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# College Announcements

## 1. College Team Tryout 2022-23 Term 1 書院院隊選拔(2022-23 上學期)

If you are a professional sports player or are simply keen on doing sports, do not miss the College Team tryouts. The College is now recruiting athletes for the **basketball, soccer, volleyball, swimming and athletic team**. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

不論你是運動愛好者或是專業運動員，都不要錯過伍宜孫書院院隊選拔的時間！書院現正招募**籃球、足球、排球、游泳及田徑院隊隊員**，快來發揮你的運動天賦！

Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men’s Basketball	Sept., 14 (Wed)	6:00 – 8:00 p.m.	New Asia College Charles Leung Gym.	Mr. Kakit Hui 3943 3986
Women’s Basketball	Sept., 14 (Wed)	6:00 – 8:00 p.m.	New Asia College Charles Leung Gym.	
Men’s Soccer	Sept., 13 (Tue)	6:00 – 8:00 p.m.	Sir Philip Haddon- Cave Sports Field	Mr. Nelson Lam 3943 3987

				<a href="mailto:nelsonlam@cuhk.edu.hk">nelsonlam@cuhk.edu.hk</a>
Men's Volleyball	Sept., 15 (Thur)	6:00 – 8:00 p.m.	Yeung Ming Biu Indoor Sports Center.	Mr. Nelson Lam 3943 3987 <a href="mailto:nelsonlam@cuhk.edu.hk">nelsonlam@cuhk.edu.hk</a>
Women's Volleyball	Sept., 15 (Thur)	6:00 – 8:00 p.m.	Yeung Ming Biu Indoor Sports Center.	
Men's & Women's Swimming	Sept., 7 (Wed)	6:00 – 8:00 p.m.	Swimming Pool	Mr. Nelson Lam 3943 3987 <a href="mailto:nelsonlam@cuhk.edu.hk">nelsonlam@cuhk.edu.hk</a>
	Sept., 9 (Fri)	6:00 – 8:00 p.m.		
Men's Rowing	Sept., 20 (Tue)	7:00 – 8:30 p.m.	Grand Stand, Sir Philip Haddon- Cave Sports Field	Mr. Kakit Hui 3943 3986
	Sept., 22 (Thur)	7:00 – 8:30 p.m.		
Women's Rowing	Sept., 26 (Mon)	6:30 – 8:30 p.m.	Grand Stand, Sir Philip Haddon- Cave Sports Field	
	Sept., 29 (Thur)	6:30 – 8:30 p.m.		
Men's & Women's Athletic	Please contact Mr. Kakit Hui to arrange tryouts according to Track & Field Events before 17/10			Mr. Kakit Hui 3943 3986

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## 2. Reopening of Wu Yee Sun College Student Canteen 伍宜孫書院學生飯堂恢復營業

Please note that College Student Canteen has resumed operations, the opening hours are as follows:

**Monday to Sunday, and Public Holidays : 11:00am – 9:00pm (Last order at 8:30pm)**

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## 3. Latest Campus Arrangement (Effective on 25<sup>th</sup> 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)	<b>Monday - Thursday</b> 8:45am – 1:00pm; 2:00pm – 5:30pm <b>Friday</b> 8:45am – 1:00pm; 2:00pm – 5:45pm	All

<b>Learning Commons (Partial Area)</b>	<b>Monday - Sunday</b> 9:00am - 10:30pm	Residents
<b>Piano Rooms</b>	<b>Monday - Sunday</b> 9:00am - 10:30pm	Residents
<b>College Gymnasium*</b>	<b>Monday to Saturday (EXCEPT Sundays and Public holidays)</b> 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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**4. 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/>

**Enquiries:**

Ms. Sammy Kwan ([sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk)) / 3943 9775)

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**5. “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 Kelvin K.F. Tsoi (蔡錦輝教授), College Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics
- Ms. Sharon Wong (黃倩影小姐), College Associate Dean of Students and Assistant Lecturer of Independent Learning Centre

Every Sunnie is welcome!

**Enquiries:**

Ms. Sammy Kwan ([sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) / 3943 9775)

Miss KiKi Chan ([kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

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## 6. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain new perspectives! DON'T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

- 1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email [sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) for arrangement.
- 2) You may also approach the **University's Wellness and Counselling Centre** at **3943 7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400 2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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## 7. WYS's Got Talents – Photography, Poster Design, MC and a lot more!



