

### College Activities 書院活動

#### 1. Sunny Living Week

--- Music Sharing by College Master 院長音樂分享 <Next Mon>

--- Music Buffet

--- Virtual Eco-Cultural Tour 虛擬生態文化遊

--- Virtual Forest Bath 虛擬森林浴 <Deadline this Sat>

--- Boost Your Immunity : Light Food Making Workshop 抗疫有營輕食製作 <Deadline this Wed>

2. Virtual Workouts - Mindful Yoga / Core Training / Functional Training <New>

3. Online Social English Workshops 網上社交英語工作坊

### College Announcements 宣佈事項

1. Meeting of Campus Environment Committee - Next Meeting Date 30<sup>th</sup> Sep <New>

2. Wu Yee Sun College Sports Teams Tryouts (1st term, 2020-2021) 2020-2021 上學期伍宜孫書院院隊選拔時間表 <New>

3. The "Sunny" Award & Admission Scholarship for Outstanding Artistic Achievements 2020/21 - Now Open for Application <Deadline next Mon>

4. College Student Grant/Loan 2020/21 - Application Now Open (for Non-Freshmen ONLY)

5. Call for enrollment of Rance Lee Award <Updated>

6. Temporary Closure of College Catering Outlets 書院膳堂暫停營業

7. "Meet the Dean" Hours 輔導長時間

8. Student Pastoral Care

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

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

### College Funding & Award Schemes (Year-round Application)

書院資助及獎勵計劃 (全年可供申請)

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

2. Self-Motivation Fund for Sports Activities

3. Self-Motivation Fund for Green Activities

4. Mingle Fund

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

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

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

1. Celebrity Talk (I): Through the eyes of your heart 名人講堂(I) - 心眼闖世界 <New>

2. Recruiting participants for EMap : Ethnic Minority X Community Map Co-creation Workshops <New>

3. New Member Recruitment for CUHK Peer Support Network (uBuddies/ uPals) 2021 中大朋輩支援網絡 (uBuddies/ uPals) 2021 年度成員招募

4. [Open for application] 2020-21 Student Cultural Ambassadors Scheme 【招募會員】2020-2021 年度學生文化大使計劃 <Deadline this Wed>

5. CALL FOR ENTRY: PI Centre CUHK Startup Team Fall 2020 Application <Info Session held tomorrow>

6. Mini-Workshop: Social Impactful Project

7. APRU Virtual Student Exchange Program Co-curricular Activities

8. 2020 OnePass (CWEM) Password Expiration Date

9. Tertiary Student Finance Scheme - Publicly-funded Programmes (TSFS) 2020-21

Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2020-21

10. CUHK Independent Learning Centre (ILC)

11. Flourishing First Year Programme 心盛計劃 2020-21

12. Community Resources for Emotional Support

# College Activities

## 1. Sunny Living Week



Feeling soooooo dull staying at home, watching TV dramas and playing video games all day? Want to live a sunny, healthy and meaningful life like before? Don't miss the chance to join the online activities during Sunny Living Week from 5-9 Oct. The Week aims to strengthen your body, mind and spirit and instill **positive energy** by complimenting three dimensions of *"Health and Spiritual Well-being"*, *"Sports for Life"* and *"Go Green and Lead the Society"*. It hopes that students can **stay strong and positive to overcome unexpected difficulties at all times** and get started the journey of Sunny Living for different challenges in the future.

日日宅在家中，唔係煲劇，就係打機，人都頹廢晒？想重拾陽光活力的自己，宅出健康，宅出意義？那就萬勿錯過書院於 Sunny Living Week 為你精心炮製嘅多項網上活動，藉着透過三大元素：**身心健康**、**終身運動**，以及**綠色生活**，旨於提升同學精神健康，讓同學強健體魄，並為同學注入**正能量**，希望同學可以**時刻積極面對逆境**，並於往後生活中繼續貫徹 Sunny Living 的精神。

Date & Time	Activity
5 Oct (Mon) 12:30 pm - 1:00 pm	Music Sharing by College Master 院長音樂分享 ( <a href="#">Details</a> ) <b>Live on College Facebook, don't miss it!!!</b>
5 - 9 Oct (Mon - Fri)	Music Buffet ( <a href="#">Details</a> ) <b>Stay tuned at College YouTube Channel!</b>
5 - 9 Oct (Mon - Fri)	Virtual Eco-Cultural Tour 虛擬生態文化遊 <b>Stay tuned at College YouTube Channel!</b>
8 Oct (Thu) 3:00 pm - 5:00 pm	Virtual Forest Bath 虛擬森林浴 ( <a href="#">Details</a> )
9 Oct (Fri) 11:45 am - 1:15 pm	Boost Your Immunity : Light Food Making Workshop 抗疫有營輕食製作 ( <a href="#">Details</a> )

