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30 October 2017

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Sunny Review

上周回顧

1. [High Table Dinner: Social Aspects in Canto Pop \(Speaker: Mr. Adrian Chow\)](#) 書院高桌晚宴「香港流行曲的社會面向」(講者：周博賢先生)



The High Table Dinner entitled "Social Aspects in Canto Pop (香港流行曲的社會面向)" was conducted by Mr. Adrian Chow (周博賢先生), song writer and music producer, last Thursday. He went through the development of Canto Pop and introduced how these works related to social conditions and influence on the public. We were grateful to have Professor Mike K.F. Wong (黃嘉輝教授), Professor of Practice, School of Journalism and Communication, moderating the Dinner.

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2. College Forum: Forum Challenges to Opportunities - Hong Kong in the 50s to 70s (Speaker: Prof. Joseph S.P. Ting)
 書院論壇「化危機為生機：五零至七零年代的香港」(講者：丁新豹教授)



In the College Forum entitled "From Challenges to Opportunities - Hong Kong in the 50s to 70s (化危機為生機：五零至七零年代的香港)", Prof. Joseph S.P. Ting (丁新豹教授), Adjunct Professor at the Department of History, CUHK and former Chief Curator of the Hong Kong Museum of History, brought the participants back to the 50s to 70s and reviewed how Hong Kong people turned challenges into

opportunities. Students were excited to discuss with Prof. Ting on how one should interpret history and cope with upcoming new challenges.

We were grateful to have Mr. Louis S.K. Heung (香世傑先生), Senior College Tutor and Former Director of Finance, Hong Kong Polytechnic University, moderating the Forum.

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3. Meet with Dean Tea Gathering



Sometimes students may wonder how to express their thoughts about College life. Some students met Professor Man-hong Lai (黎萬紅教授), College Dean of Students and Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students at “Meet the Dean” Tea Gathering to share their ideas. Stress in coursework, campus facilities, the fun and challenges experienced in student bodies all are topics on the table! Laughter filled up the tea time and we can’t wait for the next meeting.

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4. 語文文化桌：「從《孫子兵法》看大學生活」



本學期文化桌邀得中大中國語言及文學系講師梁德華博士，以「從《孫子兵法》看大學生活」為題，與同學分享《孫子兵法》作為智慧的啟發，當中特別以《計》篇作為文化桌討論之中心，總結出同學應慎重地思考、籌劃自己想過的大學生活。梁博士亦接受了書院環保小組親手製造的蚊膏作為是次文化桌的紀念品。

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5. College Student Advisor Scheme Gathering 師生茶聚-聚會



To help the new students settling in College life, we match the students with a College member who serves as their advisor. Another gathering was held on 27th Oct with two groups. Students and advisors shared their personal stories and academic work while having a delightful lunch.

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6. WYS Toastmasters Club Regular Meeting



WYS Toastmasters Club held their meeting last Tuesday. Exchange students and local students practised their English public speaking skills while sharing their thoughts on summer holiday. Everyone had lots of fun!

We were very much grateful to have invited Miss Maggie M.K. Lau (劉美岐小姐), Assistant Lecturer of ELTU, to be the language evaluator for the meeting providing creative ideas for expanding toastmasters and giving valuable comments for improving their public speaking. Giving a take-home message and pausing when feeling nervous are a technique.

You are most welcome to join the next meeting or movie appreciation night next month. Stay tuned for the updated details on [WYS Toastmasters Club Facebook page](#).

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College Activities 書院活動

1. 10th College Anniversary 十周年院慶



一年容易又院慶~又來到一年一度的伍宜孫書院院慶，今年我們為大家預備了一系列精彩活動:

6/11	6-11p.m. : 523 人宴 @ Canteen
7-8/11	7-10p.m. : 迷離宜孫 (鬼屋) @ W112-114
9/11	7-11p.m. : 法老的夜市(大笪地) Sunny Fest @ Courtyard
13-14/11	7-10p.m. : 迷城 @ Canteen

希望大家可以一同投入其中，在十一月中上旬慶祝書院十週年院慶！大家齊來踴躍參與！

Wu Yee Sun College Anniversary Celebration is coming! We have prepared a series of events:

6/11	6-11p.m. : 523 Banquet @ WYS Canteen
7-8/11	7-10p.m. : Haunted House @ W112-114
9/11	7-11p.m. : Sunny Fest @ Courtyard
13-14/11	7-10p.m. : The Maze @ WYS Canteen

We sincerely invite all of you to join us and celebrate Wu Yee Sun College 10th Anniversary together! See you there!

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2. 周保松教授《在乎》讀書會



在乎，意味著你將生命全心全意投入其中，意味著有些事有些人，對你至關重要。既然重要，也就意味著背後有理由在支持，而非隨意而為，無可無不可。這些理由，往往是你相信的價值。而價值，可以公開言說，可以嚴肅論證，因此也就有可能被質疑，甚至被推翻。

換言之，在乎，是情感，是關心，也是反思和實踐。只有通過反思和實踐，我們才能知道，自己所在乎的，為甚麼是對的和有價值的。本書許多文章，都在嘗試解釋和論證，我在乎人，在乎教育，在乎我城的初衷和理由。

在乎，也意味著你有可能受傷。當你為所在乎的投入感情和傾注心力，自然有所期待，一旦期待落空，難免痛苦失落，甚至承受巨大創傷。既然如此，為甚麼明知前路艱難，明知同行者稀，還是有許多人義無反顧地堅持極度在乎之事？

