

# The Sunny Bi-Weekly

22 July 2019



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## Sunny Review

- [1. Two College Students Awarded the Hong Kong Jockey Club Scholarships](#)



Congratulations to our College students Mr. Arthur C.H. Chow 周澤亨同學 (IBBA Global Business Studies/2) and Miss Cecilia S.Y. Leung 梁詩雅同學 (Public Health/2) who have recently been awarded The Hong Kong Jockey Club Scholarships, recognizing not only their achievements in academic studies, but also their good character, demonstrated leadership and commitment in social services. Heartfelt congratulations from all the Sunnies!

Press Release on the Scholarship Presentation:

[https://www.cpr.cuhk.edu.hk/en/press\\_detail.php?1=1&1=1&id=3086&t=five-cuhk-students-awarded-the-hong-kong-jockey-club-scholarships](https://www.cpr.cuhk.edu.hk/en/press_detail.php?1=1&1=1&id=3086&t=five-cuhk-students-awarded-the-hong-kong-jockey-club-scholarships)

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## 2. 追尋歷史的軌跡 -- 西安



Ten Sunnies had a fruitful time in July at the Xi'an History and Cultural Tour co-organized by our College, Chung Ying College of Xi'an Jiaotong University (西安交通大學仲英書院), and Stanley Ho East Asia College of the University of Macau (澳門大學何鴻燊東亞書院).

With the company of students from Chung Ying College, participants learnt and experienced Xi'an's history and culture through various activities such as visiting museums, attending talks hosted by professionals, appreciating Qingqiang opera performance and putting on traditional Chinese costumes. They also gained more insights into

the current development of the new villages in Mainland China. The programme was particularly meaningful when the participants from the three Colleges engaged in voluntary service in Xingqing Palace (興慶宮), demonstrating their care for others and social responsibility.



Apart from enabling participants to have a deeper understanding on Chinese history and culture, this programme also created opportunities for university students from Mainland China, Macau and Hong Kong to gather and exchange views on different issues, as well as establish friendship across borders.

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### 3. Summer Camp with CUHKFAA Chan Chun Ha Secondary School 薪火相傳—香港中文大學校友會聯會陳震夏中學暑期生活營



This summer was filled with laughers of CUHKFAA Chan Chun Ha Secondary School students and our College student mentors. Twenty-seven S.5 students were warmly welcomed by our student mentors on 15<sup>th</sup> July and started a 3-day summer camp together.



Our student mentors designed several games to train students' cooperative and analysis skills. They also shared with the secondary school students their experiences and challenges faced in their university life. Through the JUPAS mock interview and the innovative session of "Letter to Yourself after DSE", the secondary school students have identified their strengths and weaknesses through self-reflection. With the valuable feedbacks from the student mentors, they are now better prepared for their JUPAS interview next year.



We were also honored to have Dr. Laurie Lau (劉耀忠博士), mentor of Rance Lee Mentorship Programme, to deliver a talk on STEM Education and Development in Hong Kong.



On the last day of the camp, students presented their mini-project in video clip or drama to express their aspirations towards university life. The secondary school students have now gained much more confidence and persistence, and the connections built with our student mentors made the camp more treasurable.



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#### 4. College Introduction at Summer Institute 2019



Over 320 students from secondary schools in Hong Kong, Mainland China and overseas participated in the Summer Institute (SI) this year. College Associate Dean of Students Dr. Po-kin Leung (書院副輔導長梁寶建博士) delivered a speech to the participants to highlight the College's missions and key initiatives. Organized by OAL, SI was a two-week credit-bearing programme offering participants to experience campus life while exploring different academic fields at CUHK.



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## College Announcements

### 1. New College Members 新增書院成員

The following CUHK staff members have recently joined Wu Yee Sun College as teacher affiliate. Warm welcome from all the Sunnies!



Professor Liting Duan 段麗婷教授  
Assistant Professor,  
Department of Biomedical Engineering  
*BS (Renmin Univ. of China); PhD (Stan.)*

Professor Duan received a Bachelor degree in Chemistry from Renmin University of China in 2010 where she worked on the fabrication and application of micro/nano-patterned structures using hot micro-contact printing. She moved from material engineering to biochemistry/biophysics for her doctoral studies at Stanford University.



Professor Sibowang Wang 王思博教授  
Assistant Professor,  
Department of Systems Engineering and Engineering Management  
*BEng (Fudan); PhD (Nan. Tech.)*

Professor Wang joined the Faculty of Engineering of CUHK in December 2018. His main research area is database and data mining. He is currently interested in efficient graph query processing for massive graphs and designing algorithms that are practically efficient whilst providing strong theoretical guarantees.

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## 2. News of College Members 書院成員消息



College Member Ms. Almariana Jessica Acuna will be promoted to Lecturer of the English Language Teaching Unit from 1<sup>st</sup> Aug 2019.



College Member Miss Jenna Lara Collett will be promoted to Lecturer of the English Language Teaching Unit from 1<sup>st</sup> Aug 2019.



