

Sunny Review 上周回顧

- [1. Rance Lee Mentorship Programme – Kick-off Ceremony \(李沛良亦師亦友計劃 - 啟動禮\)](#)
- [2. College Singing Contest 2022](#)
- [3. Cooking Competition](#)
- [4. Chinese Culture Table: Dream Big 語文文化桌：老師夢和作家夢](#)
- [5. Chinese Painting Workshops 中國繪畫班](#)



College Activities 書院活動

- [1. 環校跑 Round Campus Run 2022](#)
- [2. Wu Yee Sun College 15th anniversary souvenir](#)
- [3. Fitness Consultation Sessions 健身訓練諮詢](#)

College Announcements 宣佈事項

- [1. Extension of Opening Hours of College Café on 17 Nov 2022 <New>](#)
- [2. Change of Opening Hours of Wu Yee Sun College Student Canteen 伍宜孫書院學生飯堂更改營業時間](#)
- [3. Temporary Closure of College Gym](#)
- [4. Opening Hour of Non-resident Hall](#)
- [5. Revised Campus Arrangement in Term 1, 2022/23](#)
- [6. Grab this chance to join the newly revamped Rance Lee Mentorship programme](#)
- [7. "Meet the Dean" Hours 輔導長時間](#)
- [8. Student Pastoral Care](#)
- [9. WYS's Got Talents – Photography, Poster Design, MC and a lot more!](#)
- [10. Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募友](#)

College Funding & Award Schemes (Year-round Application) 書院資助及獎勵計劃 (全年可供申請)

- [1. Self-Motivation Fund for Health and Well-being Activities](#)
- [2. Self-Motivation Fund for Sports Activities](#)
- [3. Self-Motivation Fund for Green Activities](#)
- [4. Mingle Fund](#)
- [5. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃](#)
- [6. Service-learning Project Funding Scheme 服務學習 項目資助計劃](#)
- [7. Global Learning Award Scheme <Updated>](#)
- [8. Internationalization Activity Fund](#)

Other Activities & Announcements 其他活動及宣佈事項

- [1. Mini-pupillage Scheme for students from Faculty of Law <New>](#)
- [2. Virtual Pop Culture Fest 2022 \[Hong Kong x Hiroshima x Seoul\]](#)
- [3. Friends of the Arts Scheme \(FTA\) 2022-23](#)
- [4. ILC Services for Students](#)
- [5. New features in Sunshine@CUHK Mobile App!](#)
- [6. UrHeard is launched!](#)
- [7. Multicultural Counselling Service for Non-local Students](#)
- [8. Community Resources for Emotional Support](#)

Sunny Review

1. Rance Lee Mentorship Programme – Kick-off Ceremony (李沛良亦師亦友計劃 - 啟動禮)



The Kick-off Ceremony of Rance Lee Mentorship Programme was held on 5 Nov 2022 (Saturday) to facilitate the communication between mentees and mentors. Over 50 Senior Mentors, College Mentors, Alumni Mentors and Mentees attended the ceremony. Professor Rance LEE, College Founding Master, and Professor Anthony T.C. CHAN, College Master, encouraged students to seize the opportunities to learn from mentors and gain insights from interacting with them.



Mr. Sai-yung LAU, Convenor of the Working Group of Rance Lee Mentorship Programme, and Prof Kelvin TSOI, College Dean of Students, conducted an on-stage sharing to introduce the mentorship programme further. Senior mentors and alumni mentors were also interviewed to share their experience and expectations toward the mentorship programme. Mentors and mentees were then divided into groups and had a great time chatting. Some groups are actively planning different activities for the coming future.

If you are interested in joining the Rance Lee Mentorship Programme to build up social networks, register at this link <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13650936>.

[\(Back to top\)](#)

2. College Singing Contest 2022



The College Singing Contest 2022 was successfully held by the Organizing Committee of Sunny Yeah on 10 November 2022. Professor Kelvin TSOI, College Dean of Students, Dr. Po Kin LEUNG, Associate Dean of Students and Dr. Elaine NG were invited to be the judges for the contest and gave valuable comments to the contestants. The contestants of the Solo and Duet sessions gave their best performance to compete with each other. RubberBand was invited to be the performing guest and shared the joy with the audience of the Singing Contest. We had an enjoyable evening. The College once again congratulates all the winners of the contest.

