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5. UrHeard is launched!

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

7. Subsidy for Wi-Fi Enhancement Subscription <Deadline tomorrow>

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9. Multicultural Counselling Service for Non-local Students

10. Community Resources for Emotional Support

Sunny Review

1. Rance Lee Mentorship Programme – Nature Walk in Tai Po Kau



Thanks to the sunny and pleasant weather, the first hiking activity of Rance Lee Mentorship Programme was held last Saturday, 28th May 2022. Participants from different small groups gathered at the entrance of Tai Po Kau Nature Trail in the morning. They briefly introduced themselves and started the walk in groups. Our senior mentors, alumni mentors and mentees had a great chat and got to know each other more throughout the walk. Some groups had lunch gatherings afterwards while other groups are actively planning different activities including museum visits, NFT tours, meal gatherings etc. for the coming future.

If you would like to join Rance Lee Mentorship Programme to expand your social networks, just click this [link](#) to register.



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College Activities

1. clab 2022 呈獻：「電子版手寫信活動」

<以下內容由創意實驗室學生委員會成員撰寫 The following message is drafted by the student conveners of clab >



我哋手寫信箱活動繼續進行呀！！最近完 sem 大家可能又有另一方面嘅煩惱，不如今次又分享下啦

我哋會有專員回信，以朋輩輔導員身份回覆，仲會喺解答之書送一句說話俾你 😊

細細聲話你聽，我哋仲會因應你既分享，送出不同禮物為你打打氣，呢啲禮物都係我哋 clab 莊員為大家準備。如果鐘意睇書，你可以參加埋我哋嘅抽獎環節，有機會得到心理學書籍一本 📖

禮物數量有限，大家快啲去 google form 分享你嘅煩惱啦，俾一個機會自己抒發下積積埋埋嘅感受～

Google Form 連結：<https://forms.gle/a952UFSG7vm6i4YC6>

- *活動只限 *伍宜孫書院學生* 參加
- *只有回信的莊員可查看同學的煩惱，而聯絡方式等只作郵寄禮物之用
- *同學可在 google form 寫下筆名，並留下 email 或 telegram username 方便回信
- *同學可選擇公開煩惱與否，即使公開亦會保持匿名，也不會透露過多細節，只作整合大多同學的煩惱/ 鼓勵同路人之用
- *我們會根據同學留下的分享送出禮物，而 clab 擁有最終決定權，恕不回覆不認真留言
- *我們會盡力回覆大家的分享，如果來信分享累計超過 30 人，恕我們未能及時一一回覆處理，敬請原諒

“Handwritten Postcard Online Activity” organized by clab is still underway! 📮

As we approach the summer holiday, new sources of stress may emerge.

We have patient listeners here in clab to talk about your worries in a form of handwritten postcard. Also, we will include a sentence from “Book of Answers” to provide another perspective on your trouble!

As you share your recent troubles with us, you will also receive gifts prepared by our committee members that echo the nature of your troubles 📮 📖 You may also join our giveaway in winning a psychology book about life (Chinese version).

Please don't hesitate and share your worries with us in the google form (link in bio!) It's a great chance for you to spill it all out!

Google Form Link: <https://forms.gle/a952UFSG7vm6i4YC6>

- *This event is only limited to **students of Wu Yee Sun College**
- *Only clab committee members who are in charge of this event can view your response in google form. Your contact information will only be used for mailing gifts.
- *Please leave your pen name in the google form, along with your email or telegram username for us to send you back the postcard

*You can choose to have your stories shared to clab IG stories and CLAB website or not. We will make sure that they stay anonymous and will only be used for encouraging other followers who may have encountered similar issues.

*We will send out gifts according to the nature of your troubles. CLAB owns the final decision and does not accept any incomprehensible or frivolous responses.

*We will try our best to reply to the responses in the google form. We apologize for the inability to respond when the sets of responses in the google form exceed 30.

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College Announcements

1. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) is currently on leave until 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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2. 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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3. 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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4. 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
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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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5. 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 *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](https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/) 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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6. “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 (florecetsui@cuhk.edu.hk / 3943 9767)

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

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7. 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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8. 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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9. 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 is divided into two sections:

- 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.

Contact information: 伍宜孫書院 WU YEE SUN COLLEGE, Enquiries: Miss Phoebe Wu (phoebew@wshk.edu.hk / 3103 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: Flowing, Rope-climbing, Orienteering, Taekwondo

At the bottom left, there is a logo for WU YI SUN COLLEGE and contact information for 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

Application & Guidelines 

Self-Motivation Fund for Green Activities

Green Activities

Self-Motivation Fund for Green Activities encourages students to participate in various kinds of these activities that promote **sustainability** and **environmental consciousness**.