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10125437>

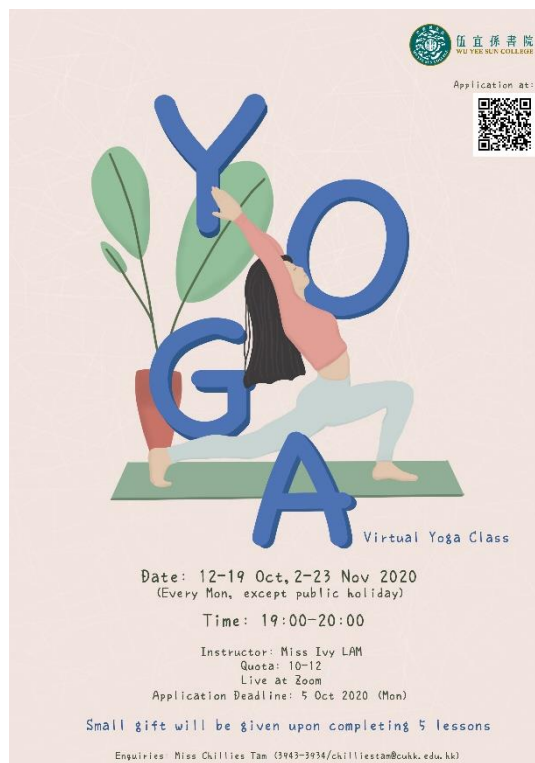
**Enquiries:**

Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

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## 2. Virtual Workouts – Mindful Yoga / Core Training / Functional Training

Move Alert! We've spent a lengthy time at home in the past year. Let's get some exercises! LIVE interactions with trainers allow you to receive timely and appropriate fitness advice.



### Mindful Yoga 靜觀瑜伽

*Stretch your body and put your mind at ease even at a small space*

Date: 12, 19 Oct; 2, 9, 16, 23 Nov  
Instructor: Ms. Ivy Lam

**Time:** 7:00 pm - 8:00 pm

**Format:** Zoom (event login ID and passcode will be sent to successful participants)

**Quota:** 10 (per class)

**Award:** **Yoga Block** (completion of 5 Yoga Classes); **Water Bottle and Towel** (completion of 2 lessons for each of Core Training or Functional Training). Collection arrangement will be announced later upon resumption of face-to-face classes.

**Application:** Interested students please complete application form at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10688579> on or before 5<sup>th</sup> Oct 2020

### Notes for Participants:

### Core Training 核心肌群訓練

*Builds muscle strength and enhances endurance*

Date: 13, 20, 27 Oct  
Instructor: Mr. Ryan Chan

### Functional training 功能訓練

*Trains the entire movement of your body to better perform everyday activities.*

Date: 15, 22, 29 Oct  
Instructor: Ms. Vanessa Chan

- Students must complete an online Physical Activity Readiness Questionnaire (PAR-Q) prior to the event. Otherwise students may not be allowed to join the activity.
- Students must turn on video throughout virtual classes
- Students should put on appropriate sportswear when joining the virtual classes and avoid eating one hour before the activity.

**Enquiries:**

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

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### 3. Online Social English Workshops 網上社交英語工作坊

**Online Social English Workshops**

Can you understand the following conversation?

"How was your date with Sam? Are you guys going out?"

"No, afterward I sent him a text and he blueticked me. Then he ghosted!"

"Oh no! Well, there are plenty of other fish in the sea."

"Good, because I have bigger fish to fry!"

If you want to learn more about:  
The Language of Friendship and Dating; Social Networking and Memes;  
Informal Language and Idioms; Improvisation and building Confidence; and Popular Culture,

**Join our Social English Workshops!**

**Instructor:**  
Ms Jenna Lara COLLETT  
(College Member and Lecturer  
at English Language Teaching Unit)

**Date:** 15 Oct, 22 Oct & 29 Oct (Thu)  
**Time:** 6:30 – 8:00pm  
**Deadline:** 7 Oct

The workshops will be conducted via ZOOM.  
Participants will receive the ZOOM link 3 days before the workshops.

Enquiries: Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

Can you understand the following conversation?  
"How was your date with Sam? Are you guys going out?"

"No, afterward I sent him a text and he blueticked me. Then he ghosted!"

"Oh no! Well, there are plenty of other fish in the sea."

"Good, because I have bigger fish to fry!"

If you want to learn more about:  
The Language of Friendship and Dating; Social Networking and Memes; Informal Language and Idioms; Improvisation and building Confidence; and Popular Culture,  
Join our Social English Workshops!