周保松教授簡介

書院院務委員；香港中文大學政治與行政學系副教授；英國倫敦政治經濟學院哲學博士。著作包括《小王子的領悟》、《政治的道德》、《自由人的平等政治》、《走進生命的學問》、《相遇》、《政治哲學對話錄》等。曾獲中文大學校長模範教學獎及通識教育模範教學獎。

日期：2017年11月21日（星期二）

時間：晚上7:00至8:30

地點：伍宜孫書院 如日坊 The Lounge

費用：全免

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4027154>

註：周保松教授鼓勵參加者於活動前閱讀書籍，有意訂購書籍者請詳閱報名表格內容。

截止報名日期：2017年11月6日（星期一）

查詢：Valentina Tsang (valentinatsang@cuhk.edu.hk/3943 3988)

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3. Stress Reduction before Examination 試前鬆一鬆



溫書溫到腦都實埋，想分享考試心得及學習放鬆方法？那就萬勿錯過由健康生活委員會舉辦的試前放鬆分享活動，跟經驗人士分享他們如何在年輕時如何處理考試的壓力及學習減壓方法。

日期：29/11/2017 (星期三)

時間：4:30 - 6:00pm

地點：伍宜孫書院如日坊

內容：

(1) 講解壓力的影響及教授減壓方法

主講：中大學生事務處 學生發展輔導主任 林桂銘女士

(2) 分享如何處理考試壓力

主講：健康生活委員會會員及學生

每位參加者可獲減壓禮品一份!

Stress-busting gift is given to each participant!

報名 Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3939147>

查詢 Enquiries :

Valentina Tsang (valentinatsang@cuhk.edu.hk/3943 3988)

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4. Japanese Archery Class 日本弓道體驗



Kyūdō is practiced as sports but its aesthetic and spiritual nature has always been placed higher than just hitting the target. Experience the shooting with courtesy and propriety!

This event is enlisted in Japanese Autumn Festival in Hong Kong (日本秋祭IN 香港).

Date: 28th Nov 2017 (Tue)
 Time: 19:30-21:30
 Venue: Central Courtyard, Wu Yee Sun College
 Quota: 20
 Fee: \$400 (\$300 refundable upon completion of the whole activity)
 Instructors: Instructors of Hong Kong Kyudo Association

Application and Deposit Submission:
<https://goo.gl/qQUEmg> (Deadline: 17:30, 3rd Nov)

Enquiries: Kathy (3943-3942 / kathyfong@cuhk.edu.hk)

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5. [Fat-burn Training 消脂攻略](#)

Losing fat probably strikes people's minds every day when they look at the mirror. Fat-burn Training will introduce you to effective workout plans.

Date: 16th, 23rd, 30th Nov 2017 (Thursdays)
Time: 19:30-20:30
Venue: Wu Yee Sun College Gymnasium
Quota: 12
Fee: \$200 (refundable upon completing at least 2 lessons)
Instructor: Ms. Ka-cheuk Leung

Application and Deposit Submission: <https://goo.gl/qQUEmg> (Deadline: 17:30, 3rd Nov)

Enquiries: Kathy (3943-3942 / kathyfong@cuhk.edu.hk)

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6. [Clab Movie Night: Trainspotting 1+2](#)

<The content is drafted by clab movie night organizer 内容由創意實驗室電影夜發起人撰寫>
 Clab Movie Night: Trainspotting 1+2



Trainspotting 1+2 are the movies showing the growth and changes of four teenagers from Scotland. Using four hours to show their changes within twenty years is stunning with huge dramatic effects. The detail of the movie night is as below:

Venue: College Theatre, UG10, Wu Yee Sun College
Date: 1st Nov 2017 (Wed)
Time: 6:00pm-11:00pm
Fee: FREE

All are welcome to join the event!

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7. Meet with Dean Tea Gathering 輔導長茶聚



Any thoughts, comments, suggestions about College life, or even your personal development, our Deans of Students are more than happy to listen and talk to you.

Share with us and enjoy afternoon tea together!

Date: 15th Nov 2017 (Wed)
Time: 4:30pm
Venue: College Staff Dining Room
Registration: <https://goo.gl/gqGvAj>

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

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8. 防癌秘笈：中西醫面面觀



“我得過十幾歲，應該吾會關我事掛?”

咁你就錯啦，世界衛生組織已於 2015 年宣佈，將加工肉例如香腸、火腿及煙肉列為最高風險致癌物，即 1 級致癌物，與煙酒睇齊；紅肉也可能致癌，列為 2A 級致癌物。世衛解釋，眾多研究證實加工肉會導致大腸癌，並與胃癌有關；紅肉則與大腸癌、胰臟癌及前列腺癌有關連。若果大家想知道更多關於癌症的成因及防癌方法，那就萬勿錯過是次健康講座。

活動內容:

日期: 2017 年 11 月 9 日 (星期四)

時間: 下午 12:30 至 2:00

講者: 書院健康生活委員會成員 及 中大醫學院腫瘤學系 陳林教授
書院健康生活委員會成員 及 中大中醫學院 張保亭教授

第一部份: 防癌之概念和方法

第二部份: 討論環節: 中醫好定西醫勁?