[\(Back to top\)](#)

3. Cooking Competition



Organized by Sunny Yeah 2022, the cooking competition was held on 7 November 2022. There were four groups participated in this competition. Dr. Po Kin LEUNG, Associate Dean of Students, along with members from Café “Lookup Coffee” and also College resident tutors Michelle and Leo were invited to be the judges on that day. The participants demonstrated their cooking skills and creativity in the competition. They spent an enjoyable night together. The College once again thanks the Organizing Committee helped organize this competition to provide chances for students to experience College life.

[\(Back to top\)](#)

4. Chinese Culture Table: Dream Big 語文文化桌：老師夢和作家夢



The Chinese Culture Table of this semester, entitled ‘Dream Big 老師夢和作家夢’ was conducted by Mr. Ka Hing NGAN (Pseudonym: 蒲葦), famous author, to share his interesting anecdotes in pursuit of two dreams (Dreams of becoming teacher and author). Mr. Ngan also read several excerpts of model essays and appreciated the wonderful writings of other authors with the students during the activity. At last, he encouraged students to strive to dream big and pursue their dreams bravely.

本學期文化桌邀得著名作家蒲葦老師(顏加興先生)，以《老師夢和作家夢》為題，與同學分享其追尋兩個夢想當中的歷程、趣事，以及不同身份之中的相同和相異之處。席間蒲葦老師亦與同學們一起細閱數篇範文節錄，共同欣賞其他作家的美妙文筆，最後更勉勵同學們把握年輕的時光努力增值自己，勇敢追夢。

[\(Back to top\)](#)

5. Chinese Painting Workshops 中國繪畫班



We were grateful to have Ms. Tak Yee CHOI, who is a senior Chinese painting instructor for teaching five sessions of Chinese Painting Workshops again in our College. Under the demonstration and guidance of Ms. Choi, students completed the paintings of fruits, vegetables, flowers, insects, fish, birds, animals and landscapes. The Chinese cultural literacy of students has also been improved after joining the workshops.

本學期書院再次邀得資深中國繪畫導師蔡德怡老師為同學教授一連五堂的中國繪畫班。書院同學在蔡老師的示範及悉心指導下，完成了蔬果、花卉、蟲魚、花鳥、動物及山水等畫作，同學對中國文化的素養亦大大提昇。

[\(Back to top\)](#)

College Activities

1. 環校跑 Round Campus Run 2022



<以下內容由伍宜孫書院體育學會撰寫 The following message is drafted by Wu Yee Sun College Sports Association>

今年就係伍宜孫書院成立十五周年啦! 除咗 join 523 人宴, 歷奇同埋大笪地之外, 梗係要 join 埋環校跑啦 🏃🏃

WYS Campus Run • 15th anniversary

日期: 18/11/2022 (星期五)

時間: 10:00 - 13:00

集合地點: 伍宜孫書院

對象: 伍宜孫學生及職員

名額: 男女總共 200 名

費用: 全免

✿參加者有 4 分 PE 分

✿全程 2.7 公里

✿參加者應穿著: 湖水綠色 Go Green Tee


參加者唔單止可以攞到 4 分 PE 分, 獎品都好豐富☑

☑男女頭三名有獎杯, 第四及第五名有獎牌🏆🏆

☑數量有限嘅積極參與獎-索繩袋&水樽🧴

☑人人都有嘅參與獎-毛巾&Energy Bar

☑書院紀念品-Tote bag, notebook, power bank

有興趣參加嘅可以搵下面個 link 報名 或者 link in IG bio 

<https://forms.gle/sPuW2Krf2xUiRQ476>

有任何疑問可以 IG message 我地 @wys.sports.asso 或 whatsapp Natalie Koh (95899556)

This year is the 15th anniversary of Wu Yee Sun College! Besides joining the 523Banquet, Adventure day and Carnival, don't forget to join the Campus Run! 🏃 🏃

WYS Campus Run • 15th anniversary

Date: 18/11/2022 (Friday)

Time: 10:00-13:00

Registration area: Wu Yee Sun College

Targeted participants: Wu Yee Sun Students and staff

Quota: 200 in total (Female and male)

Fee: Free

🌸 Participants will have 4 PE marks

🌸 2.7km in total

🌸 Participants shall wear the light green Go Green Tee

Participants not only can gain 4 PE marks through the event, but also possible to win numerous awards ☐

☑ The Top 3 participants for Male and Female group will receive a trophy, while the forth and the fifth place will receive a medal 🏆 🏆

☑ Active Participation Awards - Drawstring bag & Water bottle 🎒

☑ Participation Awards for all participants - Towel & Energy Bar

☑ College souvenir - Tote bag & notebook & power bank

If you are interested in joining the WYS Campus Run, feel free to apply through the following link or the link in our IG bio 

<https://forms.gle/sPuW2Krf2xUiRQ476>

For any enquiries, feel free to inbox us through IG @wys.sports.asso or whatsapp Natalie Koh (95899556).