**Instructor: Ms. Jenna Lara COLLETT**

Ms. Jenna COLLETT is a Lecturer at the English Language Teaching Unit. She obtained her Masters in English Literature from Rhodes University. Originally from South Africa, Ms. Collett has lived and taught in South Korea and Hong Kong. She has taught courses in English Literature, English for Academic and Specific Purposes, and Conversational English for ten years.

**Date:** 15 Oct, 22 Oct & 29 Oct (Thu)

**Time:** 6:30 pm – 8:00 pm

The workshops will be conducted via ZOOM.  
Participants will receive the ZOOM link 3 days before the workshops.

**Registration:**

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=9959569>

**Deadline:** 7<sup>th</sup> Oct 2020 (Wed)

**Enquiries:**

Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

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# College Announcements

## 1. Meeting of Campus Environment Committee - Next Meeting Date 30<sup>th</sup> Sep

The upcoming meeting of Campus Environment Committee will be held on 30<sup>th</sup> Sep 2020 (Wed) at 3:00 pm. College students can approach the corresponding student members through the College Student Union ([wysuec.cuhk@gmail.com](mailto:wysuec.cuhk@gmail.com)), Resident Association ([sungrazian@gmail.com](mailto:sungrazian@gmail.com)) and Non-Resident Association ([ryeesks@gmail.com](mailto:ryeesks@gmail.com)) if there are any suggestions or comments. Thank you for your valuable input.

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## 2. Wu Yee Sun College Sports Teams Tryouts (1st term, 2020-2021) 2020-2021 上學期伍宜孫書院院隊選拔時間表

Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's & Women's Badminton	16 <sup>th</sup> Oct 2020 (Fri)	6:00 pm - 8:00 pm	Yeung Ming Biu Indoor Sports Centre	Mr. Nelson LAM 3943 3987 <a href="mailto:nelsonlam@cuhk.edu.hk">nelsonlam@cuhk.edu.hk</a>
Men's & Women's Table Tennis	21 <sup>st</sup> Oct 2020 (Wed)	7:00 pm - 9:00 pm	Shaw College Multi-purpose Sports Hall	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>
Men's & Women's Tennis	14 <sup>th</sup> Oct 2020 (Wed)	6:00 pm - 8:00 pm	Tennis Court No. 3, 4, 5	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>
Men's & Women's Rowing	To Be Announced		Grand Stand, HCF	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>

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## 3. The "Sunny" Award & Admission Scholarship for Outstanding Artistic Achievements 2020/21 - Now Open for Application

## 2020/21入學獎學金

## ADMISSION SCHOLARSHIPS

### The "Sunny" Award HK\$15,000 / \$10,000

Recognize College freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility

嘉許持樂觀積極態度，並具創意、熱誠及遠見，能展現書院使命「彰顯創新志業，承擔社會責任」的書院新生



立即申請  
Apply Now

2020年10月5日截止接受申請

### 藝術傑出入學獎學金 Admission Scholarship for Outstanding Artistic Achievements HK\$8,000

Acknowledge College freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music

嘉許於藝術包括文學 / 表演 / 視覺藝術 / 電影 / 媒體藝術或音樂方面表現傑出的書院新生



立即申請  
Apply Now

Applications open until 5 Oct 2020

Enquiries: Ms Karen Yiu | 3943 3936 | karenyiucuhk.edu.hk

### The "Sunny" Award - HK\$15,000 / HK\$10,000

Recognize College freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility

Online Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10402717>

### Admission Scholarship for Outstanding Artistic Achievements - HK\$8,000

Acknowledge College freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music

Online Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10402162>

Both scholarships are eligible for freshmen who placed Wu Yee Sun College as their 1st College Preference.

Application Deadline: 5<sup>th</sup> Oct 2020 (Mon)

More details: <http://www.wys.cuhk.edu.hk/scholarships.php>

#### Enquiries:

Ms. Karen Yiu ([karenyiucuhk.edu.hk](mailto:karenyiucuhk.edu.hk) / 3943 3936)

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## 4. College Student Grant/Loan 2020/21 - Application Now Open (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2020/21. There will be two rounds of applications: the September round is open to Non-Freshmen ONLY while the January round will be open to Freshmen ONLY. Students who have financial difficulties are reminded to first apply for Government financial aid (Tertiary Student Financial Scheme).

Application is now open for non-freshmen until 12<sup>th</sup> Oct 2020 (Mon). Please download the application form from the following link and submit the completed form with supporting documents via email to Ms. Karen Yiu ([karenyiucuhk.edu.hk](mailto:karenyiucuhk.edu.hk)) or in person to the College Office (G03, G/F, East Block) before the deadline.

**Enquiries:**

Ms. Karen Yiu ([karenjiu@cuhk.edu.hk](mailto:karenjiu@cuhk.edu.hk) / 3943 3936)

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## 5. Call for enrollment of Rance Lee Award



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 27<sup>th</sup> Oct 2020 (Tue) by 5:00 pm.** Grab the chance to win **HK\$10,000** to promote Sunny Living!