費用: 全免

講座後設有小食招待

歡迎同學、教職員及教職員家屬參加

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3584555>

查詢: Valentina (valentinatsang@cuhk.edu.hk/39433988)

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9. A Taste on Wine: English through Wine Appreciation

ENGLISH THROUGH WINE APPRECIATION

Date: 14 November 2017 (Tue)
Time: 7:00 - 9:00pm
Venue: W112, Wu Yee Sun College

Speakers:
Ms. Anna Tam (Food and wine writer, WSET course tutor)
Mr. Tank Tan (Holder of Wine and Spirit Education Trust Advance Certificate and Court of Master Sommeliers)

*Aroma, Round, Thin... Do you understand wines?
Do you know how to order wines at restaurants?
Come and join our Workshop to learn more about wine selection through interactive role-play!*

Eligibility: Students of 18 years old or above

Registration: [QR Code]

Deposit: \$100 (Refundable upon completion of activity)
*Please submit the deposit with in the College Office within office hours before the application deadline for successful registration and seat reservation.

Enquiries: Valentina Tsang (valentinatsang@cuhk.edu.hk / 3943 3988)

Aroma, Round, Thin.....Do you understand Wines? Do you know how to order wines at restaurants? Come and join our workshop to learn more about wine selection through interactive role play!

Date: 14th Nov 2017 (Tue)

Time: 7:00pm-9:00pm

Venue: W112, Wu Yee Sun College

Speakers: Ms. Anna Tam & Mr. Tank Tan

Biography of Speakers:

Ms. Anna Tam has a few identities, that's why she is busy: a boutique wines importer, marketing solution provider, food and wine writer, WSET course tutor and wine judge for hotel wine sommelier cup, and she is not sure if she will take more roles in the future. Enjoying her happy hectic life and taking the WSET Diploma course, she never forgets to dance like there's no tomorrow and save the water like there's no tomorrow too. Pay attention to your radio when you drive, you may hear her voice sharing her opinions on wines and travelling. Take a look at the Food and Beverages magazines when you are in hotel lobby, you may find her articles introducing wine and cheese stories and pairing techniques.





Being a mysterious Scorpio, **Mr. Tank Tan** is considered to be the hottest sommelier in town even he drinks 2 cans of beers every night before he sleeps. He is a holder of Wine and Spirit Education Trust Advance Certificate and Court of Master Sommeliers. This young man currently works as a hotel sommelier and restaurant manager at Westin Shenzhen. Before he joins the Starwood group, he spent 6 years in Shangri-la Hotel Ningbo. If you would like to hang out with Tank, remember to update your google map and GPS, since it is his daily routine to get lost no matter where he is. Surprisingly, he never gets lost in the world of wine aromas. If you would like to see his wild side, give him Pu'er tea and take him to the dance floor. If you would like to see a charming gentleman, go to his restaurant and order a glass of wine, you will be definitely impressed by his perfect serving skills and smart advice on food and wine pairing.

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3769349>

Eligibility: Students aged 18 or above

Deadline: 7th Nov 2017

Deposit: \$100 (Refundable with completion of the activity)

*Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation.

Enquiries: Valentina Tsang (valentinatsang@cuhk.edu.hk / 3943 3988)

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10. Fitness Consultation Sessions 健身訓練諮詢

Fitness Consultation Session
健身訓練諮詢

Fitness Trainer is at our College Gymnasium!!!

Keep-fit plan?

Proper use of fitness equipment?

Consult our Certified Fitness Trainer!
Ms. LEUNG Ka Cheuk

Period: 7th Sep – 30th Nov 2017 (Every Thursday, except Public Holidays)
Time: Thursday 6:30-8:30pm
Venue: College Gymnasium
Target: Wu Yee Sun students and staff (no prior application is required)
Enquiries: Miss Kathy Fong (3943-3942 / kathyfong@cuhk.edu.hk)

If you want to keep fit or build up your body, join us in the College's Gymnasium! Fitness consultation sessions are NOW available. You can seek instructor's advice on the use of fitness equipment, body fitness or other health-related issues during the sessions. The details are as follows:

Period: 7th Sep – 30th Nov 2017 (**Every Thursday, except Public Holidays**)

Time: Thursday 6:30-8:30pm

Venue: College Gymnasium



Instructor: Ms. Ka-cheuk Leung (Thursday)

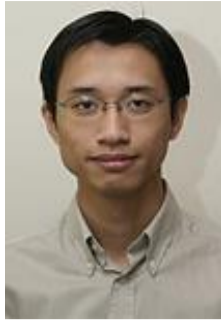
Target: Wu Yee Sun students and staff (no prior application is required)

Enquiries: Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942)

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College Announcements 宣佈事項

1. Appointment of College Associate Dean of Student and Associate Dean of General Education 書院副輔導長及通識教育副主任委任



Dr. Leung Po-kin (梁寶建博士)



Dr. Lancelot Mui (梅維浩博士)

Dr. Leung Po-kin (梁寶建博士), Lecturer at the Department of Physics, has been appointed as College Associate Dean of Students (書院副輔導長) from 1st Nov 2017 to 31st Oct 2019.

Dr. Lancelot Mui (梅維浩博士), Lecturer at The Jockey Club School of Public Health and Primary Care, has been appointed as College Associate Dean of General Education (書院通識教育副主任) from 1st Nov 2017 to 31st Oct 2019.

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2. YIA Locker Application for College Students (2017/18) YIA 儲物箱申請 (2017/18)

Lockers located at 4/F, Yasumoto Academic International Park (near Room 406 & 410) are now available for WYS College non-resident students. Students can apply at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4118343>. Successful applicants will be assigned ONE locker for use in the period **13th Nov 2017 – 27th Apr 2018**.

