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College Activities

1. Rance Lee Mentorship Programme - A Hiking Activity

The first hiking event organized by Rance Lee Mentorship Programme will be held on 28th May (Sat) at 10:00am. The event is a warm up activity for mentors and mentees to get to know each other. Details are as below -

Date:	28 th May, 2022 (Sat)
Meeting Time:	10:00am
Meeting Venue:	Entrance of Tai Po Kau Nature Trail
Hiking route:	Tai Po Kau Blue Walk (https://www.oasistrek.com/tai_po_kau_2.php)
Distance:	6 km
Duration:	about 2 hours
Difficulties:	1 star (The most difficult one is 5 stars)

Enquiries: Ms. Alice Kam at 3943-3942 (e-mail: akam@cuhk.edu.hk)

Participants are advised to take bus 72, 72A, 73A and 74A or mini bus 28K and get off at Chung Tsai Yuen Bus Station (松仔園巴士站). Grab this chance to catch up with each other.

For registration details, please refer to the invitation e-mail. We look forward to your participation.

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College Announcements

1. Sunny Bi-Weekly Is Here!

Starting from now to August, Sunny Bi-Weekly will be issued instead. The College e-newsletter will be sent every two weeks during the summer holidays. The next publication will be issued on 30th May 2022. Sunny Weekly will be resumed in the coming September.

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2. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be on leave from 16th May to 1st Jun 2022. Professor Sunny K.S. Kwong (鄺啟新教授), Associate College Master, has been appointed as the Acting Master of Wu Yee Sun College during this period.

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3. Hostel Check-out in Term 2, 2021-22 2021 至 22 年下學期退宿

Hostel check-out deadline is **3pm, 18th May 2022 (Wed)**. Details of check-out arrangement can be found at https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1649943177WYS_Hostel_Checkout_SH2022_Note.pdf.

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4. Updated Arrangements on Gown Collection for Graduating Class 2021/22

With the relaxation of social distancing measures, the latest arrangements for collecting and returning graduation gown is updated as below. The arrangements are applicable to students who have completed the undertaking form, paid deposit of HK\$680 and registered for gown borrowing from the College.

Gown Collection:

Eligible students have to go to UG09, Dean of Students Office to collect the gown during office hours from 10th May, 2022 onwards and present their student ID card to collect the gown in person.

The academic dress will be allocated according to the size you indicated in the undertaking form. You are reminded to double check the color on the lining of the hoods, which represents different faculty, and **bring your own bag** to carry the gown.

Gown Return:

Return of gown should be made by individual students during office hours. All the gowns should be returned on or before **23rd June 2022 (Thu), 5:30pm**, to UG09, Dean of Students Office.

The penalty charge and deposit refund arrangement remain unchanged. For details, please refer to the reminder note for the rental of graduation gown, which will be shared during gown collection.

For enquiries, please feel free to reach Ms. Alice Kam at 3943-3942 (akam@cuhk.edu.hk) or Miss Florence Tsui at 3943-9767 (florencetsui@cuhk.edu.hk).

有關 2021/22 畢業班領取畢業禮袍的安排

隨著社交距離措施放寬，曾向書院提交借用畢業禮袍承諾書及存入按金 (港幣\$680 元) 的畢業班同學，可按以下安排，領取及歸還畢業袍。

領取禮袍:

同學請帶同學生證，在 5 月 10 日或之後，於辦公時間內到學生輔導處 UG09 室領取畢業袍。

畢業袍尺碼按同學於網上提交之要求分配，兜囊邊鑲有個別學院專用顏色帶，同學取袍時請確定已領取正確的學袍兜囊，並請自備環保袋。

歸還禮袍:

同學須於辦公時間內自行歸還畢業禮袍。請於 **2022 年 6 月 23 日 (星期四) 下午 5 時 30 分或之前**，歸還畢業禮袍至學生輔導處 UG09。

遺失、損壞或延遲交還罰款，以及發還按金的安排將維持不變。詳情請參閱借用畢業禮袍注意事項，有關注意事項文件亦會於領取禮袍時一併附上。

如有垂詢，歡迎致電 3943-3942 與金小姐 (電郵 akam@cuhk.edu.hk) 或 3943-9767 與徐小姐 (電郵 florencetsui@cuhk.edu.hk) 聯絡。

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5. Application for Scholarship for Semester Exchange Programmes 2021/22 (non-College Term-long Exchange Programme)

College students participating in Term-long Exchange Programmes, which are not organized/coordinated by WYS College, during academic year 2022/23, can now apply for the "Scholarship for Semester Exchange Programme 2021/22". Details are listed below.

