'. At the bottom, it says '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)

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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
Summer	May 1 - Oct 31	Dec 1 - Apr 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. AIESEC in CUHK | CSV Innovation Challenge

AIESEC in CUHK | CSV Innovation Challenge

Are you passionate about a social issue? Do you have some burning ideas in your mind but nowhere to unleash them? Do you want to do something impactful in your community? Grab the chance to join the **Outlier 2022 Smart Living Innovation Challenge** now!

Smart living is not simply about social innovation. It is about the way we live, the way our community functions, the way we interact with others and much more. Smart living can be as small as how you get ready in the morning, to as large as creating sustainable cities. By living smartly, we also bring value to businesses and our communities.

This year AIESEC in Hong Kong is collaborating with **Cyberport** to bring you this exclusive challenge! In this competition, you will undergo design thinking training and work with companies like **Jardine Matheson, Nan Fung Group and Amazon Web Services** to create a user-centric business. Grab the chance to stay on top of recent business trends, pitch to top industry experts, and learn how smart living can have an impact on our daily lives. Winners of the competition can win **cash prizes** of up to **\$15000**, **internship opportunities**, and funding to turn your smart living ideas into a **real business!**

Details:

- Dates: 12-13th and 19th February
- Format: Semi-remote (Virtual Bootcamp, Physical Finale)
- Eligible: All undergraduate students in Hong Kong, regardless of nationality, academic curriculum and year of study are welcome to join!
- **SIGN UP** for our *virtual info session* on **3 or 4 January at 6 PM** to learn more about the event! *the content of the two sessions would be the same, choose one that suits your availability.

Registration link: <https://bit.ly/OutlierInfoSession>

Application Details:

Price: \$120 (\$80 for early-bird discount)

Deadline:

- 8 JANUARY 2022 (Early-bird)
- 22 JANUARY 2022 (Main round)

APPLY HERE: <https://bit.ly/OutlierAppForm>

Testimonial from our past winner:



Samyuktha Parameswaran (Outlier 2021 Champion)

“The CSV Innovation challenge was a case competition unlike any other. This competition has definitely enhanced my interests in youth mental health and allowed me to become passionate about solving pressing, real-world issues thoroughly.”

Connect with other youths and unlock your entrepreneurial spirit. Network with impactful leaders and advance your career development. Sign up now for the **Outlier 2022 Smart Living Innovation Challenge** and make the world a better place for you and me!

For more information, please visit our website outlier.aiesec.hk. Hope to see you there!

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2. “Grasp the Chance!” Alumnus Jackie Si Tou to share tips for getting United Nations jobs

A promotional poster for a webinar. At the top left is the logo of the Alumni Affairs Office of The Chinese University of Hong Kong. The main title in large blue characters is '入職聯合國的獨門秘笈' (Secrets to Getting a Job in the United Nations). Below it, in English, is 'Career Opportunities in the United Nations'. The date and time are 'Jan 25, 2022 (TUE) 6 - 7pm (HKT)'. There is a drawing of a lightbulb on the left and a circular portrait of Jackie Si Tou in the center. At the bottom left, his name and title are listed: '司徒偉傑 校友 (Jackie Si Tou) 聯合國歐洲經濟委員會統計主任 Associate Statistician, United Nations Economic Commission for Europe'. At the bottom right, there is a QR code and the text '網上報名 Register Online'.

Working for United Nations as Associate Statistician at UN Economic Commission for Europe, **Alumnus Jackie Si Tou** (09/New Asia College/Physics; 11/Graduate School/Economics) will be the speaker of the coming online talk about the special career opportunity for young people to enter United Nations – “**Young Professionals Programme**”*.

***Applicants should be 32 years old or younger in the year of examination**

As a Physics graduate, Jackie later chose Economics as his post-graduate studies. He worked for the HKSAR Government with good salary after graduation, but then switched to join the multinational organization "United Nations" and set foot in Rwanda, Incheon, and now in Geneva. Jackie will share the reasons and experiences of the various changes he had made in his career, and introduce the recruitment process as well as the requirements of the "Young Professionals Programme", hoping to provide tips for CUHKers to develop their own career paths with global vision.

Want to receive more practical career advice? [Register now](#) (Chinese Only) and keep posted on the **CUHK Young Alumni Career Day 2022** to be held on February 26 (Saturday)!

Details of the talk :

Date	January 25, 2022 (Tuesday) 【HK Time; GMT+8】
Time	6pm – 7pm 【HK Time; GMT+8】
Format	Zoom
Language	Cantonese
Registration Form	https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13644732 Successful registrants will receive a confirmation email (Chinese Only)

Please contact us at alumni@cuhk.edu.hk should you have any enquiries.