Application Procedures

- Submit application online by **12:00 nn on 3rd Nov 2017**. First come, first served.
- Submit a deposit of \$50 via HSBC or Hang Seng Bank ATM to The Chinese University of Hong Kong (293-005005-018) **AFTER** being notified by email of the success of application.
- Submit the bank-in slip / ATM advice to the Dean of Students' Office (UG09) in person **on or before 10th November** after receiving the confirmation email sent by the Office.
- Each successful applicant will be assigned one locker.

Regulations for the Use of Lockers

1. Users should take care of their personal belongings kept in lockers. The College will not be responsible for any loss or damage.
2. Due to hygienic reasons, no food, beverages, condiments or similar items should be kept in the lockers.
3. Users are responsible for cleaning the lockers and removing all the personal belongings inside them before returning the lockers to the College. After the stipulated period of use, any leftover items inside the lockers will be disposed of without any notification (no compensation will be made for destroyed locks).
4. Deposit will be refunded by auto-pay. Students should check their bank accounts in due course.
5. Deposit will be forfeited if any damage is made or failure to clear the locker upon expiry of the period of use.
6. The College may seize the student's right to use the locker if he / she violates the regulations or misuses the locker.
7. Users are fully responsible in taking care of their lockers. To avoid any misunderstandings, users are strongly recommended to lock their lockers even if they do not leave anything inside.

Enquiries: Miss Kiki Chan (kiki.chan@cuhk.edu.hk / 3943 3934)

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3. Wu Yee Sun College The Most Popular Canteen Staff Polling (2017/18 Term 1) 伍宜孫書院飯堂最受歡迎員工選舉 (2017/18 第一學期)



多謝大家對書院最受歡迎飯堂員工選舉的支持，伍宜孫書院自舉辦最受歡迎飯堂員工選舉後，飯堂服務質素不斷提升。書院於十一月份繼續舉辦最受歡迎飯堂員工，希望大家踴躍投票，為改善飯堂質素出一分力。

Thank you very much for voting the Most Popular Canteen Staff Polling in the past. Since the establishment of the Polling, the catering services have been improved largely. Another round of voting will be conducted in November. Please be reminded to give a vote. Let's work together to improve the catering service of College canteen.

請登入以下連結投票選出你心目中最受歡迎飯堂員工(每個同學/教職員最多可投三位飯堂員工)

Please click the link below to vote for the most popular canteen staff. (Each student/staff can vote for three canteen staff at most)

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3466224>

Voting period 投票日期: 1st to 30th Nov 2017

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4. Change of Opening Hours of College Catering Outlets on 16 November 2017 書院膳堂於 11 月 16 日更改營業時間

Due to the College Graduation Ceremony, the opening hours of all catering outlets at Wu Yee Sun College will be changed as follows:

16 th Nov 2017	4:00pm – 8:45pm
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5. College Canteen joining 'BYE GO!' at CUHK as Platinum-level BYO-Friendly Caterer 書院飯堂成為中大免「廢」行動鉑金級支持 BYO 食肆

The Campus Planning and Sustainability Office (校園規劃與可持續發展處) is launching a 'BYO GO!' Campaign (免「廢」行動) on 1st Nov 2017 to engage CUHK students, staff and caterers to support the "Bring Your Own" initiative. Wu Yee Sun College Student Canteen has pledged to support the campaign by becoming a **Platinum-level BYO-Friendly Caterer** and carrying out the following actions:

(1)

Displaying promotional materials on their premises to remind customers to BYO;

於店內展示宣傳品 (例如海報) 以提示顧客 BYO;

(2) Not providing disposable cutlery and drinking straws unless requested;

顧客購買外賣時，食肆不會主動附上即棄餐具及飲管;

(3) Charging customers a fee for disposable takeout containers or providing a discount to customers who BYO

顧客購買外賣時，如使用即棄器皿，需收取額外費用; 或食肆為自攜器皿的顧客提供優惠。

Don't want our Earth to drown in waste? Let's make a difference by ditching disposable cups, lunchboxes, cutlery and straws in our daily life!

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6. Exchange and Travel Grant/Loan 2017/18

College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities/exchanges may apply for Exchange and Travel Grant/Loan.

There are different rounds of applications. **For programmes/activities held in Oct 2017 - Jan 2018, the application is now open until to 14th Dec 2017.**

For programmes/activities held in Feb – May 2018, application will be open from 15th Dec 2017 to 14th Apr 2018.

Check out the following link for more information including eligibility:

http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1502848874ExchangeandTravelGrantandLoan2017182nd.pdf

For enquiries, please contact Miss Rebecca Wong at rebecca_wong@cuhk.edu.hk or Miss Yolinda Wong at yolindawong@cuhk.edu.hk

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7. “Meet the Dean” Hours 輔導長時間

“Meet the Dean” Hours is a regular time schedule particularly for you to talk directly to the College Dean of Students on any matters you feel interested or concerned. The session is hosted by:

- Professor Man-hong Lai (黎萬紅教授), College Dean of Students and Associate Professor of Department of Educational Administration and Policy
- Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor of Department of Chinese Language and Literature
- Dr. Lancelot W.H. Mui (梅維浩博士), College Associate Dean of Students and Lecturer of The Jockey Club School of Public Health and Primary Care

Every Sunnie is welcome!

