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Sunny Review

1. The College's First-ever Norway & Denmark Green Tour



12 Sunnies joined the newly-launched summer programme and travelled to Norway and Denmark from 16th to 29th Jun to study the green initiatives in Scandinavia. They visited various companies to gain inspirations on why and how to develop and operate a green business. On top of that, they enjoyed a guided hike to Pulpit Rock to understand how to maintain a balance between tourism and environmental protection. In Denmark, they also joined a local cycling tour to experience green living in Copenhagen and learned to incorporate the idea of sustainability and green into urban planning.



Thanks to the guidance of Dr. Sin-cheung Ho (何倩璋博士), College Member and Senior Lecturer at the Department of Systems Engineering and Engineering Management, participants have a deeper understanding on the green development in Norway and Denmark. This encourages them to reflect on the green issues in Hong Kong and ponder upon the possible ways to make a difference.



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2. Joint Installation Ceremony of College Rotaract Clubs 聯書院扶輪青年服務團就職典禮



Joint Installation Ceremony of Rotaract Club of Wu Yee Sun College (伍宜孫扶輪青年服務團「青風高宜」), Chung Chi College and Lee Woo Sing College was held on 3rd Jul. Led by Mr. Leo C.H. Wong 王澤熙同學 (IBBA/1), President of the new committee, the committee members took the oath for their commitment in the service for their members and the community.

College Dean of Students Professor Man-hong Lai (書院輔導長黎萬紅教授), representatives of Tai Po Rotary Club (Mother Club of WYS Rotaract) and District Rotaract Club attended the ceremony to show their support. Fellow Rotarians and Rotaractors were also invited to share the joy.



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3. The 17th "Moonlet" Programme - Sino-Russian Cultural Exploration



Under the assistance and guidance of Harbin Institute of Technology (哈爾濱工業大學), 10 Sunnies and 20 CUHK students from other Colleges visited Harbin and Russia in June.



Participants attended talks about the advanced development and technology of Moonlet in addition to visiting the Flood Control Monument (防洪紀念塔), Central Avenue (中央大街) and Unit 731 Museum (731 部隊遺址) to learn about the history of northern China. Apart from visiting Harbin, participants went to Russia by train and were arranged in different groups to visit Blagovescensk (布拉戈維爾申斯克), Vladivostok (符拉迪沃斯托克) and Khabarovsk (哈巴羅夫斯克) in Russia respectively. They also visited local universities to have a taste of their culture.



After the fruitful trip with visits to sites of educational significance, the participants gained a better understanding of the technology, culture and history of China and Russia.

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College Announcements

1. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be on leave from 19th July to 29th July morning. During this period, Professor Sunny K.S. Kwong (鄺啟新教授), Associate College Master and Director of University Planning Office, has been appointed the Acting Master of Wu Yee Sun College.

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2. Summer Opening Hours of College Catering Outlets 書院膳堂暑期營業時間

The summer opening hours of Wu Yee Sun College catering outlets are as follows:

Student Canteen 學生飯堂

24/6 - 26/8

Mon to Sat 星期一至六

1100 - 2045

Staff Dining Room 教職員飯堂

24/6 - 26/8

Mon to Fri 星期一至五

1200 - 1500 & 1800 - 2045

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3. Renovation Work of Café at College Gallery 書院藝廊咖啡室裝修工程

The renovation work of Café is conducted from 9:00am to 6:00pm in the period of 16th May to 31st July. Noise will be generated intermittently during the work period. Sorry for the inconvenience caused.

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4. Temporary Suspension of Opening Hours of Table Tennis Table in Summer

Table Tennis Table at College Gallery is temporarily closed during summer from 15th May onwards. The opening hours in the next semester will be announced in due course.

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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. The session is hosted by:

- Professor Man-hong Lai (黎萬紅教授), College Dean of Students and Associate Professor at the Department of Educational Administration and Policy

- Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor at the Department of Chinese Language and Literature
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics

Every Sunnie is welcome!

The session will be closed during term break but you are still welcome to make appointment with us! Please feel free to contact Ms. Sonia Yu (3943 3937 / soniayu@cuhk.edu.hk) or Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk).

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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 call **3943 3942** 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. Exchange and Travel Grant/Loan 2018/19

Wu Yee Sun College Exchange and Travel Grant / Loan

申請資格 Eligibility
 獲選參加學院外派計劃或海外學區暑期活動/交流，並有經濟需要的課程學生
 College students with financial needs who are selected for semester or year exchange programme or going overseas for summer activities / exchanges
 留學海外課程的本科學生
 For Grants, applicants must be local undergraduate students.

交流活動舉行期間 The Programme/Activities	申請日期 Application Period	結果公佈日期 Application Result
Feb 2019 – May 2019	15 Dec 2018 – 18 Apr 2019	30 Apr 2019
Jun 2019 – Sep 2019	19 Apr 2019 – 16 Aug 2019	30 Aug 2019
Oct 2019 – Jan 2020	17 Aug 2019 – 15 Dec 2019	30 Dec 2019

最高資助額 Maximum Amount of Subsidy
 獎學金(Grant)-\$5,000; 貸款(Loan)-\$5,000

YOUR only IS YOU

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 June - Sep 2019, application is now open until 16th Aug 2019.**

For programmes/activities held in Oct 2019 – Jan 2020, application will be open from 17th Aug – 13th Dec 2019.

Check out the following link for more information including eligibility: https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1555579031ExchangeandTravelGrantandLoan2018193rd.pdf

Enquiries:
 Ms. Karen Yiu (3943-3936 / karenyiu@cuhk.edu.hk)

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

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

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

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

P.S. CREATIVITY COUNTS!!!

