

## Sunny Review 上周回顧

- [1. College Students Receiving CUHK Outstanding Students Award 2019](#)
- [2. College Forum: "Campaigning for Change: Story of Greenpeace" \(Speaker: Ms. Gloria W.K. Chang 張韻琪女士\)](#)
- [3. College Music Society: Music Performances 音樂學會：今日宜樂](#)
- [4. "Sports for Everyone" - Build Body Strength while Enjoying Sports!](#)



## College Activities 書院活動

- [1. College 12<sup>th</sup> Anniversary Celebration Activities 宜孫 12 周年院慶活動 <New>](#)
  - [--- Round Campus Run 環校跑 <Enroll by Tomorrow>](#)
  - [--- 523 Banquet Tickets Available! 523 人宴~售票啦 <New>](#)
  - [--- Sunny Fest Booth Recruitment 大笞地招攤](#)
- [2. Staff-student Hiking with HKPASEA 秋日師生遠足 <New>](#)
- [3. Calm and Peace series 擁抱心「寧」系列: The Power of Poiesis: Free Our City with Bandage 《Poiesis 的力量: 繃帶釋放我們的城市》 <New>](#)
- [4. Calm and Peace series 擁抱心「寧」系列: Emotion Wellness Support Through Music 和你聽 <New>](#)
- [5. "Meet the Dean" Gatherings](#)
- [6. Rance Lee Award <Reminder - Application Deadline this Thursday>](#)
- [7. Fitness Consultation Sessions 健身訓練諮詢 <Updated>](#)

## College Announcements 宣佈事項

- [1. Wu Yee Sun College The Most Popular Canteen Staff Polling \(2019/20 Term 1\) 伍宜孫書院飯堂最受歡迎員工選舉 \(2019/20 上學期\) <New>](#)
- [2. New Establishment of College Café in College Gallery](#)
- [3. 宜孫劇社@中大劇賽賣飛啦](#)
- [4. "Meet the Dean" Hours 輔導長時間](#)
- [5. Student Pastoral Care](#)
- [6. Exchange and Travel Grant/Loan 2019/20](#)
- [7. WYS's Got Talents - Photography, Poster Design, MC and a lot more!](#)
- [8. Membership Recruitment - WYS Alumni Association 伍宜孫書院校友會會員招募](#)

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

- [1. Care and Well-being Fund for Mental Wellness Activities](#)
- [2. Mingle Fund](#)
- [3. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃](#)
- [4. Global Learning Award Scheme \(Winter Round\) 寰宇學習獎勵計劃 \(冬季\)](#)

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

- [1. 防止性騷擾委員會主辦「0480 論壇劇場」演出劇目《影像性暴力》 <New>](#)
- [2. HSBC Overseas Scholarship 2020/21](#)
- [3. Flourishing First Year Programme 心盛計劃 2019](#)
- [4. Events of The Hong Kong Management Association](#)
- [5. Student Residence Bursary Scheme 學生宿舍助學金計劃 <Application Ends This Thursday>](#)

## Sunny Review

### 1. College Students Receiving CUHK Outstanding Students Award 2019



The University's *Outstanding Students Award* recognizes the outstanding achievements of students in the areas of Innovation & Invention, Sports, Art, Social Service and Special Achievement. The College is proud to announce that eight Sunnies have received the prestigious award this year as follows:

Category	Awardee
藝術 Arts	Chi-yip Kung 龔志業 (Journalism and Communication / 5)
創意與發明 Innovation and Invention	Yiu-joe Leung 梁耀祖 (Medicine / 5)
社會服務(社區) Social Service (for the Community)	Arthur C.H. Chow 周澤亨 (IBBA / 3)
社會服務(社區) Social Service (for the Community)	Sum-yue Chung 鍾芯豫 (Geography & Resource Mgt / Class of 2019)
社會服務(社區) Social Service (for the Community)	Cecilia S.Y. Leung 梁詩雅 (Public Health / 3)
社會服務(社區) Social Service (for the Community)	Cheuk-long Ma 馬卓朗 (Urban Studies / 4)
體育 Sports	Hannel H.N. Chow 周漢聶 (Psychology / 5)
特別表現 Special Achievement	Wai-chaak Yim 嚴瑋擇 (Chinese Lang & Lit / 3)

Heartiest congratulations from all the Sunnies!