Applicants must meet all the following criteria:

- Full-time WYS College undergraduates;
- Will go on exchange in academic year 2022/23 (One term/whole year)
- Participating in Term-long Exchange Programmes organized/ coordinated by units other than WYS College

Note: This scholarship is NOT open to students participating in the Term-long Exchange Programmes organized/ coordinated by WYS College as they have already been awarded this Scholarship. And the scholarship amount has been announced in the offer email sent in February already. No extra application is needed.

Application

- Application link: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13649026>
- Application deadline: 31st May 2022 (Tue)

Applicants need not attend interview. The application result will be determined by the selection panel according to the application documents submitted and the content on the application form. Since members of the selection panel may not be able to read Chinese, you **MUST complete the application form in ENGLISH**. Those written in Chinese will be not viewed or considered, while incomplete or late application will not be handled.

Enquiries:

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

Miss Kiki Chan (kikiwkchan@cuhk.edu.hk/3943 3935)

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6. Freecycling Scheme at Hostel Check-out 退宿回收

College Green Team is coordinating a freecycling scheme at hostel check-out from 5th May to 25th May. Collection boxes will be placed at the G/F lift lobby of East Block and West Block. Items collected will be distributed to resident students of next year or donated to charities. Please join and contribute to a green environment!

一年一度的退宿時間即將到了！書院環保小組將於 5 月 5 日至 5 月 25 日舉行退宿回收活動，東、西座宿舍地下電梯大堂將設回收箱，讓各位宿生把有用的物品分類回收再用、供下年宿生使用或捐贈予慈善機構。請大家積極參與，為環保出一分力！Freecycling items include 回收物品包括：

- Kitchen utensil 廚具
- Stationery 文具
- Daily necessity 日常用品
- Computer/ electronic device 電腦/ 電器

Reminders 注意事項:

- 1) Please make sure the stuff is **clean** 請**清潔乾淨**所有物資
- 2) **Food, clothing & shoes, pillow/duvet are not accepted**, just share with your friends **恕不接受食物、衣物鞋履、床上用品**，請找三五知己分享
- 3) Students should not leave the freecycling items at hostel lift lobbies 請勿將退宿回收物品棄置於宿舍樓層電梯大堂
- 4) Students are welcome to take stuff they want during the collection period 歡迎同學於回收期間領取有用物資

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7. Latest Campus Arrangement (Effective on 25th April 2022)

We would like to update you the gradual resumption of campus facilities. We will closely monitor the situation and make necessary adjustment accordingly. Your support is the key to maintain a healthy community for living and learning together.

College Main Entrance will be opened from 9:00am to 9:00pm daily. Only residents can access College building after 9:00pm. All residents must collect parcels on their own. **Courier will NOT be allowed to leave the parcels and food unattended outside College main entrance.** Otherwise the goods will be disposed.

The resumption of service is summarized below:

Location	Opening Hour	Eligible User
College Office (G03) and Dean of Students' Office (UG09)	Monday - Thursday 8:45am - 1:00pm; 2:00pm - 5:30pm Friday 8:45am - 1:00pm; 2:00pm - 5:45pm	All
Learning Commons (Partial Area)	Monday - Sunday 9:00am - 10:30pm	Residents
Piano Rooms	Monday - Sunday 9:00am - 10:30pm	Residents
College Gymnasium*	Monday to Saturday (EXCEPT Sundays and Public holidays) 9:00am - 10:30pm	Authorized Residents (Max. 15 users per session)

* Remarks:

1. In accordance with the Prevention and Control of Disease (Vaccine Pass) Regulation (Cap. 599L) and relevant requirements of administrative instructions, all persons entering sport premises are required to scan "LeaveHomeSafe" and "Vaccine Pass" / medical exemption certificate QR code. Please be reminded not to bring in unauthorized persons or open up the gym door for anyone. Random checking would be conducted and follow up actions would be taken for any violation.
2. Only authorized users are allowed to access and use the College Gymnasium in compliance with its rules and regulations, including hostel regulations and precautionary measures of COVID-19.
3. A detailed guideline will be sent to authorized users separately. First-time users should bring their valid (i) CU Link Card and (ii) CUHK Fitness Room User Certificate to College Office (G03) for registration.