Max. funding amount

\$1500

OR

Up to 60% of application fee & course fee (whichever is lower)

Examples

- Eco-cultural Tour
- Upcycling 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
- Docent Training on Ecobourism



WU YEE SUN COLLEGE

Enquiries:
Ms. Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities and qualification courses for instructors of green activities that promote sustainability and environmental consciousness.

Funding Amount:

Green Activities: Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

Qualification courses for instructors of green activities: Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look on the [guidelines](#) and [reflection template](#), and challenge yourself with different activities.

Application : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

Enquiries:

Ms. Sonia Yu (soniayu@cuhk.edu.hk / 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. [2nd round application] Youth SDG Forum 1 day workshops to discover your role in sustainability

Are you curious what you can do to **support sustainability**? If yes, here's your chance: **AIIESEC in CUHK** has invited various guests according to different tracks in **Youth SDG Forum (YSF)** which consists of three 1-day events that gives you a chance to gain more knowledge about social issues and hidden problems of sustainability.

Three tracks to choose

Track 1: Food Sustainability (SDG 2)

Get in touch with food sustainability | June 8 12:30-17:30

Beginner vegetarian cooking tutorial by **Treehouse**

Treehouse is a vegetarian restaurant in Central built around the theme of being "One with Nature".

Apply now: 



Time:	12:30-17:30 Jun 8 (Wed)
Session 1:	Learn about problems in food sustainability through a debate simulation
Session 2:	Sharing by the Founder of Treehouse on a plant-based movement in Hong Kong
Session 3:	Vegetarian Meal Cooking Tutorial by Treehouse

Track 2: Mental Health (SDG 3)

Get in touch with common mental health issues | June 9 12:30-17:30

Join our **Panel Discussion - Uncovering Mental Health Issues** With professionals



Freedom Leung, CUHK OSA
Senior Consulting Clinical Psychologist and past president of the Hong Kong Psychological Society



Nicole Lee MindHK
Coolminds Project Manager and certified Mental Health Instructor



Shirley To Mentalok
Project Manager of Project WORKS and a current member of the Rehabilitation Advisory Committee.

Apply now: 



Time:	12:30-17:30 Jun 9 (Thu)
Session 1:	Exercise on peer support and destigmatising mental health struggles
Session 2:	Guest panel discussion with experts from MindHK , Mentalok and Prof. Freedom Leung
Session 3:	Aroma Crystal Crafting Workshop

Track 3: Business Sustainability (SDG 12)

Get in touch with business sustainability | June 10 10:30-18:30

Business Sustainability - Impacts on action of SDGs

Speaker:



Carlos Lo, CUHK
The Head of Department of Government and Public Administration and the Director of the Centre for Business Sustainability

Site visit provider:



A.S. Watson
Promotes sustainable choices that reduce the environmental footprint of and a better selection of ingredients and packaging materials from sustainable sources.

Partner session:



MTR
Involves in a wide range of business activities in addition to its railway operations such as residential and commercial property projects

Apply now: 



Time:	10:00-18:30 Jun 10 (Fri)
Session 1:	Guest sharing on climate action and business sustainability
Session 2:	Site visit to A.S. Watson and start-up companies with sustainable production chains
Session 3:	Hands on project guided by MTR to stimulate solutions in tackling sustainability issues

Join any day and learn more about hidden social problems. You will realize that apparent social problems are just a tip of the iceberg.

Event Details

Quota:	Seats for each day are limited, participants are enrolled on first-come-first-serve basis
Mode:	Physical
Venue:	CUHK Innoport (UGA)
Price:	Free of charge (\$50 deposit) *Deposit will be refunded to students upon attendance
Registration link:	https://mchongkong.typeform.com/YouthSDGForum22
Application deadline:	5/6/2022 6:00pm

Through the activities and consolidation spaces provided in **Youth SDG Forum**, you can create a better tomorrow and unleash the greatest version of yourself by proactively developing into purposeful sustainability leaders. Apply now to secure your seat!

If you have any questions, please email kelly.chun@aiesec.net or contact our Officer of Partnership Development, Kelly Chun at +852 63182986. We look forward to seeing you at the event.

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2. CUHK x HKTB Youth Academy @ West Kowloon Neighbourhood
Join us to Showcase Hong Kong to the World (June - July 2022)

CUHK x HKTB Youth Academy @West Kowloon Neighbourhood

Join us to Showcase Hong Kong to the World!



CUHK and the Hong Kong Tourism Board (HKTB) are joining hands again to present the third edition of the CUHK x HKTB Youth Academy in June - July. This will be an invaluable opportunity for you to develop your capacities in creativity, teamwork, and leadership, as well as to achieve a comprehensive understanding of tourism in Hong Kong.