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

### 2. College Forum: "Campaigning for Change: Story of Greenpeace" (Speaker: Ms. Gloria W.K. Chang 張韻琪女士)



The College Forum entitled “**Campaigning for Change: Story of Greenpeace**” was conducted by Ms. Gloria W.K. Chang (張韻琪女士), Head of HR, Greenpeace East Asia, last Friday. Ms. Chang introduced how Greenpeace was founded and its involvement in social campaigns. She also shared with the audience the evolving tactics of the organization to arouse public’s attention to various environmental issues.

We were grateful to have Professor Ka-ming Wu (胡嘉明教授), Associate Professor at the Department of Cultural and Religious Studies, moderating the Forum.



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

### 3. College Music Society: Music Performances 音樂學會：今日宜樂



WYS Music Society (音樂學會) has held two music performances on 18<sup>th</sup> Oct and 25<sup>th</sup> Oct respectively. Students sang songs and played musical instrument on stage at the College Dining Hall during lunch hour. It was a pleasure for diners to enjoy the wonderful performances while having lunch, and at the same time a precious occasion for performers to have their mini concert!



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

#### 4. "Sports for Everyone" - Build Body Strength while Enjoying Sports!



The moment you kick-start the exercise routine, you will experience the benefits of calorie burns and muscle strength. We believe this was what the participants of *Functional Training* and *Accelerated Results 7* all shared. *Functional training* focused on movement patterns that would help participants perform daily activities easier. *Accelerated Results 7*, on the other hand, gave participants an intensive training to build muscles in a short period of time.



Exercising, however, is not only about building a healthy body but also about fun. Students joining a half-day adventure at *Sailing Fun Day* organized by College Sports Association (體育學會) challenged themselves on water. The wind in their faces and the soothing sounds of water on the bow caressed their senses gently.

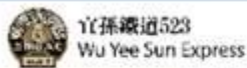
[\(Back to top\)](#)

## College Activities

### 1. College 12<sup>th</sup> Anniversary Celebration Activities 宜孫 12 周年院慶活動

The following message is drafted by Organizing Committee of Wu Yee Sun College Anniversary:

# 伍宜孫書院。十二週年院慶



勁共~勁共~咩咩

適逢宜孫今年十二歲生日, 宜孫鐵路將會係十一月一日正式通車

我地宜孫鐵路已經為咁多位兒孫精心安排左一連串嘅開幕活動, 務求令各位有機會享受到高質素嘅鐵路服務

*"Your attention please. This is the limited express train 'Anniversary No.12' bound for Wu Yee Sun College. We will stop at Campus Run, 523 Banquet, Sunny Fest and Adventure Tracks on the way."*

This year is Wu Yee Sun College's 12th Anniversary, and we are arranging various activities to celebrate her birthday. The W.Y.S. Express is inaugurated to deliver all of us to the festivities

綜合報名表格連結 **Link for train tickets to all stations:** <https://sites.google.com/view/wys-anniversary-celebration/>

## **1st Station: 環校跑 Campus Run**

*From the valleys of CWC to the steep challenge outside Shaw is our spirit heard. Join our campus run to enjoy the feeling of keeping fit.*

Date: Nov 1 (Fri)

Time: 11:30-13:00 (Registration starts at 10:55)

Location: College Lobby

4 PE marks are awarded to participants taking PE courses

## **2nd Station: 523 人宴 --- 鐵路餐車 523 Banquet**

*Autumn breeze is the season of many things: Maple Leaves, Halloween, and heartwarming Chicken Pots. Feast on the Chicken Pots and enjoy the show together!*

Date: Nov 4 (Mon)

Time: 18:40-21:30 (Entrance Starts at 18:00)

Location: College Canteen

Chicken Pot hotpot (雞煲) is served

屆時將會有特別嘉賓帶來精彩演出, 包括來自 E Kids 嘅阮民安, 仲有豐富獎品大抽獎

Special guests including Tommy Yuen @E-Kids will deliver us a great performance

Maybe you are the one that wins the first prize in the lucky draw

## **3rd Station: 大笈地--鐵路市集 Sunny Fest**

*You will be shocked by the sheer variety of things sold, so prepare your wallets, and stomachs. Come support your friends or - for those daring - open a stall of your own.*