College Prevention and Control Measures against COVID-19

1. Please measure body temperature at the counter at College Gallery and sanitize hands upon entering into College building. If body temperature is above 37.5 °C, s/he will not be allowed to enter into College. If students have taken a COVID-19 test, please stay at home until the test result is available.
2. Please observe latest precautionary measures including social distancing measures and mask-wearing.
3. **Please be reminded that NO VISITORS (including WYS non-residents) will be allowed to enter the hostel floors. Students cannot bring in unauthorized persons or allow them to follow behind you to enter into the College. Unauthorized persons or illegal residents will jeopardize the accuracy of contact tracing. In order to protect your own health, violations will result in disciplinary actions.**

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

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 restructured as Rance Lee Mentorship Programme in honor of Prof. Rance Lee, the Founding Master of Wu Yee Sun College, since this year Prof. Lau retired in 2022.

College **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 members (including college alumni) per group to support mentees.

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

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

Please scan QR code for enrollment.

Preparation: Mrs. Annice Tsui (34432067) | tsui@netsupr.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.

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 *a multi-functional social networking* 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 [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 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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9. “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 (kikiwokchan@cuhk.edu.hk / 3943 3935)

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10. 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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11. 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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12. 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" in the top right. 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 funding categories: "Health and Well-being Activities" with a max funding amount of \$1500 (or up to 60% of application fee & course fee) and "Qualification Courses for Health and Well-being Instructors" with a max funding amount of \$3000 (or up to 60% of course fee). Examples of activities and courses are provided for each. The Wu Yee Sun College logo and contact information for Miss Phoebe Au are at the bottom left.

Self-Motivation Fund for Health and Well-being Activities

Application & Guidelines

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 Au (phoebew@cuhk.edu.hk) / 3943 3188

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

The infographic is titled "Self-Motivation Fund for Sports Activities" and features a QR code in the top right corner labeled "Application & Guidelines". It 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, Oxford 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-climbing, Orienteering, Taekwondo

At the bottom left, there is a logo for Wu Yee Sun College and contact information: "Requires: Ms. Elsie Yeung (elsteyu@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

The infographic is titled "Self-Motivation Fund for Green Activities" and includes a QR code for "Application & Guidelines". It is divided into two main sections: "Green Activities" and "Qualification Courses for Instructors of Green Activities".

Green Activities:

- Self-Motivation Fund for Green Activities:** encourages students to participate in various kinds of green activities that promote sustainability and environmental consciousness.
- Max. funding amount:** \$1500 OR Up to 60% of application fee & course fee (whichever is lower).
- Examples:** Ecocultural Tour, Unzipping 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 Therapist, Trainer for Organic Farming, Ducent Training on Ecotourism.

At the bottom left, there is a logo for WU YIP SHUN COLLEGE and contact information: Enquiries: Ms. Sonia Yu (soniayu@cuhk.edu.hk, ext. 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 / 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 [link](#).

Enquiries:

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

Miss Florence Tsui (florecetsui@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

伍宜孫書院 | Serve to Learn
WU YEE SUN COLLEGE | Learn to Serve

SERVICE-LEARNING PROJECT FUNDING SCHEME

伍宜孫書院服務學習項目資助計劃

- Initiate your Service-Learning Project
(Can co-operate with other organizations)
策劃自己的服務學習計劃 (可與其他機構合作)
- Can be individual or group application
可以個人或小組形式申請
- No restriction on programme destination or length
計劃地點、時長不限
- Year-round application
全年開放申請
- Subsidy amount: maximum HKD60,000
資助金額: 上限港幣60,000元

More details: 

Enquiries: Kiki Chan (kikiwkchan@cuhk.edu.hk/3943 3935)

If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College's Service-learning Project Funding Scheme supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project.