Academic Year 2017-18

Date: Every Wednesday

Time: 4:30 – 5:30pm

Venue: Dean of Students Office, Room UG09, Wu Yee Sun College

If you would like to register or have any questions, please feel free to contact Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937) or Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935)

“Meet the Dean” Tea Gathering

Any thoughts about College life? Join the afternoon tea and share with our Dean of Students and Associate Deans of Students.

Date: 15th Nov 2017 (Wed)

Time: 4:30 – 5:30pm

Venue: College Staff Dining Room

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4050386>

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8. Student Pastoral Care

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

1) You are welcome to speak with our College Dean of Students when you have problems that need resolving. Please call 3943 3942 for arrangement.

2) You may also approach the University's Student Counselling and Development Service at 3943 7208 for help.

3) A 24-hour Emotional Support Hotline is also launched 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. The hotline number is 5400 2055.

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9. Wu Yee Sun College Sports Teams Tryouts (1st term, 2017-2018) 2017-2018 上學期伍宜孫書院院隊選拔時間表

For the tryout of Athletic Team (Men and Women), please contact Mr. Nelson LAM (nelsonlam@cuhk.edu.hk / 39433987) to arrange according to Field/ Track Events before 3rd Nov 2017.



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10. WYS's Got Talents

Are you interested in or excellent at **photography, video-production, art & design, simultaneous interpretation** or being the **Master of Ceremonies**? Or do you have any other talents to showcase?

The College is recruiting all sorts of talents to contribute in various College events including the upcoming College Opening and Anniversary Ceremony, College Forum and Assembly...etc. 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 Kathy Fong (3943 3942/ kathyfong@cuhk.edu.hk)

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

1. Mingle Fund

Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College. The Fund supports self-initiated activities with participation of both local and international/ incoming exchange students. Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity. For more info, please visit: <http://www.wys.cuhk.edu.hk/exchange.php?cat=others>.

For enquiries, please contact Miss Kathy Fong at kathyfong@cuhk.edu.hk or 3943 3942.

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2. Sports for Life Award Scheme 體育運動參與獎勵計劃

WU YEE SUN COLLEGE
SPORTS FOR LIFE
AWARD SCHEME
 體育運動參與獎勵計劃

- Exercise your bodies!
 - Healthy lifestyle!!

Sports for Everyone!

Earn points by participating College's sports activities and gain prizes!
 Points will accumulate till graduation!
 通過參與書院體育活動儲分, 換領獎品!
 獎分更可一直累積至你畢業為止!

Prize 獎品

Water Bottle 水樽 - 40 points
 Sports Towel 運動毛巾 - 30 points

Prize Redemption 獎品換領

Step 1: Check your points: <http://bit.ly/WYSSportsForLife>
 Step 2: Redeem the prize at Dean of Students' Office at the end of semester (Exact period will be notified via email)
 學期末到學生輔導處換領獎品 (確實換領日期經電郵通知)
 Enquiries 查詢: Miss Kathy Fong (3943-3942 / kathyfong@cuhk.edu.hk)

Wanna move your body and get a prize in the same time?!

Sports for Life Award Scheme aims at motivating students to take part in more College's sports activities and exercising regularly for a healthy life. Students can earn award points for participating in College's sports activities and gain prizes!

How to join? You will be enrolled into the Scheme after joining your first sports activity!

How to redeem prizes? Check your accumulated points at <http://bit.ly/WYSSportsForLife>! Redemption will be arranged by the end of every semester.

Updated Activities:

1. [Japanese Archery Class](#) (15 points)
2. [Fat-burn Training](#) (15 points)

Enquiries: Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942)

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3. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃

Life begins at the end of your comfort zone!

A **SMALL** change can make a **BIG** difference!

If you are planning for any short-term projects containing elements of Creativity, Entrepreneurial Spirit or Social Responsibility, apply "Be Entrepreneurial!" Funding Scheme.

To provide more support to students, the maximum funding amount has been raised to **\$20,000!!!**



Maximum Funding Amount: HK\$20,000

Eligibility

- ✓ All WYS undergraduate students
- ✓ Individual and Group projects (*the group must comprise of at least 50% WYS students, other 50% may be students from other Colleges*)
- ✓ Applications are welcome all year round.

What are you waiting for? Click [HERE](#) to find out more information!

Enquiries: Ms Florence Tsui (florencetsui@cuhk.edu.hk/ 3943 9767)

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4. Global Learning Award Scheme (Winter Round) 寰宇學習獎勵計劃 (冬季)

If you are planning to expand your wisdom and horizon with support from the scheme, ACT NOW! The scheme supports Wu Yee Sun College students to create, design, plan or participate in non-local academic or experiential learning programmes outside Hong Kong, in order to broaden students' international perspectives and enrich their experiences.

The quality of the proposals and applicants' track records are the main considerations in evaluating applications. This Scheme is divided into Short-term and Long-term Scheme. Successful applicants will be awarded "Global Learning Award", which is a merit-based award and the maximum award amount varies for programmes of different length and nature.

	Programme Length	Programme nature	Maximum Award amount
Short-term	Shorter than one month	Self-initiated programmes	HK\$12,000 or 100% of particular items (<i>whichever is lower</i>)
		*Participating in organized programmes	HK\$5,000 or 50% of particular items (<i>whichever is lower</i>)
Long-term	One to six months	Self-initiated programmes	HK\$15,000 or 100% of particular items (<i>whichever is lower</i>)
		*Participating in organized programmes	

**Programmes organized by the College and Term-long Exchange Programmes will not be considered for this scheme.*

The sooner you submit your application, the quicker to receive feedbacks, and more time to improve the contents. Comment from College Exchange Committee members on proposal of self-initiated programmes could be sought by sending request to kathyfong@cuhk.edu.hk. The request shall be made at least month before application deadline together with submission of the completed proposal, budget plan and application form.