**Online application is now available, simply submit your application through one click -**  
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10554865>

For details about Rance Lee Award, please check this [link](#).

**Eligibility:** All WYS students can apply individually or in group comprising at least 50% of WYS students

**Enquiries:**

Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

Miss Florence Tsui ([florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk) / 3943 9767)

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## 6. Temporary Closure of College Catering Outlets 書院膳堂暫停營業

Due to the spread of the novel coronavirus, Student Canteen, Staff Dining Room and Café at Wu Yee Sun College are temporarily closed until further notice. We are sorry for the inconvenience caused.

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## 7. "Meet the Dean" Hours 輔導長時間

["Meet the Dean" Hour is temporarily suspended and will be resumed once the circumstances allow. If you wish to talk to Dean of Students during this period, please email [sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) for arrangement.]

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

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

The session is hosted by:

- Professor Ming-kay Poon (潘銘基教授), College 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
- Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Associate Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care

Every Sunnie is welcome!

#### **Enquiries:**

Ms. Sammy Kwan ([sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) / 3943 9775)

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

Miss Florence Tsui ([florecetsui@cuhk.edu.hk](mailto:florecetsui@cuhk.edu.hk) / 3943 9767)

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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 email [sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) for arrangement.
- 2) You may also approach the **University's Wellness and Counselling Centre** at **3943 7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400 2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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

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

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

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

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

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

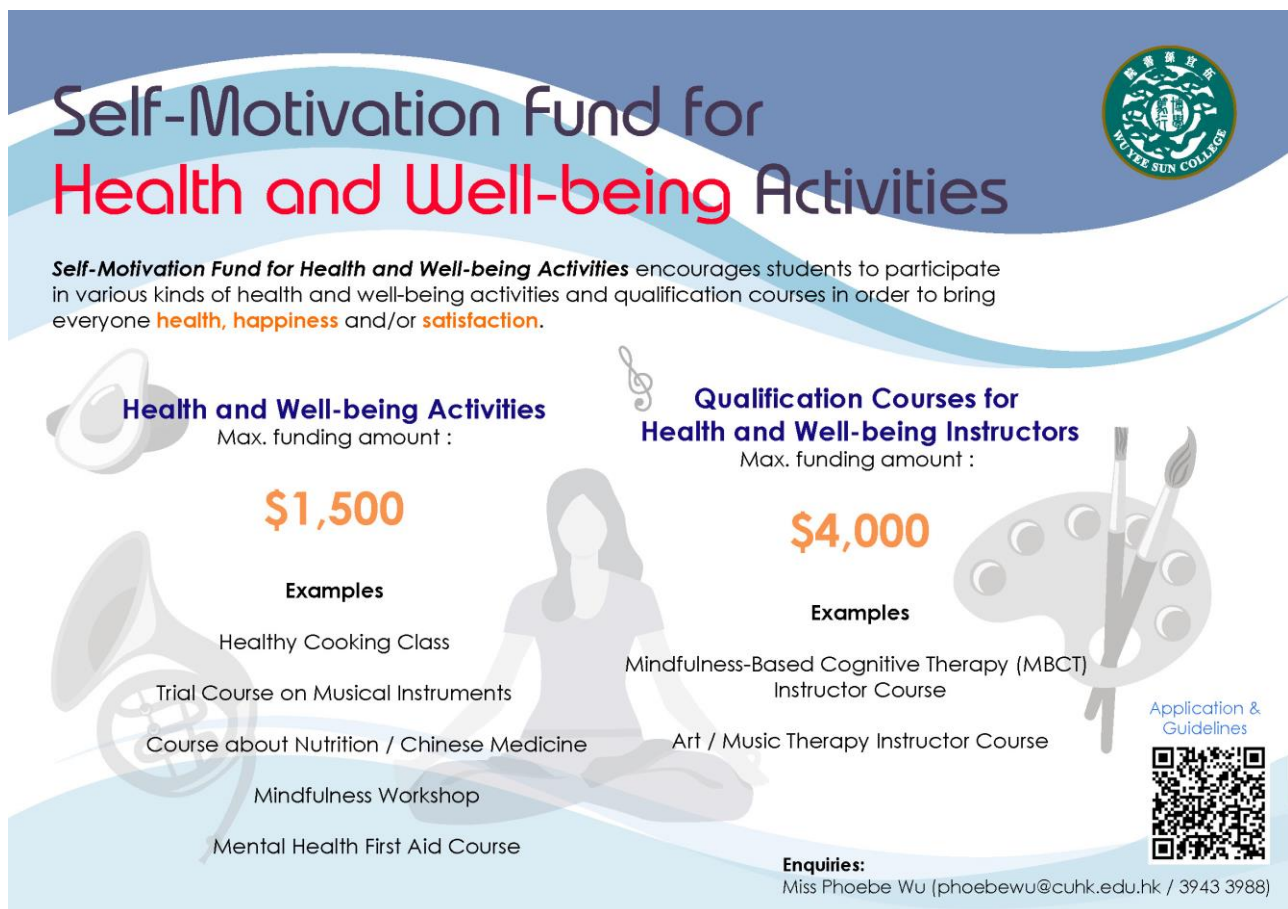
想跟書院同學保持聯繫？想擴闊人際網絡？想回饋書院？透過伍宜孫書院校友會，你可以將學生時代的關係延續下去。終生會籍只需 500 元。現時申請，更可獲贈一套四支環保飲管（先到先得，送完即止）。

