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Sunny Review

1. College Forum: Introduction to Voice Acting 認識配音業 (Speaker: Ms. Pheobe Y.Y. Chow 周恩恩小姐)



The second College Forum of this semester, entitled "Introduction to Voice Acting 認識配音" was conducted by Ms. Pheobe Y.Y. Chow (周恩恩小姐), dubbing director, last Friday. Ms. Chow introduced to what voice acting is, how she started her career as a dubbing director, and the fun stories when she collaborated with different people in the industry. She also gave a demonstration in dubbing a popular animation and shared tips in protecting our voice.

We were grateful to have Professor Mike K.F. Wong (黃嘉輝教授), Professor of Practice, School of Journalism and Communication and our College member, for moderating the Forum.

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2. 創意小說寫作坊



一連四堂的「創意小說寫作坊」於上星期二完滿結束,在導師陳韻紅女士的悉心指導下,同學擺脫了以往公開考試的枷鎖,真真正正享受文字創作的樂趣!透過閱讀不同名人著作,同學學習到創新及有趣的寫作手法。是次工作坊的同學來自不同的學系背景,故大家在分享及交流時得以激發更多創意靈感,獲益良多。

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College Announcements

1. Enlistment of Wu Yee Sun College (Senior) Resident Tutors 2022-23

Wu Yee Sun College now enlists volunteers to serve as (Senior) Resident Tutors for the academic year 2022-23. Full-time degree-holding CUHK staff members, full-time postgraduate students and final-year undergraduate students

admitting to full-time postgraduate studies in CUHK commencing in the academic year of 2022-23 are welcome to apply.

Application: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13646560 (Deadline: 20th Mar 2022)

Details: https://www.wvs.cuhk.edu.hk/college-life-support/wardens-and-resident-tutors/

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2. Change of Access to College Building

We are thankful for your understanding and cooperation all along for the adjustment of hostel arrangement in the rapidly evolving pandemic situation, with an aim to help lower the risk of transmission.

In view of the adoption of online module for University's teaching and learning and College's activities, College buildings and hostels are only accessible to those who have been approved with special hostel residence from $1^{\rm st}$ Mar 2022 onwards. The College will adopt the following preventive measures to safeguard your health with immediate effect.

- 1. College buildings and hostels are only accessible to those who <u>have been approved with special hostel</u> residence from 1st Mar 2022 onwards. Door access will only be granted to those who have obtained prior approvals to return to College under very special circumstances. Every resident must tap their CU Link Card for every entrance at the College Main Entrance.
- 2. All learning and recreational facilities within the College campus have been closed from 24th Jan 2022 to minimize physical interactions and reduce the risks of infections. Student activities are to be held online.
- 3. No visitors will be allowed to enter the hostels (WYS residents accessing hostel floors other than the one they reside are considered as visitors). All residents must collect parcels on their own outside College main entrance. Courier will NOT be allowed to enter into College building or leave the parcels right outside College main entrance. Otherwise the parcels will be disposed.
- 4. Please remain vigilant at all times. Wear surgical facial masks in common areas at all times (including hostel pantries, washrooms and hallways) and wash your hands frequently. No meals and social gatherings. Students should observe and comply with the latest government regulations on physical distancing.
- 5. Any resident who has developed a fever and/or any respiratory symptom must inform Resident Tutors/ Wardens immediately.
- 6. Residents are required to **report to the College immediately** via 3943 3941 or <u>info.wys@cuhk.edu.hk</u> under the following conditions, or reach out to the College via resident tutors or Wardens.
 - a. Students are preliminarily tested positive or confirmed positive of COVID-19
 - b. Students are considered close contacts of confirmed cases and/or required to be isolated or quarantined
 - c. Students are under compulsory testing notice

We regard the health of our students and colleagues as our top priority in this critical time and expect that some inconveniences may be caused to you while adopting the above preventive and control measures. Your understanding and cooperation would therefore be much appreciated.

We wish every one of you stay healthy and safe.

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3. Cancellation of Wu Yee Sun College Photo Day 2022 伍宜孫書院畢業班拍攝日取消

伍宜孫書院畢業班拍攝日取消

鑒於香港新冠疫情日趨嚴重及收緊社交距離措施,原定於三月二十五日(星期五)舉行的伍宜孫書院畢業班拍攝日將會 取消,以減低病毒傳播的風險。

有關領取及退還畢業禮袍的安排亦會延期,直至另行通知。書院將適時公佈最新安排,敬請同學留意。

書院師生的安全及健康最為重要,望各位諒解以上安排。請大家保持警惕,並繼續採取防疫措施,以保障個人及社區 人士的健康及安全,同心抗疫。

Cancellation of Wu Yee Sun College Photo Day 2022

In view of the latest development of COVID-19 epidemic situation in Hong Kong and the tightened social distancing measures, the College Photo Day 2022 scheduled on 25th Mar (Fri) will be cancelled to minimize the risk of transmission.