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

Enquiries:

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

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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
Winter	Nov 1 - Apr 31	May 1 - Oct 31

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13649353>

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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. Tertiary Student Finance Scheme - Publicly-funded Programmes (TSFS) and Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2022/23

Both TSFS and NLSFT (2022/23) are now open for application from current students **on or before 20th May**. Applications should be submitted to the Government Student Finance Office of the Working Family and Student

Financial Assistance Agency (SFO) through the “SFO E-link – My Applications” online platform (<http://ess.wfsfaa.gov.hk>) on or before 20th May 2022.

After submission of the online form, applicants will be required to submit the declaration and supporting documents by online uploading, by post or to the collection boxes at the the SFO’s office. Applicants may also submit the documents to the collection box at Room 1206, 12/F, YIA from 8:45 am to 1:00 pm and 2:00 pm to 5:30 pm, Monday to Friday (except public holidays) **during 25th Apr to 27th May 2022.**

Application Details: <http://admission.cuhk.edu.hk>

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2. 全民關注血壓月

MAY MEASURE MONTH
全民關注血壓月 2022
—長知識·更健康·愛分享—

5月7日 (星期六)
「全民關注血壓月」
網上活動巡禮

5月1日至31日
「愛分享」
血壓健康送暖行動

5月4, 11, 18, 25日 (逢星期三)
網上健康短片 -
管理血壓，你有責

5月16, 23日 (星期一)
網上運動短片 -
家居運動降血壓

5月17日 (星期二)
黃大仙地區康健中心 -
「中大學堂」

5月21日 (星期六)
亞太區網絡研討會
「管理高血壓的七大方法」
(以英語進行)

更多詳情
mmm.sphpc.cuhk.edu.hk

【高血壓唔關你事？】

香港中文大學醫學院賽馬會公共衛生及基層醫療學院於五月推廣 2022「全民關注血壓月」，並舉行一連串活動，旨在提升公眾對血壓管理的認知及關注。齊與大家「長知識·更健康·愛分享」，你準備好未？

精彩活動如下：

長知識：透過網上健康及運動短片，分享血壓管理的正確知識

更健康：由專業人士舉辦網上講座及研討會，讓參與者活得更健康

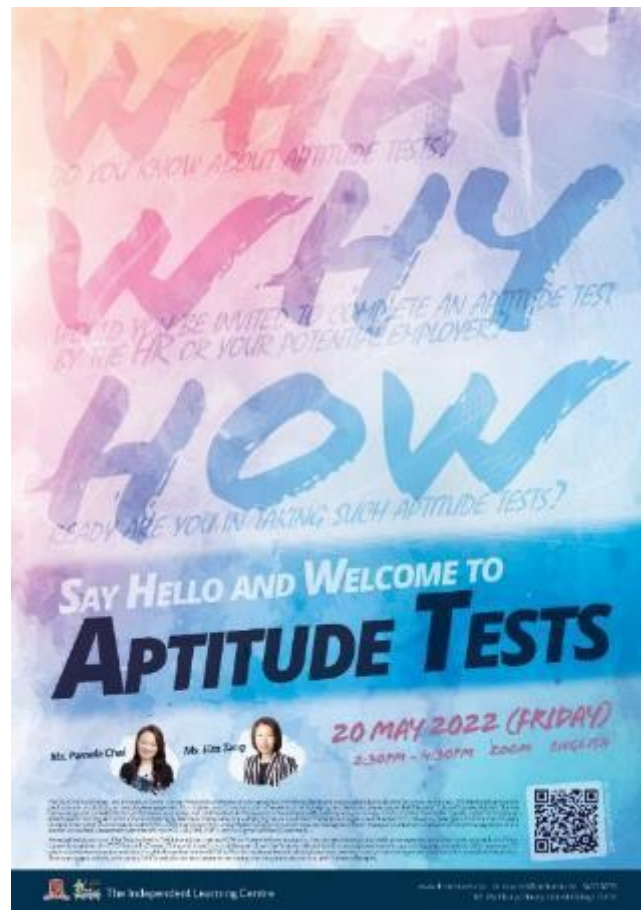
愛分享：「愛分享」血壓健康送暖行動 - 為自己或家人購買血壓計，活動同時送出相同數量之血壓計，另加一個血氧儀給獨居長者，一起傳揚愛心

Cheer-up video: <https://youtu.be/T8vUxrw6OwQ>

更多精彩資訊請瀏覽網頁: www.mmm.sphpc.cuhk.edu.hk

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3. A great ILC Guest Workshop on Aptitude Tests for WYS Students



ILC has invited two very qualified speakers to discuss the use of Aptitude Tests with our CUHK students - including what they are, why they are needed by employers, and how to prepare for such tests.