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

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## College Funding & Awards Schemes

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



The poster features the WYSC logo in the top right corner. The main title is 'Self-Motivation Fund for Health and Well-being Activities'. Below the title, a paragraph explains the fund's purpose: 'Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities and qualification courses in order to bring everyone health, happiness and/or satisfaction.' The poster is divided into two columns. The left column is titled 'Health and Well-being Activities' with a max funding amount of '\$1,500'. It lists examples: 'Healthy Cooking Class', 'Trial Course on Musical Instruments', 'Course about Nutrition / Chinese Medicine', 'Mindfulness Workshop', and 'Mental Health First Aid Course'. The right column is titled 'Qualification Courses for Health and Well-being Instructors' with a max funding amount of '\$4,000'. It lists examples: 'Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course' and 'Art / Music Therapy Instructor Course'. At the bottom right, there is a QR code labeled 'Application & Guidelines' and contact information for Miss Phoebe Wu.

**Self-Motivation Fund for Health and Well-being Activities**

*Self-Motivation Fund for Health and Well-being Activities* encourages students to participate in various kinds of health and well-being activities and qualification courses in order to bring everyone **health, happiness** and/or **satisfaction**.

**Health and Well-being Activities**  
Max. funding amount :  
**\$1,500**

**Examples**

- Healthy Cooking Class
- Trial Course on Musical Instruments
- Course about Nutrition / Chinese Medicine
- Mindfulness Workshop
- Mental Health First Aid Course

**Qualification Courses for Health and Well-being Instructors**  
Max. funding amount :  
**\$4,000**

**Examples**

- Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course
- Art / Music Therapy Instructor Course

**Application & Guidelines**

**Enquiries:**  
Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

*Self-Motivation Fund for Health and Well-being Activities* encourages students to participate in various kinds of health and well-being activities in order to bring everyone **health, happiness** and/or **satisfaction**.

**Eligibility:**

For Wu Yee Sun College students who participate in health and well-being activities organized by organization(s) other than the College.

There are two categories of activities you can apply :

**(i) Health and Well-being Activities**

**Examples :**

Healthy Cooking Class, Trial Course on Musical Instruments, Course about Nutrition or Chinese Medicine, Mindfulness Workshop, Mental Health First Aid Course

Funding amount : maximum **\$1500** or 80% of total application fee and course fee (whichever is lower)

**(ii) Qualification Courses for Health and Well-being Instructors**

**Examples :**

Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art or Music Therapy Instructor Course

Funding amount : maximum **\$4000** or 80% of course fee (whichever is lower)

Take a look at the **guidelines** and the **reflection template** and start your healthy life now!!!

**Application** : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10447493>

**Enquiries:**

Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

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## 2. Self-Motivation Fund for Sports Activities

The infographic features a blue and yellow geometric background with the Wu Yee Sun College logo. It is divided into two main columns. The left column is for 'Sports Activities' with a maximum funding of \$1500 or 80% of the cost. It lists examples like the Standard Chartered Hong Kong Marathon, Oxfam Trailwalker, Spartan Race, Dance Workshop, and Yoga Class. The right column is for 'Qualification Courses for Sports Coach' with a maximum funding of \$4000 or 80% of the cost. It lists examples like Rowing, Rope-skipping, Taekwondo, and Orienteering. At the bottom, there is an 'Application & Guidelines' QR code and contact information for Miss Chillies Tam.

**Self-Motivation Fund for SPORTS Activities**

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

**Sports Activities**  
Max. Funding Amount:  
**\$1500**  
or 80% (whichever is lower)

**Examples:**  
Standard Chartered Hong Kong Marathon,  
Oxfam Trailwalker,  
Spartan Race,  
Dance Workshop,  
Yoga Class

**Qualification Courses for Sports Coach**  
Max. Funding Amount:  
**\$4000**  
or 80% (whichever is lower)

**Examples:**  
Rowing,  
Rope-skipping,  
Taekwondo,  
Orienteering

**Application & Guidelines:**

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

*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".