Date: Nov 5 (Tue)

Time: 19:00-23:00

Venue: College Courtyard (書院中庭)

Performances and Game Booths are set and ready

到時將會有各式各樣嘅美食、遊戲、攤位同表演

#### 4th Station: 鐵路歷奇：過三關 Adventure Tracks

*Innovative sports activities seems to be the trend of these days, and surely we are also jumping on this wagon. Enjoy a whole night full of sports - it is going to be a good stress killer.*

Date: 14/11 (Thur)

Time: 18:00-21:30

Venue: College Canteen

Track 1 第一關：Ball Strike 踢球狙擊手

Track 2 第二關：Archery Tag 攻防箭

Track 3 第三關：Rolling Stock 滾動火車

通過以上三關將能得到 4 分 PE 分 4 PE marks are awarded to participants taking PE courses (again!)

*宜孫鐵路祝大家前路亨通，享受暢通無阻嘅鐵路服務～*

*This is the Final Stop of this train. Please remember to take away all of your sweet memories and happiness with you. Thank you for riding with us and we hope to see you again.*



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

### Round Campus Run 環校跑

The following message is drafted by Wu Yee Sun College Sports Association:  
(please click [here](#) for English version)



一年一度的伍宜孫環校跑又黎啦  
想係考完 **midterm** 舒展筋骨  
又想輕鬆拿取 4 分 **pe** 分?  
咁仲等咩? 快啲黎參加環校跑啦

日期: 01/11/2019 (星期五)

時間: 11:30 - 13:00

比賽登記時間: 11:00 - 11:30 (所有遲登記的選手將不獲參與)

地點: 伍宜孫書院大堂

名額: 300 名

衣著: 合適運動衫

截止報名: **29/10/2019 (tomorrow!)**

#### \*\*\*備注\*\*\*

1. 首三名運動員均設有獎盃及獎品, 第四及第五運動員則會獲得獎牌及獎品。
2. 所有參賽者須於出席頒獎禮後, 連同號碼再次到報到處確認完成賽事後, 方可獲得體育參與分四分。(只適用於體育必修課)
3. 精英組將從較前位置開始賽事, 休閒組將從較後位置開始。請根據您的意願選擇您的參與組別。
4. 報名以伍宜孫學生優先, 並且先到先得

如有任何問題, 歡迎與是次活動負責人聯絡: Ryan (9431 9958 / [sunnywyssa@gmail.com](mailto:sunnywyssa@gmail.com)) (電郵優先)  
(申請被接納者將會收到電郵通知作實。此活動不接受臨時參加者。)

報名: <https://forms.gle/8xcx4bd1gcVAp2Cj7>

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

523 Banquet Tickets Available! 523 人宴~售票啦

The following message is drafted by Organizing Committee of Wu Yee Sun College Anniversary:  
(please click [here](#) for English version)

勁共~勁共~咁味

宜孫鐵路開緊車啦, 但好肚餓點算~~宜孫鐵路既餐車為你提供 雞煲 同埋歡樂



無論係爸媽們完左 ocamp 好掛住班子女，抑或係近排好大壓力想 relax 下，都好歡迎大家約埋成班 frd 黎 523 人宴~~我地宜孫鐵路樂意為大家真•心繫生活每一程

今年好榮幸請到阮民安，仲有好多豐富嘅表演節目等緊你地！！當然唔少得好多好吸引嘅抽獎禮物啦到時係入口仲會見到我地部精心設計嘅鬧機嘍，咁特別唔係唔黎掛？

詳情如下：

日期：11 月 4 日 (星期一)

時間：1840-2130 (1800 入座)