College Member Miss Maria Consuelo Vega Leon will be promoted to Lecturer of Department of Linguistics and Modern Languages from 1<sup>st</sup> Aug 2019.

Heartiest congratulations from all the Sunnies!

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### 3. 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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### 4. 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 16<sup>th</sup> May to **23<sup>rd</sup> August**. Noise will be generated intermittently during the work period. Sorry for the inconvenience caused.

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### 5. Temporary Suspension of Opening Hours of Table Tennis Table in Summer

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

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### 6. "Meet the Dean" Hours 輔導長時間

"Meet the Dean" Hours is a regular time schedule particularly for you to talk directly to the College Dean of Students on any matters you feel interested or concerned. 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](mailto:soniayu@cuhk.edu.hk)) or Miss Katie Yu (3943 3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk)).

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## 7. Student Pastoral Care

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

- 1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please 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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## 8. Exchange and Travel Grant/Loan 2018/19

**伍宜孫書院交流及旅費獎學金/貸款**  
**Wu Yee Sun College Exchange and Travel Grant / Loan**

**申請資格 Eligibility**  
獲選參加學期交換或海外學區暑期活動/交流、或假期國際服務課程學生  
College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities/exchanges  
For Grants, applicants must be local under-graduate students.

交流/活動類別 The Programme/Activities	申請日期 Application Period	結果公布日期 Application Result
Feb 2019 - May 2019	15 Dec 2018 - 08 Apr 2019	30 Apr 2019
Jun 2019 - Sep 2019	19 Apr 2019 - 08 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)-\$15,000 - 貸款(Loan)-\$5,000

**YOUR only LIMIT 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 16<sup>th</sup> Aug 2019.**

For programmes/activities held in Oct 2019 - Jan 2020, application will be open from 17<sup>th</sup> Aug - 13<sup>th</sup> 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](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1555579031ExchangeandTravelGrantandLoan2018193rd.pdf)

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

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## 9. Book Exchange Corner at The Lounge in House of Sunny Living 如日坊—漂書閣

A Book Exchange Corner has been set up at The Lounge in House of Sunny Living. Students and staff are welcome to donate good books for exchange. You can come to The Lounge to pick a book which is of interest to you and at the same time, please leave down a good book for exchange.



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## 10. Venue Booking of Terrace of Dreams for Barbecue Activities 借用圓夢臺 (燒烤活動用途)

If students would like to reserve Terrace of Dreams for Barbecue activities, you may follow the procedures below to submit application.

**Step 1:** Reserve Terrace of Dreams at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4082730> at least THREE working days prior to the event date.

**Step 2:** Receive booking results via email from College

**Step 3:** Go through the rules & regulations, then submit application to Student Union for reserving BBQ Stove <https://drive.google.com/drive/folders/0B2BjiMcr2icqWkE4V3dmMWJXVkE>

Please be reminded BBQ can only take place in designated time and location:

**Booking Period:** Mon – Thu, 4:30 pm - 11:00 pm

**Designated Location for BBQ:** Terrace of Dreams

\*Booking of Terrace of Dreams via this online application can only be made for BBQ activities. For other activities organized by student bodies, student bodies concerned should submit booking request via online booking system (<https://www6.cuhk.edu.hk/WYS/frs/WYSLogin.aspx>).

**Enquiries:**

Miss Rachel Poon (3943-3942 / [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk))

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## 11. Displaying Promotion Poster and Video in College

To enhance the promotion channels and encourage student creativity, College student bodies may submit online application to display poster and video in College for their activities.

Display Locations\*:

1. Video wall at College Gallery (G/F)
2. TV at Lift Lobby, East Block (G/F)
3. TV at Lift Lobby, West Block (G/F)
4. TV at Student Canteen (LG/F)

\*College student bodies cannot select display locations.

Guidelines: <http://www.wys.cuhk.edu.hk/downloads.php>

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4616428>

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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](mailto: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](http://www.wys.cuhk.edu.hk/exchange.php?cat=others)

**Enquiries:**

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto: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](mailto: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.

	<b>Programme Length</b>	<b>Programme Nature</b>	<b>Maximum Award amount</b>
<b>Short-term</b>	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>
<b>Long-term</b>	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 <sup>st</sup> Nov – 30 <sup>th</sup> Apr	1 <sup>st</sup> May – 31 <sup>st</sup> Oct
Summer	1 <sup>st</sup> May – 31 <sup>st</sup> Oct	1 <sup>st</sup> Nov – 30 <sup>th</sup> Apr

**Enquiries:**

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto: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](mailto: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](mailto:kiki.chan@cuhk.edu.hk))

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## Other Activities & Announcements

### 1. New GE course in Area A “Science and Technology in China” (taught in English)

The poster features a central illustration of two people looking at a laptop. Text on the poster includes: 'NEW UGEA 2433 CHES 2107 Science and Technology in China'. It lists the course is taught in English on Thursdays from 6:30 to 9:30 pm. It specifies enrollment for China Studies majors and incoming exchange students under CHES 2107, and for other CUHK students under UGEA 2433. A red banner indicates it is for GE Area A. The main text describes the course as surveying science and technology in China from antiquity to the present. A list of sample topics and questions includes: Daoism and the Chinese mind; Confucianism unhelpful for science?; Chinese Medicine: Does it work? Is it a Science?; Chinese Remainder theorem; Chinese lunisolar calendar; Chinese science leading in middle ages?; Why did modern science emerge in Europe but not in China?; Four Great Inventions and world history; 'Mr Science' in May Fourth Movement; and Science and technology in trade war. A QR code is located in the bottom right corner.