To enhance support to students, funding amount is increased as follows:

Sports Activities: Max. \$1,000 → **\$1,500**  
Funding per student per year: Max. \$2,000 → **\$4,000**

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

**Enquiries:**

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

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### 3. Self-Motivation Fund for Green Activities

## Self-Motivation Fund for **GREEN** Activities



*Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.*



#### Green Activities

Max. Funding Amount:

**\$1500**

or 80% (whichever is lower)

**Examples:**

Eco-cultural Tour,  
Upcycling Workshops,  
Forest Bath

#### Qualification Courses for Instructor of Green Activities

Max. Funding Amount:

**\$4000**

or 80% (whichever is lower)

**Examples:**

Horticultural Therapists,  
Trainer for Organic Farming,  
Docent Training on Ecotourism



**Application & Guidelines:**



**Enquiries:**

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

*Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.*

**Funding Amount:**

Green Activities: Max. **\$1,500**

Qualification Courses for Instructors of Green Activities: Max. **\$4,000**

**Details:** <https://www.wys.cuhk.edu.hk/whole-person-development/green/>

**Enquiries:**

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

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### 4. Mingle Fund



Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College.

The Fund mainly supports daily and social activities with the participation of Both local students And international / incoming exchange students (i.e. there should be at least one local student AND at least one international / incoming exchange student.)

Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

**More Details:** <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

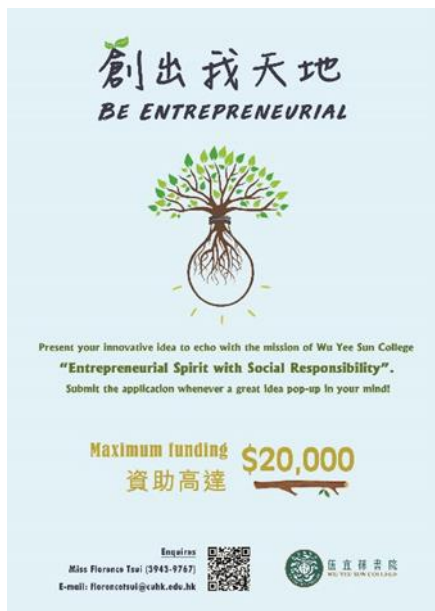
**Enquiries:**

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

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

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



Grab the chance, be creative!

**Be Entrepreneurial! Funding Scheme** supports students to implement various short-term projects fulfilling college’s core values of **creativity, entrepreneurial spirit, and social responsibility.**

All undergraduate students, regardless of discipline and year of study, are welcome to submit application all year round. **The maximum funding amount is up to HK\$20,000!**

Check out the details through this [link](#).

**Enquiries:**

Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

Miss Florence Tsui ([florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk) / 3943 9767)

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

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

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

**Enquiries:**

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

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# Other Activities & Announcements

## 1. Celebrity Talk (I): Through the eyes of your heart 名人講堂 (I) - 心眼闖世界



(The English version follows the Chinese one.)

### 名人講堂 (I) - 心眼闖世界

8歲那年，本應充滿歡笑，可是一次藥物敏感，令黃明慧（Jennifer）失去視力。Jennifer沒有因此而自暴自棄，她入讀主流中、小學；及後移民加拿大，攻讀大學取得經濟及心理學雙學士學位、輔導心理學碩士學位，以及教育文憑。近年，她回流香港從事心理輔導和治療服務，曾出任長者安居協會個案管理顧問。為推廣傷健共融，她更與視障友人創立社會企業「Codekey Cookies」售賣點字曲奇。名人講堂將邀請Jennifer於**10月29日下午1時30分至2時30分**，於Zoom舉行分享會，與大家分享她用心眼闖世界的故事。

精彩預告：

<http://bit.ly/PTJW1029>

報名連結：

<http://bit.ly/1029JW>

查詢

電話：3943 1533

電郵：[leos@cuhk.edu.hk](mailto:leos@cuhk.edu.hk)

Facebook: <https://www.facebook.com/LEOs.online/>

Instagram: [https://www.instagram.com/leos\\_cuhk/](https://www.instagram.com/leos_cuhk/)

學習輔導主任

學生事務處 學習輔導及文化共融組

### Celebrity Talk (I): Through the eyes of your heart

At the age of eight, an age which was supposed to be filled with childhood laughter, Jennifer went blind due to drug allergy. Jennifer did not stop here. Instead, she attended mainstream schools in Hong Kong, emigrated to Canada, obtained a double bachelor's degree in Economics and Psychology, a master degree in Counselling Psychology, and Diploma in Education. Later, she returned to Hong Kong and delve into the field of Psychology & Counselling Service and worked as a Case Management Consultant for the Senior Citizen Home Safety Association. To promote the social integration of the disabled, Jennifer went further and co-founded a social enterprise 'Codekey Cookies' with her visually impaired friends to sell Braille cookies.