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3. Photography x Meditation Workshop 禪攝影工作坊

'ZEN ART DAILY' x 'MAKEZEN' SERIES

PHOTOGRAPHY X MEDITATION WORKSHOP

To experience Mindfulness from Photography
Mindfulness is to feel and present the moment without judgement

Time (Venue):
 Class A: 19 February 2022 (Sat) 10am-1pm (Sir Run Run Shaw Hall)
 Class B: 19 February 2022 (Sat) 2pm-5pm (Sir Run Run Shaw Hall)
 Class C: 21 February 2022 (Mon) 10am-1pm (Shaw College)
 Class D: 21 February 2022 (Mon) 2pm-5pm (Shaw College)

Target: CUHK Students, Staff & Alumni
 Quota: 4 classes, 40 persons per class
 Fee: \$100 (Refundable upon completion of programme for undergraduate students)

Online Application

Deadline: 26 January 2022 (Wed)

Enquiries: Ms. Ada Tsui, Shaw College (adatsui@cuhk.edu.hk / 3943 1549)

主辦單位 Organizers: 香港中文大學崇基書院 Shau College, The Chinese University of Hong Kong
 香港中文大學藝術行政主任辦公室 The Office of the Arts Administrator The Chinese University of Hong Kong
 心聆 PIANO & VOICELINE
 捐助機構 Funder: 陳廷驊基金會 The D. H. Chau Foundation

從攝影體驗禪修

用心感受，呈現原貌，接受而不判斷，這就是禪

時間 (地點) :

A 班：2022 年 2 月 19 日 (六) 10am-1pm (邵逸夫堂)

B 班：2022 年 2 月 19 日 (六) 2pm-5pm (邵逸夫堂)

C 班：2022 年 2 月 21 日 (一) 10am-1pm (逸夫書院)

D 班：2022 年 2 月 21 日 (一) 2pm-5pm (逸夫書院)

對象：中大學生、教職員及校友

名額：每班 40 人 (共 4 班)

費用：\$100 (本科生完成活動後可獲全數退款)

網上報名：<https://bit.ly/3eAemUI>

截止日期：2022 年 1 月 26 日 (星期三)

查詢：徐小姐 (adatsui@cuhk.edu.hk / 3943 1549)

To experience Mindfulness from Photography

Mindfulness is to feel and present the moment without judgement

Time (Venue) :

Class A: 19 February 2022 (Sat) 10am-1pm (Sir Run Run Shaw Hall)

Class B: 19 February 2022 (Sat) 2pm-5pm (Sir Run Run Shaw Hall)

Class C: 21 February 2022 (Mon) 10am-1pm (Shaw College)

Class D: 21 February 2022 (Mon) 2pm-5pm (Shaw College)

Target: CUHK Students, Staff & Alumni

Quota: 4 classes, 40 persons per class

Fee: \$100 (Refundable upon completion of programme for undergraduate students)

Online Application: <https://bit.ly/3eAemUI>

Application Deadline: 26 January 2022 (Wed)

Enquiries : Ms. Ada Tsui, Shaw College (adatsui@cuhk.edu.hk / 3943 1549)

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4. The GREEN Hackathon and Innovation Night 2022



Registration for the GREEN Hackathon and Innovation Night (26th February) is now open!

The GREEN Hackathon and Innovation Night 2022 is organised by GREEN Hospitality and funded by the Innovation and Technology Commission*. This event is a unique space for innovators, hospitality employees, and youth to collaborate and create practical solutions for the environmental challenges faced by the Hospitality industry. The theme this year is "Circularity in Hospitality - Transform Waste into Innovative Marketable Products & Solutions". Teams will be encouraged to focus on creating solutions either on Food, Textile or Packaging innovation. If you are a creative person and are interested in these topics, come and join us!

Winning prizes include exciting internship opportunities for university students at The Mills Fabrica, a cash prize and more. The Hackathon will also be a professional opportunity to meet and be mentored by hospitality, innovation and social impact experts and a chance to showcase your ideas to investors and representatives of start-up incubators.

[REGISTER HERE](#) as part of a team or as an individual to take part in the GREEN Hackathon and Innovation Night 2022.

We look forward to seeing all you fellow changemakers there!

Best regards,

The GREEN Hospitality Team

**Events are subject to change without prior notice*

***Acknowledgment & Disclaimer: This event is funded by the Innovation & Technology Commission of the HKSAR.*

Any opinions, findings, conclusions, or recommendations expressed in this material/event (or by members of the project team) do not reflect the views of the Government of the Hong Kong Special Administrative Region, the Innovation and Technology Commission, or the Vetting Committee of the General Support Programme of the Innovation and Technology Fund.

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5. Sunshine@ CUHK Mobile App



The Sunshine@CUHK Mobile App is now available to download for free!

iOS: <https://apple.co/3qKoTDK>

Android: <https://bit.ly/3wS5JNt>

The mobile app is a wellbeing app where students would be engaged in various mental wellness related exercises and counselling hotline/services on the go. Key features include *Mood Diary* and *Mindfulness Exercise*. Students could have a more systematic view of their emotions and mood trends by recording their moods in the Mood Diary. Another feature, Mindfulness Exercise, assists students to face the emotional ups and downs with an opening and accepting attitude.

What's more, *Seek Help* and *Aid Button* provide lists of major community resources for students to seek help both within and outside CUHK including community online counselling services and 24-hours counselling hotlines, all-at-a-glance and just a click away.

If you wish to learn more, please refer to the attached poster for more information.

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6. 2021-22 Intensive Art Workshop



An Art Day Camp named "2021-22 Intensive Art Workshop" will be located in Sir Run Run Shaw Hall. The programme includes workshops, artists sharing, screening and performance.

For more details, please visit the following:

Facebook:

<https://www.facebook.com/cuoaafta/photos/a.277005805742407/4386019261507687>

Instagram:

<https://www.instagram.com/p/CXumNAXB1rt/>

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7. 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.sjchsk.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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8. 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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9. 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.