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:**

Ms. Sammy Kwan ([sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk)) / 3943 9775)

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## 8. Membership Recruitment - WYS Alumni Association 伍宜孫書院校友會會員招募

Want to stay in touch with your college friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just \$500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the [application form](#), and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

想跟書院同學保持聯繫？想擴闊人際網絡？想回饋書院？透過伍宜孫書院校友會，你可以將學生時代的關係延續下去。終生會籍只需 500 元。現時申請，更可獲贈一套四支環保飲管（先到先得，送完即止）。

各位同學只須填妥 [申請表](#)，連同會員費，交回伍宜孫書院地下院務室即可。

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## College Funding & Awards Schemes

### 1. Self-Motivation Fund for Health and Well-being Activities

The infographic is titled "Self-Motivation Fund for Health and Well-being Activities". It features a QR code in the top right corner labeled "Application & Guidelines". The main text describes the fund's purpose: "Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities in order to strengthen your physical health and mental wellness." It lists two categories of activities with their respective funding amounts and examples. The first category, "Health and Well-being Activities", has a maximum funding amount of \$1500 or up to 80% of the application fee and course fee (whichever is lower). Examples include a Healthy Cooking Class, a Course about Nutrition / Chinese Medicine, a Mindfulness Workshop, and a Mental Health First Aid Course. The second category, "Qualification Courses for Health and Well-being Instructors", has a maximum funding amount of \$3000 or up to 60% of the course fee (whichever is lower). Examples include a Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course and an Art/Music Therapy Instructor Course. The infographic also includes the Wu Yee Sun College logo and contact information for Ms. Michelle Si.

*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:**

Ms. Queenie Chu ([queeniechu@cuhk.edu.hk](mailto:queeniechu@cuhk.edu.hk) / 3943 9768)

Ms. Michelle Li ([michelleli@cuhk.edu.hk](mailto:michelleli@cuhk.edu.hk) / 3943 3933)

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## 2. Self-Motivation Fund for Sports Activities

**Self-Motivation Fund for Sports Activities**

Application & Guidelines: 

Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports activities in order to live up the spirit "Sports for Everyone".

**Sports Activities**

Max. funding amount: **\$1500**  
OR  
Up to 60% of application fee & course fee (whichever is lower)

**Examples**

- Standard Chartered Hong Kong Marathon
- Oxfam Trailwalker
- Spartas Race
- Yoga Class, Dance Workshop

**Qualification Courses for Sports Coach**

Max. funding amount: **\$3000**  
OR  
Up to 60% of application fee & course fee (whichever is lower)

**Examples**

- Rowing
- Rope-climbing
- Orienteering
- Taekwondo

 伍宜孫書院  
WU YI SUN COLLEGE

Enquiries:  
Ms. Michelle Li ([michelleli@cuhk.edu.hk](mailto:michelleli@cuhk.edu.hk) / 3943 3933)

*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. Queenie Chu ([queeniechu@cuhk.edu.hk](mailto:queeniechu@cuhk.edu.hk) / 3943 9768)

Ms. Michelle Li ([michelleli@cuhk.edu.hk](mailto:michelleli@cuhk.edu.hk) / 3943 3933)

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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  
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  
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**  
Herbicultural Therapists  
Trainer for Organic Farming  
Docent Training on Ecotourism


**伍宜孫書院**  
WU YEE SUN COLLEGE  
Enquiries:  
Ms. Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

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

### **Funding Amount:**

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

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

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

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

### **Enquiries:**

Ms. Sonia Yu ([soniayu@cuhk.edu.hk](mailto: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](mailto: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:**

Ms. Sammy Kwan ([sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk)) / 3943 9775)

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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 HKD\$0,000  
資助金額: 上限港幣\$0,000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](mailto: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. [Call for Participation] APRU MetaGame Conference 2022: Contest & Tournament (Deadline: 22<sup>nd</sup> Aug 2022)

The third APRU MetaGame Conference is calling for participation for the Digital Art Design Contest and the Rampage Invitational Tournament. APRU challenges students of the Asia Pacific Rim to showcase their digital art

skills to influence the gaming industry. Students are invited to design a cast of characters and/or game bosses for their original game idea which reflect students' vision to shape an equitable, sustainable, and inclusive world. The conference will be held on 27<sup>th</sup> Aug 2022. All students are welcome to take part in these events. For details, please refer to the [APRU website](#).