Jennifer will share her story with CUHK students and staff on **29<sup>th</sup> Oct 2020 from 1:30pm to 2:30pm** on Zoom in Cantonese and partially in English. Please join us.

## Promotional Trailer:

<http://bit.ly/PTJW1029>

## Online Registration:

<http://bit.ly/1029JW>

## Enquiry

Phone: 3943 1533

Email: [leos@cuhk.edu.hk](mailto:leos@cuhk.edu.hk)

Facebook: <https://www.facebook.com/LEOs.online/>

Instagram: [https://www.instagram.com/leos\\_cuhk/](https://www.instagram.com/leos_cuhk/)

Learning Enhancement Officers (LEOs)

Learning and Cultural Enhancement Section

Office of Student Affairs

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## 2. Recruiting participants for EMap : Ethnic Minority X Community Map Co-creation Workshops

The Chinese University of Hong Kong  
Wu Yee Sun College  
**Community Map**  
Racial Harmony Indian HongKonger Interview skills  
**一步一腳印 EMAP**  
少數族裔共融及社區地圖製作計劃

1st Workshop: Intercultural communication  
工作坊一：跨文化溝通  
3/10 14:30-17:00

2nd Workshop: Human Library  
工作坊二：真人圖書館  
與香港印度人傾談  
10/10 14:30-16:00

3rd Workshop: Community Map Making  
工作坊三：社區地圖製作  
17/10 14:30-16:00

Guest Speaker  
Dr Loretta TAM  
Research Manager,  
Faculty of Education,  
the University of  
Hong Kong

QR code: 即scan 報名 Application code

\*Participants should attend all 3 workshops  
\*All workshops conducted via zoom

Enquiry 查詢電話：65788118 Miss Zena Wong  
Email 查詢電郵：emap.cuhk@gmail.com

EMap is a community project which centers around racial harmony and inheritance of different ethnicities' community history through story-telling and co-creation of ethnic minority community maps. We will launch a series of workshops in coming October for students to know more about the history of people of different ethnicities. These include training on intercultural communication and cultural sensitivity, human library as well as community mapping.

Under the threat of pandemic, the workshops will be conducted online in Cantonese and free of charge. Quota limited. Details are as below:

### Workshop 1: Training on intercultural communication & cultural sensitivity

Date: 3<sup>rd</sup> Oct 2020 (Sat)

Time: 2:30 pm - 5:30 pm

### Workshop 2: Human library with Indian HongKongers

Date: 10<sup>th</sup> Oct 2020 (Sat)

Time: 2:30 pm - 4:30 pm

### Workshop 3: Community mapping

Date: 17<sup>th</sup> Oct 2020 (Sat)

Time: 2:30 pm - 4:30 pm

Join us by filling out the google form:

<https://forms.gle/DvYUpEQXhyWAbwMh7>

Contact: 6578 8118 (Zena)

Deadline of application: 2<sup>nd</sup> Oct 2020 (Fri)

Remarks:

\*Participants should attend all 3 workshops\*

\*Participants who attend all 3 workshops with good performance will be rewarded with an electronic certificate\*

You can find more information on our social media page, [\\_emaphk\\_](#) on Instagram and Facebook.

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### 3. New Member Recruitment for CUHK Peer Support Network (uBuddies/ uPals) 2021 中大朋輩支援網絡(uBuddies/ uPals) 2021 年度成員招募

CUHK Peer Support Network  
**uBuddies 2021**  
**Peer Counsellor RECRUITMENT**  
Together we can do great things!

**Training Contents**  
12-hr Peer Counselling Skills  
12-hr Mental Health First Aid Standard Course  
Adventure-based Training Camp  
4-hr Practicum and Supervision

Medium of Instructions:  
Cantonese with English Supplement

**Service Projects**  
Design and implement on-campus service projects

**Qualifications**  
CUHK uBuddies Certificate  
Mental Health First Aid Certificate  
Record in the Student Development Portfolio

**Application Period:**  
**7/9 -16/10/2020**

Enquiries: 3943-1804 Miss Kong  
Details: [www.cuhk.edu.hk/osa/wacc](http://www.cuhk.edu.hk/osa/wacc)

CUHK uBuddies  
treehole\_cuhk

Wellness and Counselling Centre | Office of Student Affairs | The Chinese University of Hong Kong

Wellness Promotion Team  
2021-2022  
**uPals CUHK**  
**RECRUITMENT**

**Application Period:**  
**7/9 -16/10/2020**

Enquiries: 3943-1804 Miss Kong  
[www.cuhk.edu.hk/osa/wacc](http://www.cuhk.edu.hk/osa/wacc)

**Training Contents** (all training will be conducted in English)  
5-hour Helping Skills Training  
12-hour Mental Health First Aid Standard Course  
Adventure-based Training Day Camp  
2 Wellness Workshops (Expressive Art, Mindfulness Tasting, Emotion Regulation, Horticultural Therapy, etc.)