The first CUHK x HKTB Youth Academy was held in summer 2021, in which CUHK student ambassadors of the Academy had conceptualized, planned, and ran two virtual guided tours, one of Tsim Sha Tsui and one of Tai Po, to an international audience. At the upcoming Academy, the ambassadors will, under the guidance of a team of veteran mentors, learn essential skills in storytelling, research and presentation through a series of training sessions and rehearsal. 8 - 10 ambassadors, CUHK full-time students, will work together to showcase the arts and culture in the West Kowloon Neighbourhood by curating a virtual guided tour.

Details of the five training sessions and the rehearsal are as follows:

Date	Time	Details
11 th Jun (Sat) 18 th Jun (Sat) 25 th Jun (Sat)	1600-1800	Training sessions at Hong Kong Tourism Board Office (Note: Compliance with Vaccine Pass) <ul style="list-style-type: none"> • Introduction of the HKTB Youth Academy • Undertaking research and planning tour in the west Kowloon neighbourhood • Preparing and writing script for tour • Organising and leading an interactive virtual tour in front of camera
2 nd Jul (Sat)	Afternoon	On-site training at places to be toured with veteran mentors
9 th Jul (Sat)	Afternoon	On-site rehearsal with veteran mentors

The tour will take place on Friday 15th July. Ambassadors will work together to lead the virtual tour to the CUHK International Summer School 2022 participants and potential incoming exchange students of 2022-23 academic year.

Date	Time	Participants	Places to be visited in Each Tour
15 th Jul (Fri)	0900-1200 (Tour commence at 1000)	8 - 10 ambassadors on site conducting the virtual tour	Ambassadors will work together to device a tour

If you identify yourself as an outgoing, creative, and presentable individual who possess a strong team spirit and is proficient in English, you are invited to apply through a [webform](#) by next Wednesday 1st June 2022. Before applying, please make sure you will be able to join all the training and rehearsal sessions, and are free on the tour date. You should also enrol in the [CUHK Student Helper Engagement Scheme](#) before the training sessions. As a token of appreciation, all ambassadors who have successfully completed the Academy (joining all the required sessions) will receive a completion certificate and a subsidy of \$300 based on the CUHK student helper rate.

If you have any questions, please feel free to email heidio@cuhk.edu.hk. Don't miss out this golden opportunity to develop yourself and show it to the world!

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3. Virtual Pop Culture Fest 2022 Hong Kong x Hiroshima x Seoul

What does Pop Culture mean to you?
Music? Manga? Movie? Cyberculture? Or more?

CUHK is hosting a Virtual Pop Culture Fest on 23rd Jun 2022 (Thu). Through this one-day virtual programme, students from **CUHK, Hiroshima University and Korea University** will be brought together to engage in learning and sharing on pop culture.

Date: 23rd June 2022 (Thu)

Time: 10:00 am – 4:00 pm (HKT)

Quota: 20 students from each university studying in all disciplines

Academic Champions:

- **Prof. Anthony Y.H. Fung**, School of Journalism and Communication, The Chinese University of Hong Kong
Talk topic: Jay Chou, Music Platform and China

- **Prof. Maria Mihaela Grajdian**, Graduate School of Integrated Arts and Sciences, Hiroshima University
Talk topic: Cowboy Bebop and the Versatility of Culture

- **Prof. Helen Shin Haerin**, School of Media & Communication, Korea University
Talk topic: Newtrospection: Reappropriative Aesthetics in Hallyu Narrative Media Content (Focusing on Squid Game and Space Sweepers)

Guest Speaker:

Mr. Alexander Lee Eusebio, Actor/Host/Radio DJ

Talk topic: An Insight Into K-Entertainment

All CUHK undergraduate students are welcome to join. Please submit an [online application](#) by 5th June 2022. For details of the Fest, please refer to the [webpage](#).

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4. 全民關注血壓月



【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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5. 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>

	<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>

	<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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6. EPIN Internship Programme Summer 2022 is open for application now!



The poster features a yellow background with a hand holding a magnifying glass over the word 'JOB'. At the top left is the EPIN logo (Entrepreneurial Internship Program) and the CUHK logo. The text reads: 'Every successful entrepreneur was once a beginner', 'EPIN Internship Programme Summer 2022'. Below this are three bullet points: 'Learn by Practice - real work experience in an innovative startup or social enterprise by tackling the problems with founders', 'Various job openings - startups and social enterprises from CUHK Alumni Entrepreneurs Association, Cyberport, HKAI LAB, Hong Kong Science and Technology Parks etc.', and 'Credit-bearing - earning credits under "Practices" of EPIN'. At the bottom are two QR codes labeled 'APPLY HERE' and 'MORE INFO', and a footer with contact information: 'Tel: (852) 3520 2262 | Email: epin@osa.cuhk.edu.hk | Website: www.osa.cuhk.edu.hk | Facebook: /urheard | Instagram: @CUHKEPIN'.

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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7. 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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8. 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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9. 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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10. 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.