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## 2. New features in Sunshine@CUHK Mobile App!

下載及使用「中大有晴」App 即獲得豐富禮品！

Download, use Sunshine At CUHK App and win fantastic gifts!

立刻下載或更新「中大有晴」手機應用程式，並設定帳戶，即可換領精美的「種子鉛筆」款式包括：太陽花、幸運草、滿天星、薄荷及聖女果。

使用「中大有晴」App 內「心情日記」，記錄每天的目標，同時為「心晴盆栽」中的「心之苗」提供養分，使它成長。每次成功培植一盆「心之苗」，即可獲取「微型菜種植套裝」。成功培植3盆心之苗，更可獲得高達\$500的「Spoilt.com.hk 體驗禮券」。

\*種子鉛筆款式將隨機派發，數量有限，換完即止。

Download or update "Sunshine@CUHK Mobile App" and set up your account today, redeem a mindful gift "Sprout Pencil", including Sunflower, Lucky Clover, Baby's Breath, Mint and Cherry Tomato.

Set a goal in using new feature "Plant the Plant" in Sunshine At CUHK Mobile App, successfully finish one plant by daily entries of Mood diary and receive a gift of Microgreen Growing Kit. Finish all three plants and you are eligible for a \$500 experience coupon from Spoilt.com.hk!

\*Sprout Pencils will be distributed while supplies last.



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

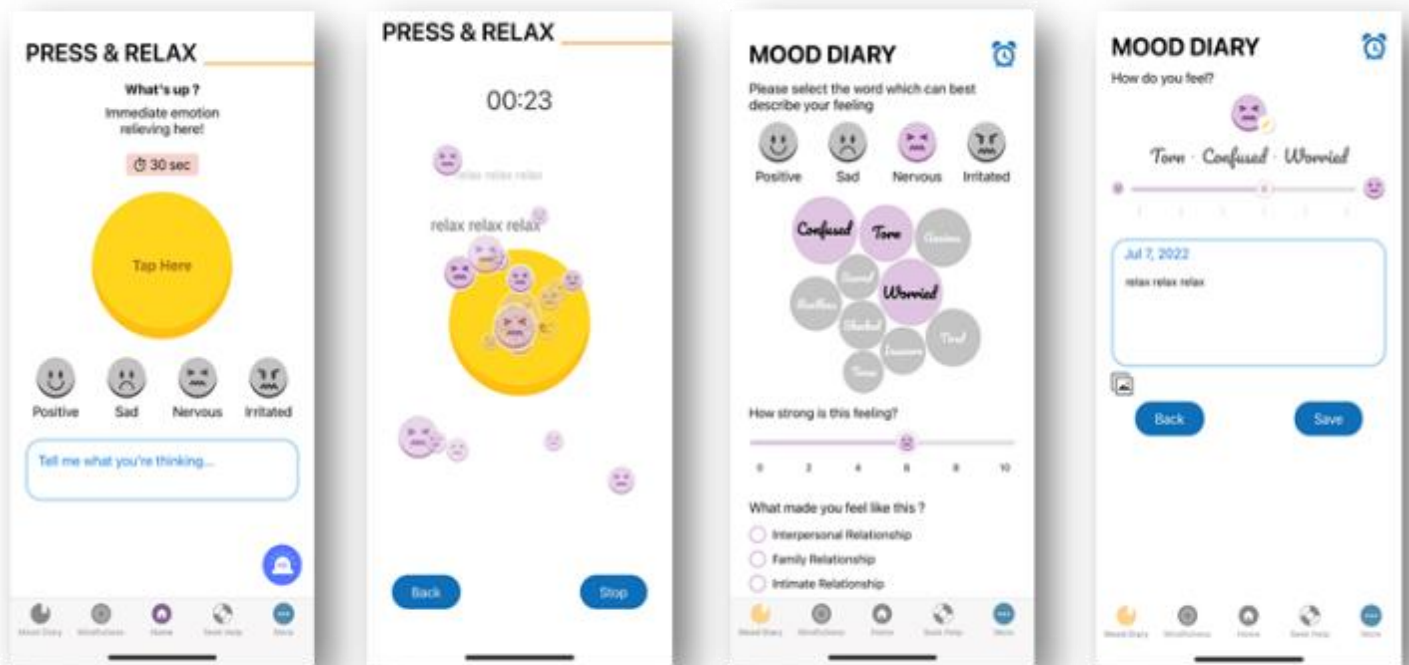
iOS: <https://apps.apple.com/hk/app/sunshine-at-cuhk/id1575498303?l=en>