[\(Back to top\)](#)

2. Wu Yee Sun College 15th anniversary souvenir



To celebrate 15th anniversary of Wu Yee Sun College, the College will be distributing souvenirs to share this remarkable moment with all students.

To get these souvenirs, please follow details below:

Power bank

- Follow @wuyeesuncollege on Instagram
- Fill in [webform](#) (screenshot) and save 9690 0523 to contact
- Bring your student ID card
- Show the form entry confirmation, contact book and Instagram

Notebook and tote bag

- Bring your student ID

Redemption booth @ College Gallery

14 th Nov 2022	Banquet	3pm-6:30pm
17 th Nov 2022	Carnival	5pm-9pm
18 th Nov 2022	Campus Run	12pm-2pm

We look forward to seeing you in celebrative events!

For enquiries, please feel free to contact Miss Carrie Zeng (3943 3941/ carriezeng@cuhk.edu.hk) for more information.

[\(Back to top\)](#)

3. Fitness Consultation Sessions 健身訓練諮詢



Fitness Trainers are at our College's Gymnasium!!!! Need guidance for keep-fit plan or proper use of fitness equipment? Mark your calendar!

Date (Every Tue) :

Nov 29
Time: 7:00 pm - 9:00 pm

Date (Every Tue) :

Nov 15, 22
Time: 7:00 pm - 8:00 pm

Venue: College Gymnasium
Instructor: Mr. CHAN, Ryan

Target: Wu Yee Sun College students and staff (no prior application is required)

Enquiries: Ms. Queenie Chu (queeniechu@cuhk.edu.hk/ 3943 9768)

[\(Back to top\)](#)

College Announcements

1. Extension of Opening Hours of College Café on 17 Nov 2022

College café (Lookup Coffee) will open from 9:00 am to 8:00 pm on 17 Nov (Thu) for Sunny Fest.

[\(Back to top\)](#)

2. Change of Opening Hours of Wu Yee Sun College Student Canteen 伍宜孫書院學生飯堂更改營業時間

Due to College events, the opening hours of Wu Yee Sun College Student Canteen will be changed as follows:

14 Nov (Mon)	11:00am – 5:00pm (Dine-in & takeaway service) <i>Last order for dine-in service at 4:30pm</i>
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Canteen will be closed at 5:00pm

[\(Back to top\)](#)

3. Temporary Closure of College Gym

College Gym will be closed at the following timeslots.

Nov		
Nov 15, 22 (Tue)	8 pm - 9 pm	Fitness Training Workshop
Nov 24 (Thu)	12:00 nn - 5:30 pm	Graduation Ceremony

[\(Back to top\)](#)

4. Opening Hour of Non-resident Hall

Opening Hour of Non-resident Hall

Commuter students, though not living on campus, can still enjoy their campus life at their second home - the full sea-view Non-Resident Hall where they interact with fellow students and participate in various hall activities. Check out the details [HERE](#) and enrich your College life.

	Non-resident Hall (West Block)	Non-resident Hall (East Block)
Opening Hour	Monday – Sunday (9:00-22:30)	Monday- Thursday (13:00-17:00) Friday (12:00-17:00)
Access	Access by Students' CU Link	Committee Members of Non-resident Association will be there to greet you!

[\(Back to top\)](#)

5. Revised Campus Arrangement in Term 1, 2022/23

We are most delighted to welcome our Sunnies back to campus. We would like to take this opportunity to update you the use of campus facilities, in order to safeguard the health and well-being for every College member. Your support is the key to maintain a healthy community for living and learning together.

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.
2. If students have taken a COVID-19 test, please stay at home until the test result is available.
3. Please be reminded that **ONLY CUHK Student Visitor** (i.e. CUHK current undergraduate and postgraduate students who do not have a hostel place at Wu Yee Sun College) **will be allowed to enter the hostel floors during visiting hour 10:00am – 11:00pm daily**. Overnight visitors will remain suspended.