地點：伍宜孫 canteen

購票：<https://forms.gle/7twcX914AN6C1FWg8>

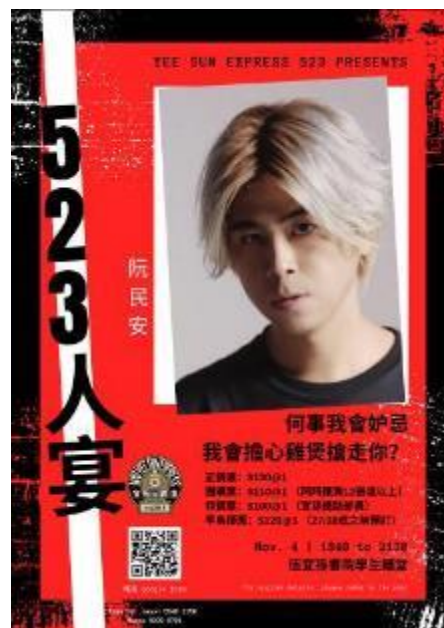
正價票：\$130

團購票 (同時購買 12 張或以上)：\$110

特惠票 (只適用伍宜孫書院十二週年院慶部員)：\$100

網上購票截止日期：

2/11 12:00



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

## Sunny Fest Booth Recruitment 大筴地招攤

The following message is drafted by Organizing Committee of Wu Yee Sun College Anniversary: (please click [here](#) for English version and application)

今年係書院 12 週年，11 月會有一連串慶祝活動，當中點可以數漏 11 月 5 日晚上的大筴地？今年我哋都會繼續同以前一樣，俾大家投攤，發揮無限嘅創意。無論係美食、遊戲定係展覽，只要你諗得出，我哋通通無任歡迎。

同之前嘅大筴地一樣，我哋希望各位同學可以唔單止作為一個參加者咁去慶祝書院生日，而係可以變成舉辦者，令大家一齊投入喺呢個盛事入面。無論你係有一啲好味嘅嘢想同大家分享，或者有啲興趣想同大家分享，我哋都好歡迎你嚟擺攤同同學交流交流嘍！

一句講晒：

想體驗下擺攤既籌備工作同滿足感？嚟大筴地擺攤啦！

同朋友 omate 莊員搞下新意思賣下野？嚟大筴地擺攤啦！

野食？野飲？手作？總之你諗到賣得既野都可以賣呀！

又開心仲可以賺到錢，唔係唔嚟投攤玩嘛



日期：11月5日(星期二)  
 時間：7:00 pm - 10:00 pm  
 地點：伍宜孫書院中庭

投攤表：<https://forms.gle/gWne6jcP2ua4JcRRA> (截止日期: 31/10)

租金：  
 中大人有電攤 \$120  
 中大人非電攤 \$100  
 非中大人有電攤 \$180  
 非中大人非電攤 \$150  
 按金: \$100

成功投攤者必需支付按金\$100 和租金!請參閱申請表上之細則及條款。如有爭議，香港中文大學伍宜孫書院學生會院慶籌委會保留最終決定權。

如果你想申請攤位做展覽或者遊戲，並且活動無法為你帶來收益，你可以聯絡我們申請特別攤位，或者申請書院的資助。

**Enquiries:**  
 Kevin: 6480 3543 / Dash: 5408 4878

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

## 2. Staff-student Hiking with HKPASEA 秋日師生遠足



Follow us to hike along Little Hawaii Trail where you could enjoy the scenic view of waterfall. Embrace yourself with the natural beauty!

**Date:** 9th Nov (Sat)

**Meet-up Time and Point:**

9:30 am @ Wu Yee Sun College

9:45 am @ University Piazza (near to Statue of "Goddess of Democracy")

\*Participants can also wait at main entrance of Lam Tin Park directly at 10:15

**Time and Point of Dismissal:**

12:15 pm (est.) @ Po Lam MTR Station

**Hiking Route:**

Lam Tin Park - Po Lam MTR Station (via Little Hawaii Trail)

藍田公園 — 寶琳地鐵站(經小夏威夷徑)

**Level of Difficulty:** 2 stars (maximum: 5 stars)

**Distance:** ~6km

### Notes for Participants:

- Put on suitable sportswear and sports shoes
- Bring enough water and food
- Bring mosquito repellent, sunblock and other personal sports gear
- Reduce waste and take litter to urban areas for disposal

**PE Mark:** 4 Marks

**Application:** Register at Dean of Students' Office and submit \$100 (refundable upon completion of the whole activity) **on or before 5<sup>th</sup> Nov, 5:30 pm.**

**Enquiries:**

Miss Chillies Tam (3943-3934/ [chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk))

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

### 3. Calm and Peace series 擁抱心「寧」系列: The Power of Poiesis : Free Our City with Bandage 《Poiesis 的力量：繃帶釋放我們的城市》

(please click [here](#) for English version)

近幾個月是否睡得不好? 經常回想曾發生過的事情?