Application is opened twice a year - Winter and Summer Round.

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	1 st Nov - 30 th Apr	1 st May - 31 st Oct
Summer	1 st May - 31 st Oct	1 st Nov - 30 th Apr

**application documents shall be submitted to DOS Office by the last working day within the application period.*

Know more about the details and [apply](#)! Please contact Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942) if you have any enquiries.

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



The poster features a collage of photos at the top showing students engaged in various service-learning activities. Below the photos, the title '服務學習項目資助計劃' and 'Service-learning Project Funding Scheme' are prominently displayed. The text encourages students to plan meaningful service-learning activities during their four-year university life, highlighting the benefits of learning through service. A callout box specifies the funding amount as '資助金額 HK\$5,000 - \$80,000'. At the bottom, contact information for Miss Katie Yau is provided, along with the college's logo and the slogan 'TAKE the INITIATIVE to make your service-learning projects come TRUE!'.

想在四年大學生活中策劃一些有意義的服務學習活動?
本計劃可讓你實現理想!
你可以選擇你的服務對象、地點、時間、行程,
實踐由自己一手策劃的服務學習項目。
從服務中學習, 從實踐中了解世界!

資助金額
HK\$5,000 - \$80,000

計劃詳情: <http://www.wys.cuhk.edu.hk/index.php/en/student-life/funding-schemes/331-service-learning-project-funding-scheme>
申請辦法: 填寫申請表並附上計劃書及相關文件至書院辦公室
查詢: Katie 余秋萍小姐 (3943 3935 / katieyu@cuhk.edu.hk)

伍宜孫書院 WU YEE SUN COLLEGE
TAKE the INITIATIVE to make your service-learning projects come TRUE!

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: Katie (katieyu@cuhk.edu.hk / 3943 3935)

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6. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃



The poster is designed with a green and yellow color scheme. It features the college's logo at the top left and the title 'SELF-MOTIVATION FUND FOR SPORTS ACTIVITIES' in large, bold letters. A descriptive paragraph explains the scheme's purpose: to encourage students to participate in various sports events and competitions to live up to the spirit of 'Sports for Everyone'. A callout box states that a maximum of \$500 or 80% of the application fee (whichever is lower) will be funded. Another callout lists eligible sports activities, including Oxfam Trailwalker, Standard Chartered Hong Kong Marathon, Tatum Run, and The Nike Cup-Hong Kong Five. Contact information for Miss Kathy Fong is provided, along with a QR code linking to the application and guidelines page. The bottom of the poster features silhouettes of various sports activities.

伍宜孫書院 WU YEE SUN COLLEGE

SELF-MOTIVATION FUND FOR SPORTS ACTIVITIES

Self-Initiated Sports Activities Funding Scheme encourages students to participate in various kinds of sports events or competitions, in order to live up the spirit "Sports for Everyone".

Maximum \$500 or 80% of the application fee (whichever is lower) will be funded.

Sports activities/ events/ competitions include but not limited to Oxfam Trailwalker, Standard Chartered Hong Kong Marathon, Tatum Run, or The Nike Cup-Hong Kong Five.

Application and Guidelines
<http://www.wys.cuhk.edu.hk/page.php?name=sports-health-education&lang=zh>

Enquires
Kathy (3943 3942 / kathyfong@cuhk.edu.hk)

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

The College will subsidize two types of events:

1. **The application fee of sports events/ competitions/ activities organized by organization(s) OTHER THAN College.** *Oxfam Trailwalker, Standard Chartered Hong Kong Marathon, Totem Run, or The Nike Cup-Hong Kong Five* are some of the examples.

Funding Amount: \$500 or 80% of application fee (whichever is lower)

2. **The course fee of qualification courses for sports coach.** *Rowing, Rope-skipping, Orienteering, Taekwondo* are some of the examples.

Funding Amount: \$800 or 80% of application fee (whichever is lower)

Guidelines: <http://www.wys.cuhk.edu.hk/page.php?name=sports-health-education>

Application: Please submit application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1935668> at least 14 working days BEFORE the start date of the activity. We will notify applicants the results within two weeks.

Enquiries: Kathy (kathyfong@cuhk.edu.hk / 3943 3942)

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

1. Hong Kong Scholarship for Excellence Scheme 2018/19

To support outstanding local students to pursue undergraduate and postgraduate studies in world renowned universities outside Hong Kong. Up to 100 scholarship offers would be made per cohort. Each awardee will receive a non-means-tested scholarship of up to \$250,000 and a means-tested scholarship of up to \$200,000 per annum. The value of the award may be correspondingly reduced if an awardee also receives other awards to finance his/her same studies overseas.