Residents and hostel visitors should observe the Student Hostel Regulations, all College precautionary measures against COVID-19 and latest government regulations on physical distancing including the limit on group gathering; as well as following the instructions of Wardens, Resident Tutors and hostel/ security staff on duty. **If necessary, residents and hostel visitors should present their CU Link Card and/or other identification document.** If residents witness suspicious persons in hostel floors, please report to Wardens, Resident Tutors or hostel/ security staff on duty immediately.

College Facilities

1. WYS non-residents can access College until 11:00pm daily. Only residents can access College building after 11:00pm
2. The opening hours and maximum capacity of College facilities can be referred at <https://www.wys.cuhk.edu.hk/about-us/campus/>.
3. **College Gymnasium:** Only authorized users can use the gym with a maximum of 15 users using the gym in the same session. Each user can use the gym for 1 hour daily. All users must complete registration, body temperature measurement and hand sanitizing, upon presenting users' CU Link/ Guest Card in exchange for an access card, prior to accessing the gym. Masks must be worn (**except** the time of doing exercises) and at least 1.5m social distancing must be maintained at all times. Users must also observe the current regulations of using the gym as well.

Students under medical surveillance with amber code status under the government's [enhanced vaccine pass function](#) are not permitted to use the sports facilities.

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.

4. **Reservation of College Facilities:** Only recognized College student organizations are eligible to reserve College facilities [except for Piano Rooms (Room 106 & 107) and Discussion Rooms in Learning Commons (Room 102A and Room 103A) which will be opened for individual students]. Student organizations may contact the responsible College staff to book facilities for their planning of activities until the resumption of College online booking system.

[\(Back to top\)](#)

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

Rance Lee Mentorship Programme

Will be established by CUHK alumnae 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 at Hong Kong Baptist University, Faculty of Education, CUHK Campus, 110-118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

With the initiation of our CUHK alumna 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/>

Enquiries:

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

[\(Back to top\)](#)

7. "Meet the Dean" Hours 輔導長時間

"Meet the Dean" Hours is a regular time schedule particularly for you to talk directly to the College Dean of Students on any matters you feel interested or concerned.

You talk. We listen. Even if you want to keep it to your heart, we still stand by your side.

The session is hosted by:

- Professor 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, email us whenever you want to talk!

Enquiries:

Ms. Sammy Kwan (sammykwan@cuhk.edu.hk / 3943 9775)

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

[\(Back to top\)](#)

8. Student Pastoral Care

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

1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email sammykwan@cuhk.edu.hk for arrangement.

2) You may also approach the **University's Wellness and Counselling Centre** at **3943 7208** for help.

3) A **24-hour Emotional Support Hotline** at **5400 2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

[\(Back to top\)](#)

9. WYS's Got Talents - Photography, Poster Design, MC and a lot more!



Are you interested in or excellent at any of the fields below?

- **Photography / Video-production**
- **Art & Design (e.g. posters or infographics)**
- **Simultaneous Interpretation**
- **Master of Ceremonies**
- **Audio & Video Support**
- **Writing (e.g. creative writing or student reporter in publications)**

The College is recruiting all sorts of talents to contribute in various College events. Registered students may be invited to assist in different occasions. Don't hide your talents, shine in the College!

P.S. CREATIVITY COUNTS!!!

Let us know what you are interested in and excellent at: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838>

Enquiries:

Ms. Sammy Kwan (sammykwan@cuhk.edu.hk) / 3943 9775)

10. Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募

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

Simply fill in the [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。

College Funding & Awards Schemes

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

The poster for the Self-Motivation Fund for Health and Well-being Activities is divided into two main sections. The top section, titled 'Health and Well-being Activities', features a QR code for registration and guidelines. It lists a maximum funding amount of \$1500, or up to 60% of the application fee and course fee (whichever is lower). Examples of eligible activities include Healthy Cooking Class, Course about Nutrition / Chinese Medicine, Mindfulness Workshop, and Mental Health First Aid Course. The bottom section, titled 'Qualification Courses for Health and Well-being Instructors', lists a maximum funding amount of \$3000, or up to 60% of the course fee (whichever is lower). Examples include Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course and Art/Music Therapy Instructor Course. The poster also includes the WYS logo and contact information for the College Office.

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 / 3943 9768)

Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

[\(Back to top\)](#)

2. Self-Motivation Fund for Sports Activities

[The Self-Motivation Fund for Sports Activities has been exhausted for Phase I. Students can submit the application for Phase II starting from 9 Jan 2023, for activities held on or after 1 Feb 2023.]