For students who have registered for gown borrowing from the College, the dates for collecting and returning the gowns will be postponed until further notice.

We appreciate your kind understanding on the arrangements as the health and safety of College students and staff members is of the utmost importance. Please stay vigilant against COVID-19 and continue to take precautions to protect ourselves and other members of the community.

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4. Change of Opening Hours of Counter Service at College Office 院務室櫃台服務時間調整

In light of the surging number of COVID-19 cases and the university work-from-home arrangements, the counter service at the College Office on G/F of East Block will be adjusted as follows starting from 8^{th} Feb 2022 until further notice.

Monday: 8:45am - 1:00pm; 2:00 - 5:30pm

Tuesday - Friday: Closed

Saturday, Sunday and Public Holiday: Closed

Students who need urgent assistance please call 3943 3941 for advice. Residents may continue to seek necessary assistance from workmen at 3943 3983 or resident tutors beyond office hours.

We urge you to stay vigilant and follow all precautionary measures, including mask wearing, social distancing and frequent handwashing. Your cooperation is crucial in keeping our community safe and healthy. Thank you again for your understanding.

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5. Awards for Creativity, Student Development and Talents 2021/22 - Now Open for Application

To recognize the talents and contributions of College students in different areas, the following awards are now open for application:

wards for Creativity, Student Developr	2021/22
To-do-list	
Apply for the following awards from 7 February	1 to 7 March 2022
■ 電 N	\$7,000/5,00
□ 環保貢獻費 Environmental Conservation Award	\$7,000/5,000
□ 雅毅樂望青樂獎學金 Gestalt Music Scholarship	\$4,00
□ 創新創意費 Innovation and Creativity Award	\$7,000/5,00
□ 林鼎光社會服務獎學查 Lam Ding Kwong Scholarship in Social Service	\$5,00
□ 劉張桂蘭宿呈服務獎 Lau Cheung Kwai Lan Service Award for Residentia	al Students \$3,500
□ 劉姚寶華傑出社會服務獎學爸 Lau Yiu Po Wah Scholarship for Outstanding Social	Services \$10,000
□ 藝術傑出獎 Outstanding Artistic Achievements Award	\$5,000
□ 傑出運動表現獎 Outstanding Athletic Achievements Award	\$10,000/8,000 5,000
□ 年度傑出學呈獎 Outstanding Student of the Year Award	Max \$10,000
□ 傑出學生團體變 Outstanding Student Organization Award	Max \$10,000 for use organization's operational fun
□ 社會服務费 Social Services Award	\$7,000/5,000
□ 车度學生領袖獎 Student Leader of the Year Award	Max \$10,000
□ 年度學呈領袖獎 (新呈) Student Leader of the Year Award (for Freshma	n) Max \$10,00

Please note no selection interview will be arranged for "Outstanding Athletic Achievements Award" and "Social Services Award". For the rest of the awards, only eligible and shortlisted applicants will be invited to selection interviews, and be notified via their CUHK email accounts within 14 days after the close of application. Shortlisted applicants are required to reply their availability before stipulated deadline.

Applicants of "Outstanding Student of the Year Award" and "Student Leader of the Year Award" are required to submit a self-introduction video of not more than 3 minutes.

Selection Panel & Process:

- A selection panel normally consists of two to three Committee Members from College Scholarships & Financial Aid Committee (Sunny Sports Committee for "Outstanding Athletic Achievements Award").
- Applicants will be assessed holistically based on their information submitted on the application form and interview performance.
- Selection panels will consider the number of awards a student applied in the same round of applications.
- GPA is not a deciding factor unless otherwise specified.
- The decisions made by the selection panels shall be final.

More about eligibilities:

https://www.wys.cuhk.edu.hk/college-life-support/scholarships/

(Sort by Type > Awards for Creativity, Student Development and Talents)

Application Deadline: 7th Mar 2022 (Mon)

Enquiries:

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

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6. Grab this chance to join the newly revamped Rance Lee Mentorship programme



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 <u>alumni mentors</u>, a new element of this programme, it is believed that the bonding within a group or among WYS members will be stronger.