More details about the scheme and to apply online, please visit www.edb.gov.hk/hkses. For enquiries, please call 3509 7395 or hkses@edb.gov.hk

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2. Stress Management Workshop 壓力管理工作坊



<活動由學生事務處心理健康及輔導中心主辦>

日期：2017年11月13日(一)

時間：6:00 - 7:30pm

地點：康本國際學術園 401 室

語言：廣東話

內容：透過分享、互動遊戲及練習及練習，讓同學，讓同學掌握有效管理壓力的竅門，包括：

- 明白壓力的癥狀與影響
- 掌握有效管理壓力的方法
- 如何進行鬆弛練習

對象：中大全日制學生

名額：30人

報名：<https://webapp.itsc.cuhk.edu.hk/ras/restricted/eventlist?id=67>

查詢：3943 7208 / wacc@cuhk.edu.hk

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3. Alibaba Internship Programme with AIESEC in CUHK



<The information is prepared by AIESEC in CUHK>

This 6-month-long internship targets at YEAR3+ university students. As you have entered our company, opportunities are awaiting where you will be able to gain hands-on experience to work under the Alibaba ecosystem. The entrepreneurial mindset you are going to acquire, is all that you need for developing your future career!

Apply for Internship Programme: ent-fund.org/en/hongkong/internship/program

More information: goo.gl/v1QHpA

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4. HSBC Overseas Scholarship 2018/19 Now Open for Application

The scholarship will enable **local non-final year full-time undergraduate students** to spend a semester or an academic year as a visiting student or an exchange student at one of the overseas universities selected from the List of Overseas Universities. The maximum total value for each scholarship is HK\$300,000, which can only go towards tuition fees and mandatory college fees, a minimum economy return airfare, reasonable room and board costs, books, a small portion of living expenses and visa application fees.

Details of the Scholarship and its application form can be downloaded from <http://admission.cuhk.edu.hk/> (Financing Your Studies à Scholarships → Open for Applications). The application deadline is **28th Dec 2017**.

For enquiries, please contact the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid at 3943 7204 or sfas@cuhk.edu.hk.

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5. Edwin S H Leong Hughes Hall Scholarship 2018/19

To enable students of outstanding academic merit from CUHK who need support to pursue postgraduate study at The University of Cambridge, Dr. Edwin Leong will donate a scholarship tenable at Hughes Hall in Cambridge for an outstanding graduate from CUHK to pursue a one-year full-time study at Master's level, either for a taught or research degree, in the academic year 2018-19.

The maximum value of the Scholarship is £32,000 (subject to confirmation) which may cover, in full or in part, the following:

- the University Composition Fee;
- the College fee;
- a maintenance allowance to take care of board and lodging set each year by the Cambridge Overseas Trust and a settling-in fee;
- the cost of one return airfare between Hong Kong and the United Kingdom by the most economical route

The Scholarship shall only be awarded to the CUHK alumni who graduated within the recent 3 years (i.e. 2015, 2016 and 2017 classes). It may also be awarded to a final-year student contingent upon graduating from CUHK before taking up the Scholarship.

Details of the Scholarship and its application form can be downloaded from our website at <http://admission.cuhk.edu.hk/> (Financing Your Studies à Scholarships → Open for Applications). Completed application together with ALL the supporting documents must reach the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park by 5:30 p.m., 1st Dec 2017 (Hong Kong time). Late or incomplete applications will not be processed.

For enquiries, please contact the Office of Admissions and Financial Aid at sfas@cuhk.edu.hk or 3943 7204.

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6. International Symposium on Health Care Communication

The International Symposium on Healthcare Communication, organized by the Australian National University (ANU) Institute for Communication in Health Care (ICH), will be held at Australian National University in Canberra on 12th & 13th Feb 2018. The Institute will be launched at its new location at ANU, and the Institute's ongoing role as the Asia-Pacific Healthcare Hub of Charter for Compassion International will be honoured.

The Symposium will feature, amongst others, the following speakers:

- Associate Professor E. Angela Chan (Hong Kong Polytechnic University),
- Dr. Suzanne Eggins (Australian National University),
- Dr Sam Heard (Medical Director, Central Australian Aboriginal Congress),
- Dr. Katarzyna Jankowska (Nicolaus Copernicus University, Poland),
- Professor Rodney Jones (University of Reading - UK),
- Professor Emerita Suzanne Kurtz, (Washington State University -US and University of Calgary – Canada)
- Professor May O. Lwin (Nanyang Technological University - Singapore),
- Professor Christian Matthiessen (Chair Professor, Hong Kong Polytechnic University),
- Dr Elizabeth Rider (Harvard Medical School - US),
- Professor Peter Schulz (University of Lugano - Switzerland),
- Dr. Marilyn Turkovich (Exec. Director, Charter for Compassion International)

... plus international leaders in the field of healthcare communication

Registration can be done on [Eventbrite](#) (formal sale of tickets to follow).

[More info](#) on the symposium

[More info](#) on the Institute for Communication in Health Care

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7. The Standard Chartered Hong Kong Marathon – CUHK Marathon Team

The Standard Chartered Hong Kong Marathon will be held on 21st Jan 2018 (Sunday). CUHK will form its own marathon team once again. We welcome all CUHK/CUSCS students, staff, alumni and their relatives and friends to join the team and take up the challenge together!

Each team member will be entitled to the following exclusive benefits:

- 1) A CUHK running tee-shirt or singlet specially designed for sports runners, sponsored by [Antonhill Co. Ltd.](#)
- 2) Participation in marathon seminar and training to be conducted by the professionals from the Department of Sports Science and Physical Education, the Physical Education Unit and the Department of Orthopaedics and Traumatology, CUHK.
- 3) On-field physiotherapy provided by the CUHK Sports Medicine Team on the race day.
- 4) A souvenir from the CUHK booth located at the finishing area.
- 5) Support from CUHK cheerers along the racing routes.
- 6) Taking photos along the race routes and at the CUHK booth (You are welcome to download the photos as mementos, for free, from our website).