*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 / 3943 9768)

Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

[\(Back to top\)](#)

3. Self-Motivation Fund for Green Activities



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

Funding Amount:

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)

[\(Back to top\)](#)

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)

[\(Back to top\)](#)

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. Julia Liu (julialiu@cuhk.edu.hk) / 3943 9775)

[\(Back to top\)](#)

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



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

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

Enquiries:

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

[\(Back to top\)](#)

7. Global Learning Award Scheme



The Global Learning Award Scheme (GLAS) aims to encourage students to initiate or participate in non-local academic or experiential learning programmes with the main purpose of LEARNING. Applicants will be awarded the “Global Learning Award” and receive the award amount after completing all post-trip requirements on time.

Students can apply funding for the self-initiating trips, overseas programmes, and virtual programmes. For further details, Please refer to college website for application guidelines.

Round	Applying for trips taken during (for trips overlapping both rounds, <u>first date</u> of the trip shall determine the application period)	Application period
Summer	May 1 - Oct 31	Nov 1 - Apr 30

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13658106>

[\(Back to top\)](#)

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>

[\(Back to top\)](#)

Other Activities & Announcements

1. Mini-pupillage Scheme for students from Faculty of Law



The College is collaborating with Pantheon Chambers to offer a Mini-pupillage Scheme which is designed for students from Faculty of Law. During the 3-month period, students will be asked to conduct practical tasks, such as case summaries, legal research, shadow barristers, meet with clients, and attend court hearings (observation, taking notes). This could be both in person and remotely.

If students impress during the 3-month period, and Pantheon wish to retain students as mini-pupils within the pool (and students wish to stay on), students may be contacted beyond the end of the 3-month period for additional work. Following completion of the scheme, feedback and reference letter (upon request) will be provided for all students.

Application:

https://docs.google.com/forms/d/e/1FAIpQLSecs0w3ANTvJChbdLbtrzocD3B7JLI2kUzE_2fDX5ZN-4wUHg/viewform

Application Deadline: 25th Nov 2022 (Fri) at 11:59pm (HKT)

Enquiries: Ms. Sukie Cheung (sukie@pantheonchambers.com/ 2105 8000)

[\(Back to top\)](#)

2. 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 23 November 2022 (Wednesday). Through this half-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: 23 November 2022 (Wednesday)
 Time: 1:00 – 5:00 pm
 Quota: 20 students from each university studying in all disciplines

Academic Champions:

- **Prof. Anthony FUNG**, School of Journalism and Communication, The Chinese University of Hong Kong
 Talk topic: Jay Chou, Music Platform and China
- **Prof. Maria M. 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, Korean Actor/Host/Radio DJ
 Talk topic: An Insight Into K-Entertainment

All CUHK students are welcome to join! Upon completion of the programme, you will be given a [\\$50 Paul Lafayette cash voucher](#) as well as a [certificate of participation](#). Submit an [online application](#) by **20 November 2022**. Programme details will be updated on the [webpage](#).

Your participation counts!

[\(Back to top\)](#)

3. Friends of the Arts Scheme (FTA) 2022-23

新一年度 Friends of the Arts 計劃現已接受報名。

「Friends of the Arts」由藝術行政主任辦公室主辦，為中文大學全日制學生提供多元藝術文化教育。除了邀約不同界別的資深藝術工作者舉辦藝術講座、工作坊及分享會外，我們更會定期為大家選取有質素的演出一同欣賞。

年度主題：ARTS Like...文化藝術打卡

對象：香港中文大學全日制學生

費用：\$250 [開學優惠！30/9 前以優惠價 \$200 報名]

名額有限，先到先得

報名：<https://www.srrsh.cuhk.edu.hk/zh/content/student-cultural-ambassadors-scheme-application-zh>

查詢

3943 1598 / 3943 7857

CUOAA@cuhk.edu.hk

2022-23 Friends of the Arts Scheme (FTA) is now open for application.

Presented by the Office of the Arts Administrator, the scheme provides diverse arts and cultural programmes for full-time CUHK students. FTA provides an extensive range of arts and cultural activities. We invite experienced artists from different fields regularly to give lectures, workshops and sharing sessions for our members. We will organize arts performances appreciation and activities to our members every month.

Theme of the year : ARTS Like...