We are excited to share that a number of alumni mentors from various industries, namely **banks**, **insurances**, **education**, **medical care**, **architecture**, **start-ups** and so forth will join hand with senior mentor to play a role in this programme.

This programme aims to promote <u>a multi-functional social networking</u> for

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

Funding support at HK\$3,000 per annum for each group will be provided to facilitate the group activities. This programme offers a lifelong membership for all the participants. It is now open for all WYS students to enroll.

Should you be interested in it, please click this <u>link</u> to register. For details, please check out College website https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/

For enquiries, please contact Miss Alice Kam at 3943 3942 (e-mail: akam@cuhk.edu.hk) or Miss Florence Tsui at 3943 9767 (e-mail: florencetsui@cuhk.edu.hk).

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7. "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 (<u>sammykwan@cuhk.edu.hk</u> / 3943 9775) Miss Florence Tsui (<u>florencetsui@cuhk.edu.hk</u> / 3943 9767) Miss KiKi Chan (<u>kikiwkchan@cuhk.edu.hk</u> / 3943 3935)

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8. 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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9. 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 (<u>elsusyeung@cuhk.edu.hk/</u> 3943 3934) Ms. Sammy Kwan (<u>sammykwan@cuhk.edu.hk</u>) / 3943 9775)

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10. 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 <u>application form</u>, 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



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 <u>organized by organization(s)</u> <u>other than the College.</u>

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

<u>Funding amount</u>: 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



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:

<u>Sports Activities:</u> Maximum \$1500 or Up to 60% of application fee and course fee (whichever is lower) <u>Qualification courses for sports coach:</u> Maximum \$3000 or Up to 60% of course fee (whichever is lower)

Take a look on the <u>guidelines</u> and <u>report template</u>, 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 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:

<u>Green Activities:</u> Maximum \$1500 or Up to 60% of application fee and course fee (whichever is lower) <u>Qualification courses for instructors of green activities:</u> 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 / 3943 3937)

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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 <u>link</u>.

Enquiries:

Miss Phoebe Wu (<u>phoebewu@cuhk.edu.hk</u> / 3943 3988) Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)

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



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.

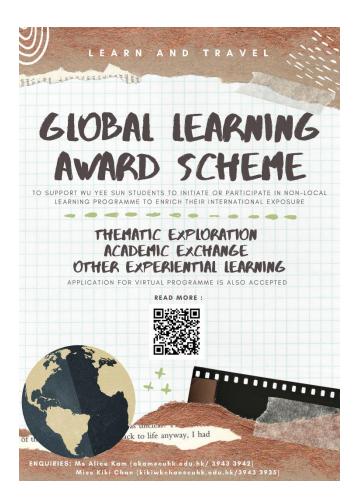
Learn to serve and serve to learn! Please visit the website for more info.

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. AWS Data Analytic Workshop - Learn from worldwide experts | AIESEC x AWS Academy



Long for gaining hands-on experiences with *cloud computing* and *machine learning*? Do you know cloud computing is the *most demanding* hard skill for international enterprises nowadays? Do you want to *get certified* and *100 USD gift credits* for AWS Academy lab environment? If yes, here is a chance for you to land a *well-paid job* in the fastest growing industry!

To prepare students for their careers, **AIESEC** is collaborating with **AWS Academy** to provide a 2 hours workshop on *Data Analytics*. On the side, we also provide online courses in **(A)** *AWS Cloud Foundation* and **(B)** *Machine Learning Foundation* that students may consider after the workshop. By joining the workshop, you can not only participate in AWS Academy **lab environment* for **(A&B)** with *100 USD free credits*, but also apply for a *50% voucher* to *get certificates* afterwards. Find it intriguing? Click on <u>APPLY NOW</u> to *enrich your CV* profile!

*lab environment: an online platform to experiment with A&B features.

Date: 16th Mar 2022 (Wed)

Time: 19:00 - 21:00 Language: English Format: Virtual

Content:

- **Business value** and **outcomes** of Data Analytics
- Acquire knowledge on Data Transformation Level
- Ways to enhance Analytical competency
- Gain deeper understanding on the related industries
- Learn **Data Architecture** in different scenarios
- Try to profile and transform data by using AWS Glue Databrew
- Try to visualize by using Amazon Quicksight

Registration deadline: 11th Mar 23:59 (Fri)

Fee: Free of charge

Click <u>here</u> for the registration form. If you have any questions about this workshop, please email <u>chit.wong@aiesec.net</u> or contact Manager of Global Talent, Chit Wong at +852 96769509.