Registration procedure is as follows:

Step 1

To be a member of the CUHK Marathon Team, a runner must be a successful registrant who has received a reference number (eg. R-12345678 / C-12345678) from the Organiser of the Standard Chartered Hong Kong Marathon in the result announcement of its public ballot system released on 21st Sep 2017.

Step 2

Starting from now, successful registrants of the Standard Chartered Hong Kong Marathon can then register for the CUHK Marathon Team on the [CUHK Marathon website](#). Registration will be closed on 17th Nov 2017.

To know more about the CUHK Marathon Team, please check out our website at www.cuhk.edu.hk/cpr/marathon. For enquiries, please email to marathon@cuhk.edu.hk, or call 3943 3173.

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8. Student Residence Bursary Scheme 2017/18 學生宿舍助學金計劃 2017/18

To be eligible to apply for the CUHK Student Residence Bursary 2017/18, applicants must:

- (1) be local full-time undergraduate students;
- (2) be registered residents of the hostel and have resided in hostel for at least 75% of the time of the term;
- (3) have average monthly household income (during 1st April 2016 to 31st March 2017) lower than the median of the monthly household income published in the most recent Quarterly Report on General Household Survey by the Census and Statistics Department (Please refer to the Guidelines for the monthly household income bandings);
- (4) be not able to benefit from Community Care Fund (CCF) hostel subsidy or receive less than \$1,300 per term under the CCF hostel subsidy.

Amount of Bursary

1. For eligible needy students who are not able to benefit from CCF hostel subsidy, the value of each bursary will be \$1,300 per term.
2. For eligible needy students who receive less than \$1,300 per term under CCF hostel subsidy, the value of each bursary will be the difference between \$1,300 and the approved amount of CCF hostel subsidy.

3. The maximum amount of bursary for residents of all types of shared rooms will be the same.

Application Procedures

1. Eligible students who live in hostel for the first term or the whole year should submit their online application in Chinese University Student Information System (CUSIS)

(Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "Student Residence Bursary") during the application period **from 4th September to 31st October 2017**.

2. Applicants should print out Section 7 of the online application form and submit together with the supporting documents to the College on or before the application deadline.

For enquiries, please contact the Office of Admissions and Financial Aid at 3943 1898 or 3943 7205.

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9. 網上心理健康計劃－《心導遊》

(由香港中文大學心理學系舉辦)

The poster is yellow and features several icons: a brain, a heart, a compass, and a signpost that says 'TOUR HEART'. The main title is '心導遊' (Tour Heart). Below the title, it says '預防抑鬱症及焦慮症的網上研究計劃' (Online research program for preventing depression and anxiety). The poster lists four eligibility criteria: 1. 年滿十八歲或大學生 (18 years old or university student), 2. 能夠閱讀及理解廣東話 (able to read and understand Cantonese), 3. 具高風險會患上抑鬱症或焦慮症 (high risk of developing depression or anxiety), 4. 本屆曾患過抑鬱症、躁狂抑鬱症、廣泛焦慮症、精神分裂症譜系疾患或有自殺傾向人士 (previously suffered from depression, bipolar depression, generalized anxiety disorder, schizophrenia spectrum disorders, or suicidal tendencies). It provides the website <http://www.psy.cuhk.edu.hk/tourheart/> and a QR code. At the bottom, it mentions a prize of up to \$300 and lists the Department of Psychology and the Diversity & Well-being Laboratory.

簡介:

在忙碌的都市生活中，你有覺得疲累、心情低落，或是不安、焦慮嗎？工作上的責任和重擔，有令你感到負荷不來嗎？你覺得沒有時間，但又想為到自己既心理健康做些什麼？《心導遊》是一個為期八至十個星期的網上心理健康研究計劃。目的旨在提升大眾生活質素及心理健康，並預防廣泛性焦慮症及抑鬱症。在心導遊這個旅程之中，我們會從旁輔助你。希望你在過程之中，學習、練習、以及反思，並預備好去面對充滿未知、驚喜以及挑戰的人生。

詳細內容：

i) 對象：18 歲以上，能閱讀及理解廣東話，具高風險會患上抑鬱症或焦慮症，而未曾確診患上抑鬱症、躁狂抑鬱症、廣泛焦慮症、精神分裂症譜系疾患或有自殺傾向的人士參加。

ii) 《心導遊》包括了三個不同的課程：思緒遊、靜觀遊、知識遊。合資格的人士將會被隨機分派到以上三個課程的其中一個，每個課程為期約六個星期。參加者只需每星期花約半小時，就能提升自己的心理健康或對心理健康的認識。

iii) 參加者需於課前、第六節課後、完成課程後三個月及九個月後於網上填寫有關精神健康的問卷以檢討計劃成效。

iv) 為鼓勵參與，首 180 名完成課程及課後各階段評估的參加者，可獲得港幣\$100，最高合共\$300 的答謝金（答謝金將為現金或同等金額的現金券）。答謝金將於會面評估後派發。

有興趣參加的人士，可於網上登記（<http://www.psy.cuhk.edu.hk/tourheart/>），並填寫一份簡單問卷。我們將會預約初步合資格的參加者到香港中文大學進行簡單的會面評估，以確定符合參加條件。

如有查詢，歡迎於辦公時間致電多元文化及全人健康研究室研究助理 黃小姐 3943-4189 或電郵 swywong@psy.cuhk.edu.hk。

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