Target: Full Time CUHK students

Fee: \$250(Discount registration before 30/9: \$200)

Limited quota on a first-come-first-served basis

Application: <https://www.srrsh.cuhk.edu.hk/en/application>

Enquires

3943 1598 / 3943 7857

CUOAA@cuhk.edu.hk

[\(Back to top\)](#)

4. ILC Services for Students

[Independent Learning Centre \(ILC\)](#) provides a resource rich environment for students to reflect on and engage in their role as Independent Learners. If you are interested in improving your academic and language skills, you can visit the ILC website regularly for the latest updates. Below are some ILC workshop highlights for the academic year 2022-23:

1. **University Study Skills Series**
2. **Writing Success Series**
3. **Job Preparation Series**
4. **CRE/ JRE Series**
5. **Exam Preparation Series**

If one-to-one meeting with ILC teachers is preferred, you can also book a 30-minute consultation session via <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>

Other learning resources on various topics in both English and Chinese are also available at <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>

[\(Back to top\)](#)

5. New features in Sunshine@CUHK Mobile App!

下載及使用「中大冇晒」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「中大冇晒」手機應用程式，並設定帳戶，即可收獲精美的「種子鉛筆」款式包括：太陽花、幸運草、滿天星、薄荷及紫雲英。

使用「中大冇晒」App 內「心晴日記」，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「微型豪華盆栽套裝」。成功培植3盆心之苗，更可獲得高達\$500的「Spa@CUHK」體驗禮券！

*種子鉛筆款式有限，數量有限，售完即止。

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

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 Spa@CUHK!

*Sprout Pencils will be distributed while supplies last.



中大冇晒

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

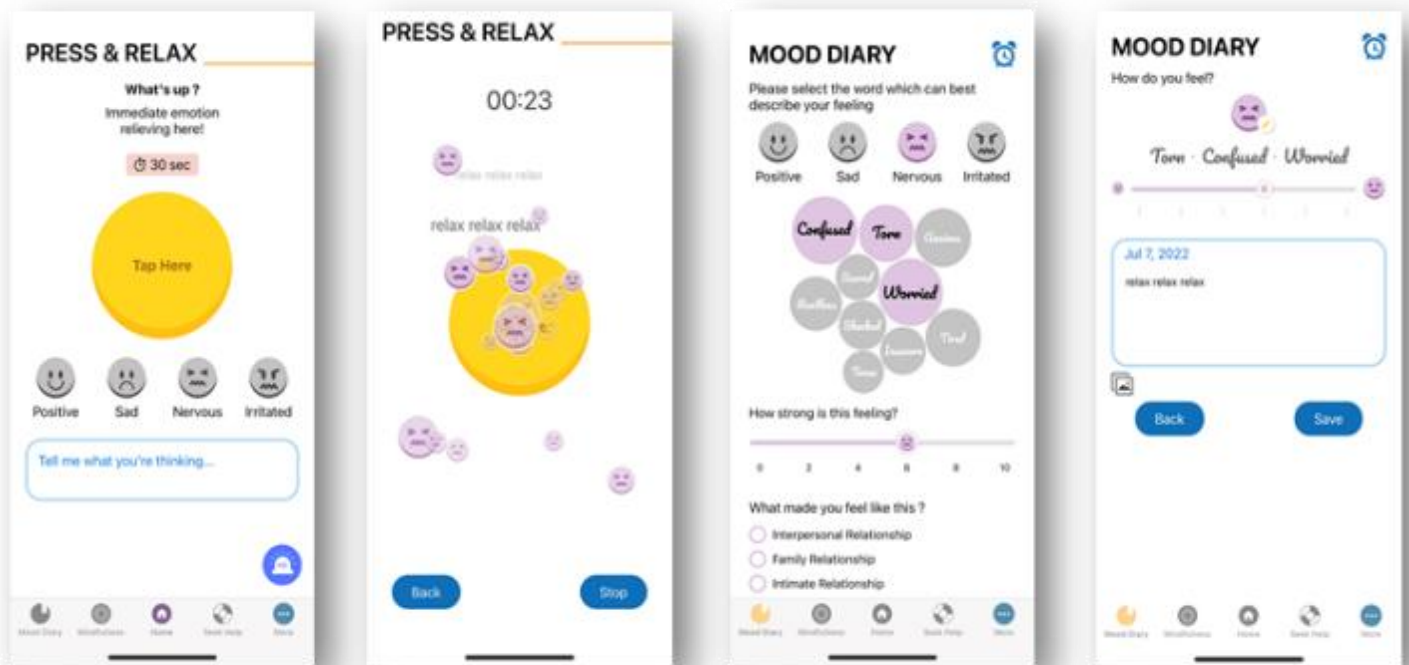
iOS: <https://apps.apple.com/hk/app/sunshine-at-cuhk/id1575498303?l=en>