The workshop should be relevant to everyone, and in particular to graduating students. It is hoped that this workshop can help our students arrive at a better understanding of themselves and have a clearer idea about their career goals.

For registration, please go to the following links:

<https://www.ilc.cuhk.edu.hk/EN/>

<https://ilc.link/AptTests2022>

https://www.ilc.cuhk.edu.hk/EN/Event/2022_AptitudeTests.aspx

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4. UrHeard is launched!

The Office of Student Affairs has newly launched the mobile app “UrHeard” to support peer networking among CUHK students. With this mobile app, students can connect with a network of peer listeners from different academic disciplines with rich U-life experience, and consult their advice on a wide range of topics including academic study, university life planning, personal wellness and future development.


Through the initiative, it is hoped that an inviting space can be created for students to interact, support and learn from each other, maintaining the proximity among students in the campus community under the new normal.

The beta version of UrHeard mobile app is now available on:

App Store (iOS users): <https://apple.co/3LTLDJW>

 The logo for UrHeard, featuring a stylized 'U' with a signal icon and the word 'Heard' below it.	<p>UrHeard UrHeard 由香港中文大學學生事務處開發，為學生提供線上平台，諮詢大學生活及學習上的問題，透過經驗交流建立朋輩支援網絡。主要功能： - 搜尋相關背景及領域的朋輩聆聽者 - 線上對話 - 有用資源 香港中文大學學生事務處網站： https://www.osa.cuhk.edu.hk/ UrHeard is developed by the Office of Student Affairs, The Chinese University of Hong Kong. It provides students with an online platform to seek advice...</p>
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Google Play (Android users): <https://bit.ly/35tq7u>

 A screenshot of the UrHeard app interface. It features the 'UrHeard' logo and the text 'A Peer Support Network Providing Directions for Solutions'. There are several speech bubbles with Chinese text, suggesting a peer support network.	<p>UrHeard - Apps on Google Play A peer support network providing CUHK students with directions for solutions</p>
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Students who have any enquiries regarding the “UrHeard” mobile app, please contact the Office of Student Affairs at lces@cuhk.edu.hk for more information.

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5. EPIN Internship Programme Summer 2022 is open for application now!



EPIN Internship Programme Summer 2022 is open for application now and all CUHK UG students are welcome to join it. There are over 150 job openings in different job natures include Education, Finance, Health Care, Marketing & PR, Science and Tech. We believe the Programme will bring you valuable work experience in innovative startups or social enterprises this summer.

🤔 WHY EPIN Internship Programme 🗨️?

1️⃣ Gaining REAL work experience

- You will work with founders of innovative startups or social enterprises to bring real impacts.

2️⃣ Job openings from various fields

- Participating companies include startups and social enterprises from CUHK Alumni Entrepreneurs Association, Cyberport, HKAI LAB, Hong Kong Science and Technology Parks and more. Over 150 job openings with different job natures include Education, Finance, Health Care, Marketing & PR, Science and Tech.

3️⃣ Earning money 💰 + CUHK credits ✨

- You will have minimum monthly salary of HK\$4,000 + the chance to earn 3 credits!

4️⃣ Getting scholarships 🎓

- After completing the internships, you can apply for CUHK Alumni Torch Fund Entrepreneurship and Innovation Scholarship exclusively for EPIN students!

🔗 More details: <https://bit.ly/3taQaPu> (Please login your CUHK Student account to access it.)

🔗 Apply here: <https://bit.ly/35CIBtQ>

If you have any enquiries about the programme, please feel free to contact us by email epin@cuhk.edu.hk or phone (852) 3943 7152.

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6. Subsidy for Wi-Fi Enhancement Subscription

Owing to the 5th wave of the COVID-19 pandemic in Hong Kong, many 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) 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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7. 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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8. 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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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.