Android: <https://play.google.com/store/apps/details?id=com.mintasia.sunshine>

**Three new features** have been added to assist you to relieve and relax your emotions through the senses of *touch, hearing and sight*:-

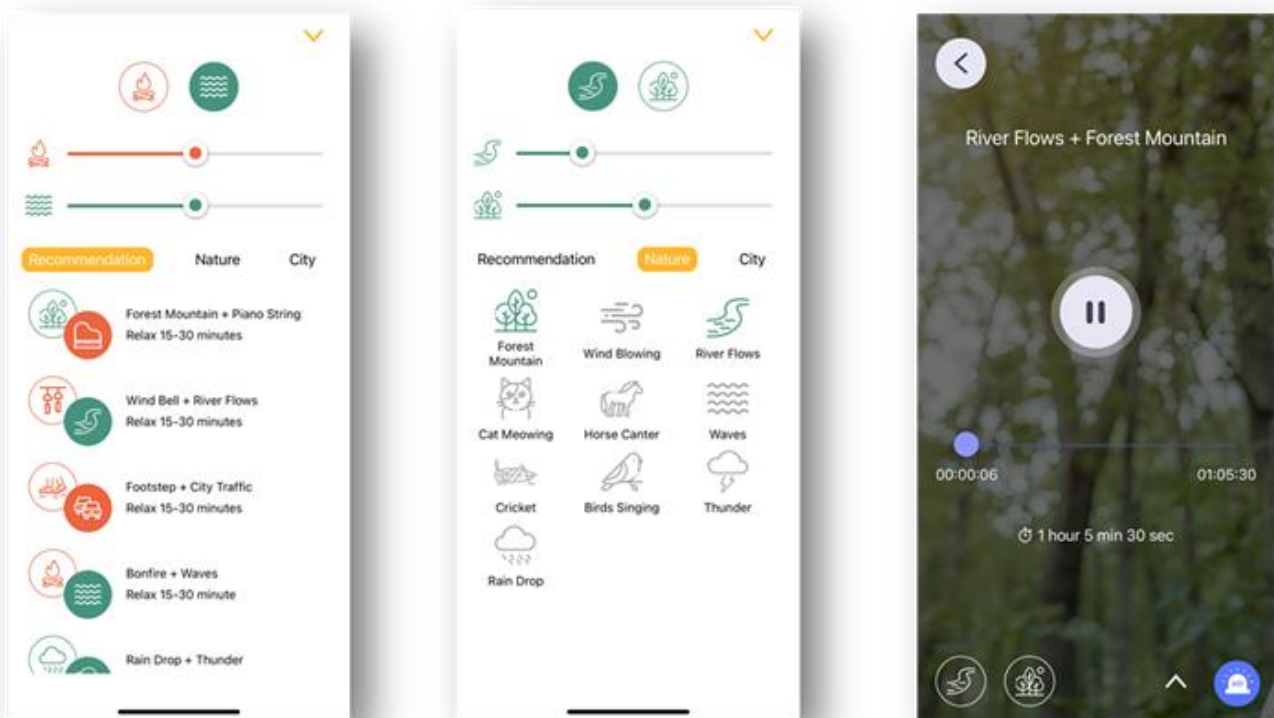
### **Press & Relax:**

The way of instantly expressing your sentiments available at your fingertips. By simulating the poking bubble wraps, the Press & Relax allows you to press and enter your thoughts to vent your emotions immediately.