或者時時刻刻留意著手機, 查看每天的新聞、交通情況 與 社交平台的最新消息?

這幾個月每一天發生的事件, 都令人感到憤怒 與 哀痛。香港社會的不同聲音、互相的衝突及傷害, 更令我們人與人之間的關係變得不信任及疏離。

在這個混亂中, 我們可以藉著**表達藝術方式** (包括視覺藝術和身體動作), 透過創作讓自己回到平靜, 用繃帶創造一個自己心中理想的都市, 反思最近的生活, 並放下對立與批判, 尋找內心的平安, 為人生注入動力。

**導師: Registered Expressive Art Therapist, Mr. Lai Ka Kit (黎家傑先生)**

黎先生是現任瑞士歐洲研究院(European Graduate School) 表達藝術治療碩士班及研究生班的講師、實習和論文督導; 香港大學表達藝術治療碩士課程的前榮譽講師。他亦是表達藝術治療國際聯網(連系世界各地如南美洲、拉丁美洲、歐洲及中東的表達藝術治療教育者)的認證成員。他有超過二十年整合創意工業、藝術、藝術教育、治療與生活的經驗。自2003年至今他開始專注於將表達藝術和治療諮詢結合, 服務不同的商業機構和非牟利機構。

**Date:** 6<sup>th</sup> Nov (Wed)

**Time:** 6:00 pm – 8:00 pm

**Venue:** W112, Wu Yee Sun College

**Registration:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8382411>

**Registration Deadline:** 4<sup>th</sup> Nov (Quota is limited. First-come, first-served)

**Enquiries:**

Carly Lau (3943 3988 / [carlylau@cuhk.edu.hk](mailto:carlylau@cuhk.edu.hk))



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

### 4. Calm and Peace series 擁抱心「寧」系列: Emotion Wellness Support Through Music 和你聽

很多時, 我們心中都有無數的說話, 想與人傾訴, 但往往難以啟齒, 只好把情感收於心底內。音樂卻賦有一種神奇的力量, 大家可以在輕鬆及互勉的環境下, 通過音樂抒發心中的喜悅及鬱結。同學亦可以藉著歌詞, 痛痛快快地表達對社會的歌頌或不滿。

在是次音樂活動中, 導師會利用不同樂器帶領大家, 透過**唱歌**、**填詞**, 並協合**話劇元素**, 讓同學把內心深處的感受盡情地表達出來。若您有事情想分享, 或者有意見想表達, 我們都樂意傾聽。

We may have many words trapped inside our heart but don't know how to express freely. Music has magical power. It offers a space for you to share your ups and downs with friends and to gain peer support. Song-writing provides a great way to express your emotions more easily.

Under the guidance of our instructors using different musical instruments, you can express your true emotions through **singing**, **song-writing** and **elements of drama** at the workshop. Please join and share your feelings through music with us!



**Instructors :**

Ms. Cheung Kit Yang Carol (UK Registered Music Therapist)  
Mr. Chan Cho Kin (Drama Educator & Counselor)

**Date :** 19 Nov 2019 (Tue)

**Time :** Class A 5:30 – 6:45pm

Class B 7:00 – 8:15pm

**Quota :** 10 students per class

**Venue :** The Lounge in WYS House of Sunny Living

**Deposit :** \$50

**Registration :** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8394614>

**Registration Deadline :** 11 Nov 2019

**\*\*Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation. Place is limited. First-come, first-served. Time of deposit payment will be the determinant.**

**Enquiries :**

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

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

**5. "Meet the Dean" Gatherings**

Date	Time	Venue	Language	Hosted by
9 <sup>th</sup> Oct	4:30 pm	Staff Dining Room	Putonghua	Prof. Poon Ming Kay (Associate Dean of Students)
23 <sup>rd</sup> Oct	6:30 pm	Staff Dining Room	Cantonese	Prof. Lai Man Hong (Dean of Students)
30 <sup>th</sup> Oct	4:30 pm	Staff Dining Room	English	Dr. Leung Po Kin (Associate Dean of Students)