This new course will be offered in the coming term. It will satisfy GE Area A requirement, and is taught in English.

**UGE2433 (also coded as CHES2107)**  
**Science and Technology in China**

Further information can be obtained at the following link

[https://gocuhk-my.sharepoint.com/:f/g/personal/kyoung\\_cuhk\\_edu\\_hk/En\]Qv5z5g11Nok2hERU\]T-0Bpp5nNoEp3i0cpYSNYbQ0aw?e=g2dCzK](https://gocuhk-my.sharepoint.com/:f/g/personal/kyoung_cuhk_edu_hk/En]Qv5z5g11Nok2hERU]T-0Bpp5nNoEp3i0cpYSNYbQ0aw?e=g2dCzK)

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### 2. 全球華文青年文學獎

「全球華文青年文學獎」自二零零零年創設以來，至今已歷六屆，由世界著名華文作家、學者和翻譯家擔任顧問或決審評判，逾六百個協辦機構遍及世界各地，以全球大專院校的學生為對象，獎掖華文創作，持續為全球青年提供聚首和觀摩的機會。歷屆參賽作品來自中國大陸、台灣、香港、澳門、新加坡、馬來西亞、美國、英國和荷蘭等二百多間大專院校的青年作者，是一個跨地域的文學創作盛會。而得獎同學來自不同的學科背景，除了有修讀語文(中、英、法、日)、文學、翻譯、哲學、歷史、美術、創意寫作與電影藝術，還有修讀法學、金融學、國際關係、

政治學、行政管理、市場營銷、內外全科、社會科學、石油工程、計算機科學及工程學，得獎作品各具創意，展現了當前華文創作的文化風貌，誠為全球華文文壇盛事。

本屆截稿日期為 2019 年 7 月 31 日，請把握機會，踴躍投稿！比賽詳情如下：

#### [參賽組別]

散文

字數上限：8,000 字

評判：陳芳明教授、陳平原教授、王良和教授

短篇小說

字數上限：20,000 字

評判：王安憶教授、駱以軍先生、黎紫書女士

文學翻譯

英文中譯，原稿由主辦單位指定及提供。

評判：金聖華教授、彭鏡禧教授、單德興教授

#### [獎項]

各組設	獎金（港幣）
冠軍（一名）	\$25,000
亞軍（一名）	\$20,000
季軍（一名）	\$15,000
一等優秀獎（三名）	\$5,000
二等優秀獎（十名）	\$3,000
鼓勵獎（十名）	\$2,000

詳情：<https://www.literary.arts.cuhk.edu.hk/>

查詢：全球華文青年文學獎籌備委員會秘書處 (3943 7107 / [literaryaward@cuhk.edu.hk](mailto:literaryaward@cuhk.edu.hk))

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### 3. 第五屆中國“互聯網+”大學生創新創業大賽 (香港選拔賽)

中國互聯網+大學生創新創業大賽始於 2015 年，每屆吸引 2200 多所高校、265 萬名大學生參賽。參賽類別分「創意組」、「初創組」及「成長組」，而參賽項目內容分類則包括「現代農業」、「製造業」、「資訊技術服務」、「文化創意服務」及「社會服務」。

第五屆大賽於 6 月至 9 月為報名、初賽及複賽階段，全國總決賽將在 10 月中下旬在廈門大學舉行。在承辦校廈門大學舉行總決賽時將會設置項目展示區、項目路演區、投融資對接區、合作簽約區、交流分享區、創意產品體驗區等，開展投資洽談、創新創業成果展、團隊路演等活動，為各參加者提供多元化的機會。詳情可參考[相關網頁](#)。

查詢：2528 1993 / [iec@newgen.org.hk](mailto:iec@newgen.org.hk)

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### 4. Fill in Questionnaire on Alcohol and Inconveniences Caused by Drinking & Get \$20 Cash Coupon!



The CUHK Jockey Club School of Public Health and Primary Care (JCSPHPC) is currently conducting a final survey about university student drinking in order to inform government alcohol policy. The personal data collected will only be used by JCSPHPC for sending information related to the above research project to the survey participants.

Target respondents are those who have lived in hostel during 2018/19 or this summer holiday. 2019 graduates are also welcomed. In return, you will get HK\$20 cash coupon as an incentive for filling in the online questionnaire.

URL: <https://forms.gle/HE4HrtHZ7MDLzrD58>

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## 5. 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:** 2<sup>nd</sup> Sep by 5:30 p.m. (Hong Kong time)

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## 6. 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:** 30<sup>th</sup> Sep by 23:59 (Hong Kong time)

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## 7. <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](http://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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