**Mix & Listen:**

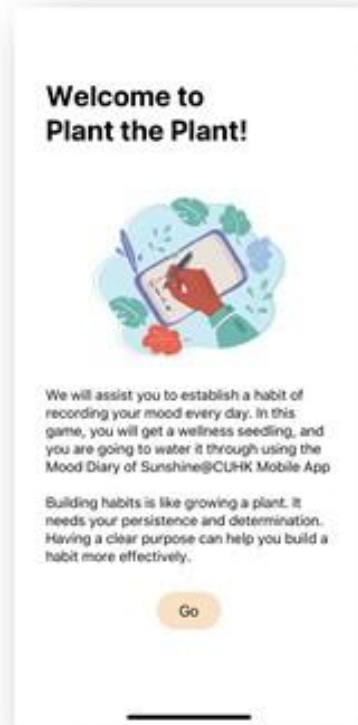
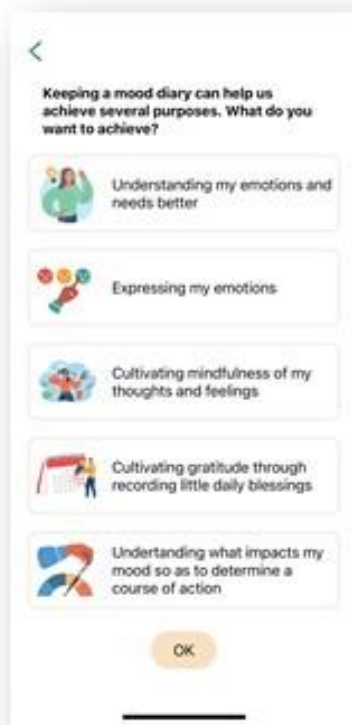
Healing sound is unique to everyone. The Mix & Listen is a collection of diverse sound effects that allows mixing your personal soundtrack which helps you improve concentration and relaxation.



**Plant the Plant:**

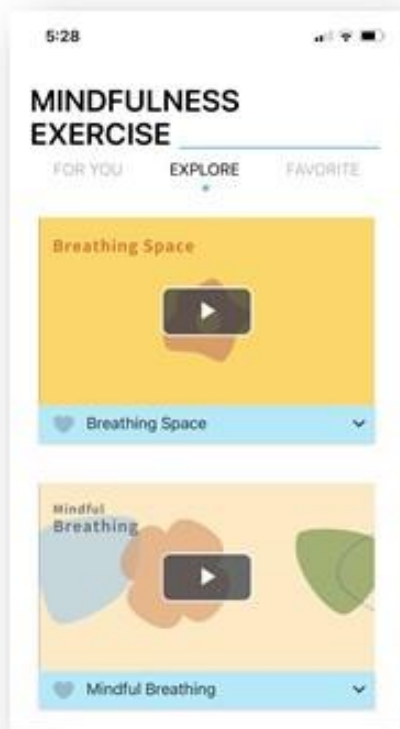
Plant the Plant assists you in building a habit in a more fun way. Use the “Mood Diary” to write a daily diary to provide nutrients for the seedlings to level up and complete tasks to get various gifts.





**Mindfulness Exercises:**

**2 newly produced mindfulness clips** on *Breathing Space* and *Mindful Breathing* are uploaded to bring your awareness to your current thoughts and sensations through a 5-minutes breathing exercise, and to pay attention to the sensations of our body while breathing.



Update or download the app now and use the latest features of "Sunshine@CUHK Mobile App" to get a mindful gift, "Sprout Pencil" from us\*.

Apart from the welcoming gift, Sunshine At CUHK is going to launch *a series of social media challenges!* Please invite your students to stay tuned in our FB & IG to participate in the social media challenges and they may be able to win prestigious gifts# from us!

FB: <https://www.facebook.com/SunshineatCUHK/>

IG: <https://www.instagram.com/sunshineatcuhk/>

\*Gifts will be available while stock lasts.

# Gifts will be given out to winners with greatest efforts shown in their posts selected by Sunshine Team.

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### 3. 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>



### 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...

Google Play (Android users): <https://bit.ly/35tq7u>



### UrHeard - Apps on Google Play

A peer support network providing CUHK students with directions for solutions

Students who have any enquiries regarding the “UrHeard” mobile app, please contact the Office of Student Affairs at [lces@cuhk.edu.hk](mailto:lces@cuhk.edu.hk) for more information.

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## 4. 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](http://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

QR code: <https://www.sjcshk.com/>

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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## 5. 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](mailto:info.wys@cuhk.edu.hk).