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2. Subsidy for Wi-Fi Enhancement Subscription

Owing to the 5th wave of the COVID-19 pandemic in Hong Kong, many local students have to vacate from their hostels to minimize human mobility and interaction on campus. However, some students may not have stable Wi-Fi connection for attending Zoom lessons and online learning activities at home. In light of this, a subsidy scheme will be launched to help students who are affected and need to subscribe enhanced Wi-Fi plans or cards.

Eligibility

1) Local undergraduate students who have vacated from hostels in February 2022 due to the University's policy based on the latest development of the pandemic; and

2) Have subscribed a Wi-Fi enhancement plan or card for taking Zoom lessons since February 2022.

Amount of Subsidy

\$50 per month for a maximum of 3 months (until the end of 2021/22 second term)

Application Procedures

- 1) Students have to submit their application through the web form (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13646518).
- 2) Applicants are required to submit supporting documents of their newly enhanced Wi-Fi plans or cards.
- 3) Applicants will be informed of the application results via CUHK @link email.
- 4) Deadline for application: 31st May 2022
- 5) Incomplete or late applications will not be considered.

Enquiries

For enquiries, please contact the Office of Admissions and Financial Aid at sfas@cuhk.edu.hk or 3943 1898 / 3943 7205.

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3. CUHK English Public Speaking Competition 2022



The competition aims to promote public speaking on campus and provide a chance for students to practice and showcase their English public speaking skills. Winners will be awarded trophies, certificates, sumptuous prizes, and a chance to represent CUHK in the HK Regional Round of The "21st Century Cup" National English Speaking Competition to take place in Hong Kong in April-May 2022.

Topic: "From zero-sum game to a win-win situation"

Prepared speech: 4 mins

Video submission deadline 17th Mar 2022 (Thu), 11:59pm

Details could be found at https://eltu.cuhk.edu.hk/EPSC2022/

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4. Workshop for Students by Independent Learning Centre (ILC): Job Hunting & Further Studies Series



The ILC will organize the following workshop collaboratively with the University Library. Interested students please find the details below:

All You Need to Know about Job Hunting - From Searching for Information to Composing CVs & Attending Interviews

Date: 22nd Mar (Tue) Time: 2:30pm - 4:15pm

Registration: https://www.lib.cuhk.edu.hk/en/learning/ug-workshops#4

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5. AIESEC x Xccelerate | Code Up! IT Training & Exchange Program Series Secure an Overseas Internship in a technological firm in 8 weeks

Becoming a Global Tech Talent?

Are you ready to compete in the tech world? Are you ready to upskill and unleash your **next best self**? Are you ready to prepare yourself for **the jobs of tomorrow**? Whether you want to supercharge your career or hone your skills by learning the most **in-demand tech skills** today, the following **beginner-friendly** courses offered by Xccelerate are here to offer you a great deal.



Course overview

Date	February - March 2022
Time	7:30p.m 9:30p.m. (or 10:30p.m.)
Track	1) Website Development for Absolute Beginners
	2) User Experience Designer
Scale	30 students per class
Mode	Hybrid
Venue	Innoport, CUHK (TBC)

^{*} For detailed course information will be available here.

Meet your Instructor - Xccelerate



91% graduates in the tech sector

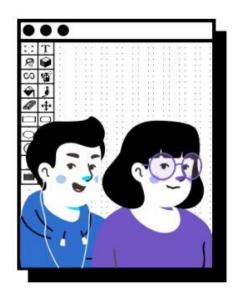
28days to get hired on average

"Xccelerate is a platform inspiring millions of youth to create a better tomorrow and unleash the greatest version of themselves by empowering them to build the founding stone for their career."



Guaranteeing an overseas internship?

Possible to embark on my tech career journey within just 8 weeks and successfully land an internship offer? If that's your concern, take it easy, we've got you covered. We promise that you will be learning the most indemand skills with one-on-one personal assistance; also giving you an opportunity to springboard yourself into the tech field through our Global Talent (Internship) Extension.



Redefine your career

start small and dream big

take a small step by clicking the button below and kickstart your dream to work in the tech giant.

Find it intriguing? Click on Apply Now to grab this chance!

Click <u>here</u> for more information about application instructions and course descriptions. If you have any questions about this programme, please email <u>chit.wong@aiesec.net</u> or contact Manager of Global Talent, Chit Wong at +852 96769509.

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6. Sunshine@ CUHK Mobile App



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

iOS: https://apple.co/3qKoTDK Android: https://apple.co/3qKoTDK

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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7. Multicultural Counselling Service for Non-local Students



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/multiculural-counselling-service for more information.

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8. 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