**Quota for Each Session:** 10 (first-come-first-served)

**Application:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8253704>

**Enquiries:**

Ms. Sonia Yu (3943-3937 / [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk))

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

**6. Rance Lee Award <Reminder – Application Deadline on 31<sup>st</sup> Oct 2019>**



Creativity (創意) and Sunny Living (陽光生活) are two of the College's core values. If you are health-conscious and a green living supporter, grab this chance to promote your creative idea!

**Rance Lee Award** aims at encouraging the integration of creativity and Sunny living in the following 3 areas:

- Rance Lee Award for creativity in promoting *health and well-being*
- Rance Lee award for creativity in promoting *lifetime sports*
- Rance Lee award for creativity in promoting *green life*

Unleash your creativity and submit your application with a one-page executive summary **on or before 31<sup>st</sup> Oct (this Thursday)**. Tell us your ideas in proposal format and make a better life together!

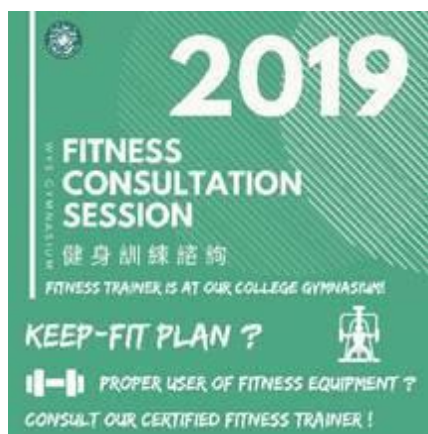
Check out the website and click "**Rance Lee Award**" for further details: <https://www.wys.cuhk.edu.hk/funding-scheme.php>

**Enquiries:**

Miss Carly Lau ([carlylau@cuhk.edu.hk](mailto:carlylau@cuhk.edu.hk) / 3943-3988)

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

**7. Fitness Consultation Sessions 健身訓練諮詢**



Ever have doubts about all sorts of training techniques and effects? Ask our personal trainers at College Gymnasium!

**Mr. Ryan Chan**

**Dates (Every Wed, Except Public Holidays):**

- Sep 11, 18, 25
- Oct 2, 9, 16, 23, 30\*
- Nov 6\*, 13\*, 20, 27

Time: 6:00 pm - 8:00 pm  
Venue: College Fitness Room

**Ms. Vanessa Chan**

**Dates (Every Thu, Except Public Holidays):**

- Sep 12, 19, 26
- Oct 3, 10, 17, 24, 31
- Nov 7, 14, 21, 28

Time: 8:00 pm - 10:00 pm  
Venue: College Fitness Room

Target: Wu Yee Sun College Students and Staff Members  
No prior applications required! Kick-start your workout plan now!

**\*Additional fitness consultation available at 17:00-18:00**

**Enquiries:**

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

## College Announcements

### 1. Wu Yee Sun College The Most Popular Canteen Staff Polling (2019/20 Term 1) 伍宜孫書院飯堂最受歡迎員工選舉 (2019/20 上學期)



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，飯堂員工的服務態度不斷提升。新一輪投票將於 11 月舉行，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 provided by Canteen Staff have been improved largely. Another round of voting will be conducted in November 2019. Please be reminded to give a vote. Let's work together to improve the catering services 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  
(每位同學/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=8459681>

Voting period 投票日期 : 1<sup>st</sup> to 30<sup>th</sup> Nov

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

### 2. New Establishment of College Café in College Gallery

Wu Yee Sun College Café located at College Gallery (Ground Floor of the College building) has had its soft opening on 9<sup>th</sup> Oct. The opening hours of the Café in October are as follows:

**Mon to Fri:** 10:00 am – 6:00 pm

**Sat, Sun & Public Holiday:** Closed

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

### 3. 宜孫劇社@中大劇賽賣飛啦

The following message (Chinese only) is drafted by "Wu Yee Sun Drama Society":