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*:-

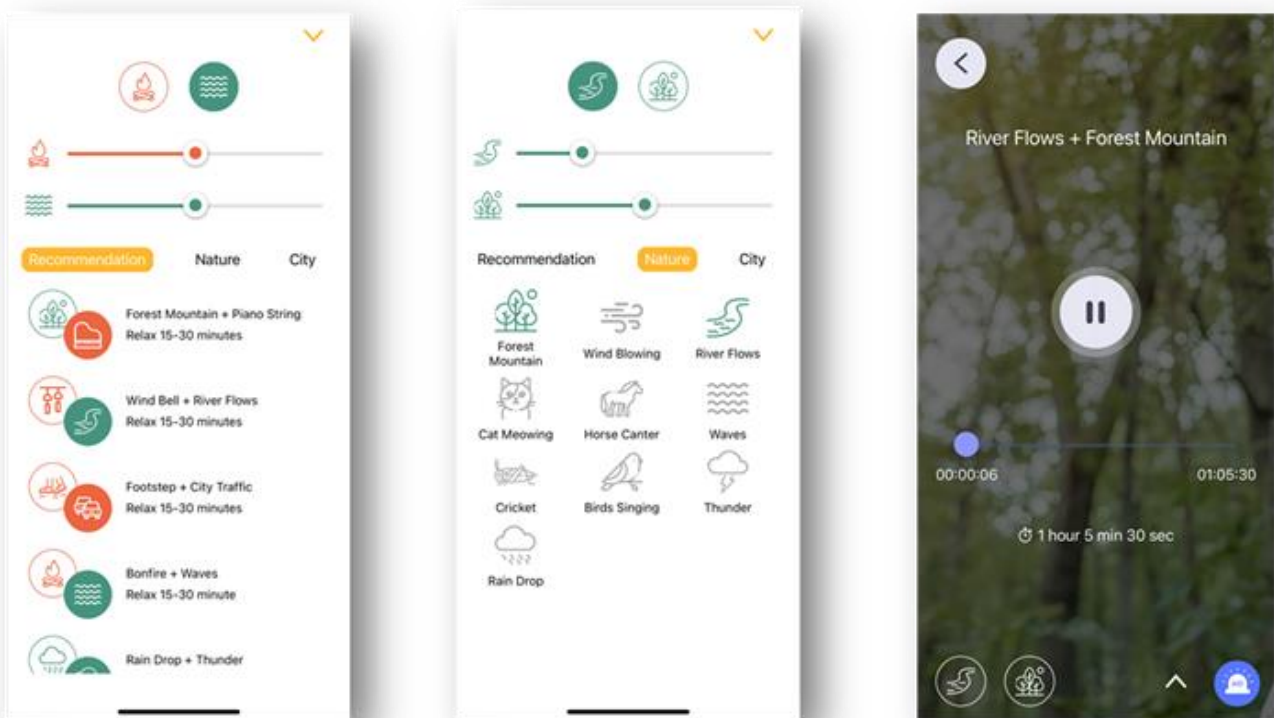
Press & Relax:

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.