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

Enquiries:

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

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

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

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

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

各位同學只須填妥申請表，連同會員費，交回伍宜孫書院地下院務室即可。

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College Funding & Awards Schemes

1. Care and Well-being Fund for Mental Wellness Activities



Care and Well-being Fund for Mental Wellness Activities encourages students to participate in various activities to strengthen mental wellness, including workshops, talks, symposiums etc. to release their stress as well as training classes and courses such as counselling training to enrich their knowledge on mental health in order to improve students' overall mental wellness.

Eligibility:

For Wu Yee Sun College students who participate in mental health activities and trainings organized by organization(s) other than College

Examples:

Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Counselling Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course

Funding Amount per student per activity:

Maximum **\$800** or 80% of the course / activity fee (whichever is lower)

Take a look at the [guidelines](#) and the [report template](#), and start your healthy life now!!!

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6754853>

Enquiries:

Miss Carly Lau (3943-3988 / carlylau@cuhk.edu.hk)

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2. 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.

Details: www.wys.cuhk.edu.hk/exchange.php?cat=others

Enquiries:

Miss Katie Yu (3943-3935 / katieyu@cuhk.edu.hk)

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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:

Miss Florence Tsui (3943-9767 / florecetsui@cuhk.edu.hk)

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

Introduction

Global Learning Award Scheme aims to encourage students to create, design, plan or participate in **non-local** academic or experiential learning programmes, so as to broaden students' international perspectives and enrich their experiences. Students need to demonstrate from the application documents and interview that the programme applied is beneficial and valuable to them instead of just simply for entertainment. The College Student Exchange Committee will then determine if the students can be awarded, and the award amount (if any). For successful applicants, they will be awarded "Global Learning Award" and receive the award amount after fulfilling all post-trip requirement on time. For more details, please refer to the [webpage](#) of GLAS.

Eligibility

All Wu Yee Sun College students (except Exchange students) are eligible for application. The programme joined or planned must be finished by their corresponding graduation date. Some examples are students self-initiating or joining overseas tours, academic conferences, competitions, field trips, courses, internship/major-related placement, research, voluntary service. Programmes organized and subsidized by the College and Term-long Exchange Programmes are excluded.

Maximum Award Amount

The maximum award amount varies with the programme length and programme nature.

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

Application

Before submitting the online application form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7362342>), please read through all guidelines and samples on the webpage.

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

Enquiries:

Miss Katie Yu (3943-3935 / katieyu@cuhk.edu.hk)

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5. 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 Katie Yu (3943-3935 / katieyu@cuhk.edu.hk)

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



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".

More Diversified and Greater Support!

Eligibility

Application Fee of Sports Events --> **BOTH application fee and course fee of sports activities and workshops**

Funding Amount

Sports Activities: Max. \$500 --> **\$1,000**

Qualification Courses for Sports Coach: Max. \$800 --> **\$2,000**

Details: <https://www.wys.cuhk.edu.hk/whole-person-development/sports-health-education/>

Enquiries:

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

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Other Activities & Announcements

1. The Esther Yewpick Lee Millennium Scholarship 2020 (Tenable at the University of Oxford)

This Scholarship is EXCLUSIVELY offered to CUHK final-year students or alumni, including both undergraduates and postgraduates of degree programmes. The scholar will be FULLY sponsored for a maximum of 3 years to read for a postgraduate degree or a second Bachelor's degree at the University of Oxford, U.K. commencing October 2020.

More information: <http://admission.cuhk.edu.hk/assets/oafa/Scholarships/Overseas/lee-2020-poster.pdf>

Deadline: 2nd Sep by 5:30 p.m. (Hong Kong time)

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2. The Rhodes Scholarship 2020 for Hong Kong (Tenable at the University of Oxford)

The Rhodes Scholarship is a prestigious international scholarship programme in the world, enabling outstanding young people from around the world to undertake full-time postgraduate study at the University of Oxford. Rhodes Scholarships are for young leaders of outstanding intellect and character who are motivated to engage with global challenges, committed to the service of others and show promise of becoming value-driven, principled leaders for the world's future.

More information: <http://admission.cuhk.edu.hk/assets/oafa/Scholarships/Overseas/poster-rhodes-2020.pdf>

Deadline: 30th Sep by 23:59 (Hong Kong time)

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3. <賽馬會心導遊計劃>一站式網上自助心理支援平台

- 每日的工作都很繁忙，究竟如何可以隨時隨地去照顧自己的心理健康呢？
- 在香港有七分之一的成年人曾經有精神困擾的經歷，但只有 25%的人會尋求協助，究竟原因是什麼呢？
- 你試過情緒受困擾卻不知道如何照顧自己嗎？
- 你試過見到身邊的人精神狀態不太好，卻不知道怎樣去支持他們嗎？

我們明白不同人會在不同時候，會有不同的精神健康狀況，亦會有不同的需要。《賽馬會心導遊計劃》旨在根據每個人的個別需要，並配合現今科技向大眾推廣精神健康，從而達到以下目的：

- 提高社會對精神健康意識及去除對精神病的誤解
- 提昇心理健康及促進個人成長
- 預防抑鬱或焦慮症狀
- 及早處理情緒困擾

立即登入 www.jctourheart.org 登記成為會員，進行簡單的心理健康評估。平台會根據評每個人的個別需要而建議合適的課程或服務。只要每日抽少少時間參與平台上的課程，就可以隨時隨地提升自己的心理健康！

註：手機版仍在測試改善中。使用電腦版的 Google Chrome、Apple Safari 或 Microsoft Edge 瀏覽網上平台，會獲最佳效果。

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