"在我們不知曉的時空裡，有著許許多多的他和她，為著他們的，為著我們的幸福，而無名地付出著。生於動蕩的時代，是一種不幸，也是一種幸運。"



嚟到一年一度嘅中大劇賽  
又點少得伍宜孫劇社呢  
今年我哋繼續為大家獻上精彩嘅話劇  
大家起呢度填 form 之後，我地就會留飛比你架啦  
訂左呢日既飛，仲可以睇埋另外一場架

日期: 10月31日(四)  
時間: 晚上7時  
地點: 中文大學邵逸夫堂  
票價: 學生 \$50\* / 成人 \$100\*  
當日劇目:  
7:10pm 新亞劇社 《夢非夢》  
8:05pm 伍宜孫劇社 《流芳百世》

訂飛傳送門:

[https://docs.google.com/forms/d/e/1FAIpQLSfKs-bViP\\_6oqHpU\\_YrkIM7zXiMxPNxqh0WpExbYngqx-izCQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSfKs-bViP_6oqHpU_YrkIM7zXiMxPNxqh0WpExbYngqx-izCQ/viewform)

聯絡:

Elton (9409 1392) / 羊羊 (9235 9713)

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

#### 4. "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!

##### Academic Year 2019/20

**Date:** Every Wednesday

**Time:** 4:30 pm – 5:30 pm

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

##### Enquiries:

Ms. Sonia Yu (3943-3937 / [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk))

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

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

#### 5. 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.

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

## 6. Exchange and Travel Grant/Loan 2019/20



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 - Jan 2020, application is now open until 13<sup>th</sup> Dec 2019.**

For programmes/activities held in Feb 2020 – May 2020, application will be open from 14<sup>th</sup> Dec – 17<sup>th</sup> Apr 2020.

Check out the following link for more information including eligibility:  
[https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf)

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

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

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

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

- **Photography / Video-production**
- **Art & Design (e.g. posters or infographics)**
- **Simultaneous Interpretation**
- **Master of Ceremonies**
- **Audio & Video 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 Chillies Tam (3943-3934 / [chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk))

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



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

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

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

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

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

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

# College Funding & Awards Schemes

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



The College encourages students to pursue a healthy and sunny life. If you would like to join any non-College organized activities **to strengthen your own mental wellness** or **to enrich your relevant knowledge so as to provide support to your peers**, you are most welcome to apply for our **Care and Well-being Fund for Mental Wellness Activities**. The Fund now provides greater support to allow a wider choice of activities of your interest. Details can be found below:

### **Eligibility:**

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

### **Examples:**

Meditation, Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Peer Support Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course etc.

### **Funding Amount per student per activity:**

Maximum amount increased from \$800 to **\$1,500**, 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))

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

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

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

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

## 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))

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

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

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

## 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:

## 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.wyys.cuhk.edu.hk/whole-person-development/sports-health-education/>

#### Enquiries:

Miss Chillies Tam ([chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk) / 3943-3934)

## Other Activities & Announcements

### 1. 防止性騷擾委員會主辦「0480論壇劇場」演出劇目《影像性暴力》

防止性騷擾委員會於 11 月 14 日舉辦戲劇欣賞會，邀請風雨蘭轄下的「0480 論壇劇場」演出劇目《影像性暴力》。劇場上半部份以戲劇演出探討有關社會議題，下半部份觀眾將化身為觀演者，進入劇中，實際嘗試改變的可能。不論你是誰，你的每一步都是重要的一步。



科技發展讓我們有不同渠道與人聯繫，「隨心拍」、「開心share」已成為我們與朋友/網民連結的重要方式；但可怕的是，當隨心拍變成「偷拍」、開心share變成「被流出」，面對他人的目光，我們有信心應對嗎？作為網絡公民的一員，你又如何看待「花生友」的身份呢？

日期：2019年11月14日（星期四）

時間：下午6時30分至8時

地點：香港中文大學康本國際學術園2號演講廳

語言：廣東話

\*歡迎中大教職員及學生參加 費用全免\*

報名：請[按此](#)

詳情：請參閱[海報](#)或瀏覽[網頁](#)

查詢：

3943-1721 / [pash@cuhk.edu.hk](mailto:pash@cuhk.edu.hk)