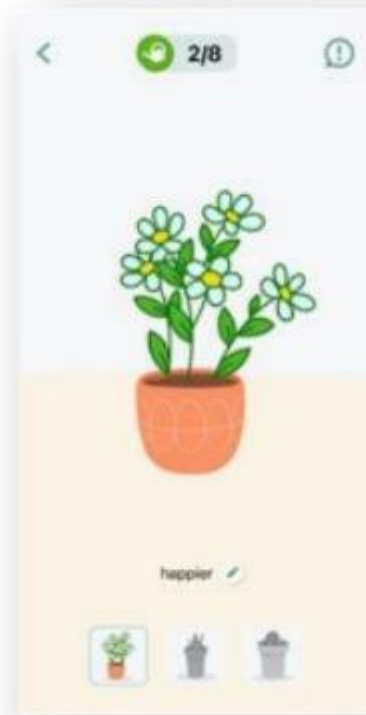
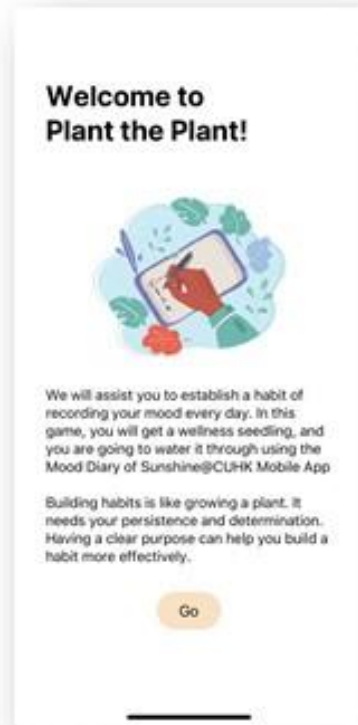
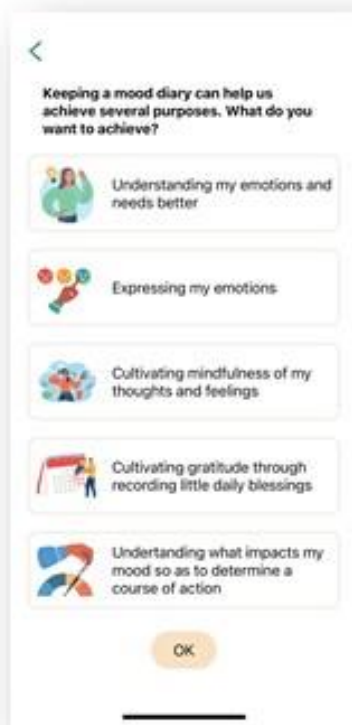
Mix & Listen:

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.



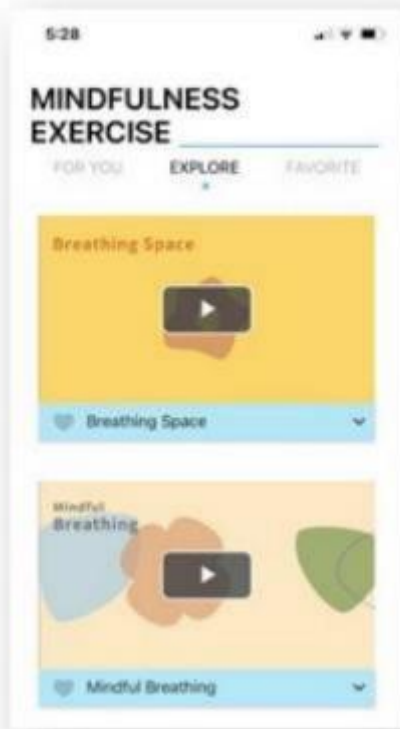
Plant the Plant:

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.

[\(Back to top\)](#)

6. 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 for more information.

[\(Back to top\)](#)

7. Multicultural Counselling Service for Non-local Students

To strengthen support to non-local students, WACC has extended the program to provide Multicultural Counselling Service to non-local students. Local students with extensive exposure to cultural experiences outside Hong Kong are also eligible (e.g. with international school backgrounds, or ethnic minorities born in Hong Kong).

The off-campus counselling service will be conducted by native Putonghua/ English speaking counsellors from an external counselling service provider (St. John's Cathedral Counselling Service <https://www.sjcshk.com/>). Counselling sessions could be conducted in languages including English, Putonghua and other languages such as German, Hindi, Indonesian, Japanese, Korean, Maithili, Marwadi, Nepali, Spanish, Tagalog and Urdu.

Details of the service are as follows:

- **Target:** CUHK full-time non-local students, including exchange students
- **Service:** 6 counselling sessions (may be extended according to service needs and availability)
- **Service Period:** From October 2022 to December 2023
- **Service Provider:** St John's Cathedral Counselling Service (<https://www.sjccs.hk/about/>)
- **Service Location:** Central (with easy access from Central MTR Station (Exit A1))
- **Charge:** Free of charge

For more details, please visit: <https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service> and attached poster. Students' self-referral, as well as referrals from units, are both welcome. Please visit <https://www2.osa.cuhk.edu.hk/wacc/en-GB/resources/for-staff/operational-guidelines> for referral form.

[\(Back to top\)](#)

8. Community Resources for Emotional Support

<Samaritan Befrienders HK>

Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

[24-hour Hotline: 2389 2222](#)

Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead

[Suicide Crisis Intervention Centre: 2341 7227 for appointment](#)

Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services

[Family Helpline: 2319 1177](#)

Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis

[\(Back to top\)](#)

To unsubscribe, please email us at info.wys@cuhk.edu.hk.