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

## 2. HSBC Overseas Scholarship 2020/21

This scholarship supports local non-final year full-time undergraduate students to study in an overseas university for either one semester or one academic year in the academic year 2020/21. The maximum total value for each scholarship is HK\$300,000 covering 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. Other than the language requirement and academic requirement of minimum CGPA 3.7, the following attributes of candidates are required by the donor:

- 1) be well-rounded, active in extra-curricular and/or community services;
- 2) no extensive experience of living or studying overseas; and
- 3) be committed to Hong Kong

Details of the Scholarship and its application form can be downloaded from <http://admission.cuhk.edu.hk/> (Financing Your Studies > Scholarships > Open for Applications). The application will close at 12:00 noon on 30<sup>th</sup> Dec 2019.

### Enquiries:

OFAFA Scholarships and Financial Aid Section (3943-7204 / [sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk))

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

## 3. Flourishing First Year Programme 心盛計劃 2019



Flourishing First Year@CUHK is a tailor-made programme for all NEW students. More than 20 workshops on various virtues of leaders will be provided throughout the academic year to support students to flourish as an everyday leader.

#### *How does Flourishing First Year@CUHK work?*

- Step 1:** [Register](#) to be a member and receive promotion of upcoming workshops/ activities  
**Step 2:** Choose your favourite workshops and get our welcoming gifts  
**Step 3:** Complete at least 3 workshops from 3 different modules -- \$50 Cafe330 Coupon  
**Step 4:** Complete at least 6 workshops from all 6 modules -- Big prize! (to be announced later)  
**Step 5:** Becoming an Everyday Leader

#### **Programme Details and List of Workshops:**

<https://www.osa.cuhk.edu.hk/services/flourishing-first-year-programme>

#### **Enquiries:**

Office of Student Affairs (3943-8652 / [osa@cuhk.edu.hk](mailto:osa@cuhk.edu.hk))

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

### 4. Events of The Hong Kong Management Association

The Hong Kong Management Association (HKMA) would like to invite you to join the following event under their Youth Development Scheme. Upon satisfactory attendance to any three HKMA events during Oct-Dec 2019, students will be invited to HKMA internship program.

The event is provided for free for HKMA student members only, so interested students please first register for HKMA student membership online at <https://www.hkma.org.hk/free/membership/studentMember/>. It is FREE to register for HKMA student membership. Afterwards, students could register for the following events at <https://forms.gle/EV35YKLxvM9sZuVe9> directly.

Event	Time & Venue	Description	Flyer	Registration Deadline
<b>Company Visits: McDonald's</b>	14 <sup>th</sup> Nov, Thu 15: 00-17:00 @Hungghom train station	Representatives from the company will be sharing their industry trend, daily operation, talent need and advice on career plan, even tips on applying their internship / graduate opportunities. Tour will be given around the office / restaurant so students will have a taste on the daily operation of the industry.	<a href="#">Flyer Here</a>	11 <sup>th</sup> Nov, Mon

#### **Enquiries:**

Ms Esan Lee of HKMA ([esanlee@hkma.org.hk](mailto:esanlee@hkma.org.hk) / 2774-8575 / 9329-3393)

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

### 5. Student Residence Bursary Scheme 學生宿舍助學金計劃

#### **Eligibility**

To be eligible to apply for the CUHK Student Residence Bursary 2019/20, 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 1<sup>st</sup> Apr 2018 to 31<sup>st</sup> Mar 2019) 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 \$1,420 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 \$1,420 per term.
2. For eligible needy students who receive less than \$1,420 per term under CCF hostel subsidy, the value of each bursary will be the difference between \$1,420 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 2<sup>nd</sup> Sep to 31<sup>st</sup> Oct 2019**.
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.

**Application details:** <http://admission.cuhk.edu.hk/aid/application.html>

### **Enquiries:**

Office of Admissions and Financial Aid (3943-1898 / 3943-7205)

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

## 6. Community Resources for Emotional Support and Mental Health Promotion

### **<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*

\*\*\*\*\*

### **<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。

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

To unsubscribe, please email us at [info.wys@cuhk.edu.hk](mailto:info.wys@cuhk.edu.hk).