**Service Projects**  
Design and implement on-campus service projects

**Qualifications**  
CUHK uPals Certificate  
Mental Health First Aid Certificate  
Record in the Student Development Portfolio (SDP)

“ Promoting mental wellness to build a supportive, fun and caring campus ”

CUHK Peer Support Network  
Wellness and Counselling Centre | Office of Student Affairs | The Chinese University of Hong Kong

你希望構建一個健康、正向的中大校園嗎？如果你樂意接受助人訓練、支援身邊的同學，同時有興趣籌辦活動或推廣心理健康，歡迎你報名參加學生事務處心理健康及輔導中心所舉辦的「uBuddies朋輩輔導聯網」或「uPals心理健康推廣團隊」！截止日期為 2020年10月16日，詳情請[按此](#)。

Do you wish to contribute to the wellness of CUHK students? If you wish to equip yourselves with helping skills so that you can better support other students around you, and have an interest in organizing activities or promoting mental wellness, you are most welcome to join the “uBuddies Peer Counselling Network” or “uPals Wellness Promotion Team” organized by Wellness and Counselling Centre, Office of Student Affairs. The application deadline is 16<sup>th</sup> Oct 2020 (Fri). Please click [here](#) for details.

[[追蹤我們的專頁](#) Follow us on:

Instagram: [cuhk\\_ubuddies](#) / [treehole\\_cuhk](#) / [cuhk\\_upals](#)

Facebook: [山城樹窿 uBuddies](#) ]

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### 4. [Open for application] 2020-21 Student Cultural Ambassadors Scheme 【招募會員】2020-2021年度學生文化大使計劃

如欲獲取中文資訊，請瀏覽中文網址：<https://www.srrsh.cuhk.edu.hk/zh/content/student-cultural-ambassadors-scheme-application-zh>

2020-21 Student Cultural Ambassadors Scheme is now open for application.

Presented by the Office of the Arts Administrator, the scheme provides diverse arts and cultural programmes for full-time CUHK students. SCAS provides an extensive range of arts and cultural activities. We invite experienced artists from different fields regularly to give lectures, workshops and sharing sessions for our members. Subsidies are available to our members who attend our selected arts performances and activities.

The SCAS was established with the aim of promoting aesthetics and whole person development. We offer different kinds of arts programmes and activities in order to strengthen our students' artistic sensibilities and to give them positive and creative energy in their life. As Student Cultural Ambassadors, they are encouraged to share their enjoyment of the arts with their peers.

## **2 levels in the Student Cultural Ambassadors Scheme**

First Level: Friends of the Arts (FTA)

Second Level: Student Cultural Ambassadors (SCA)

### **Friends of the Arts (FTA) – Members Benefits:**

- Ticket Subsidy by joining programmes
- Arts and cultural Talks
- Arts Sharing Sessions
- Attending performances and exhibitions
- Discount/Priority registration for Arts Workshops

### **Registration**

Application Period : 1<sup>st</sup> Sep 2020 (Mon) to 30<sup>th</sup> Sep 2020 (Wed)

Target : Full-time CUHK Students

Free of Charge

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

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

Enquiries: [cuoaa@cuhk.edu.hk](mailto:cuoaa@cuhk.edu.hk)

Website: [www.srrsh.cuhk.edu.hk](http://www.srrsh.cuhk.edu.hk)

Facebook Page: [www.facebook.com/cuoaafta](https://www.facebook.com/cuoaafta)

Instagram: @fta\_cuhk

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**CUHK STARTUP T**  
**FALL APPLICATION 2020**

**1 Online Application**  
On or before 11 Oct 2020

**ELIGIBILITY**  
All CUHK students (UG/PG & FT/PT) in ANY disciplines can apply as individuals or teams.

**INFORMATION SESSION**  
Learn more about PI Centre & get tips on writing a business pitch deck!  
Date: 29 Sep 2020 (Tue)  
Time: 18:00-19:00  
Format: Online

**2 1st Round Interview**  
16 Oct 2020

**3 Final Interview**  
23 Oct 2020 (Fri)

**ONLINE TEAM FORMATION**  
Looking for co-founders or business partners? Check out our platform for more information:  
<http://www.picentre.cuhk.edu.hk/OnlineMatchingFall2020>

**4 Move to PI Centre**  
Early November

Successful applicants will receive for free up to 1 year of membership to PI Centre's coworking space at InnoPort, training, mentorship, field trip, startup funding, networking opportunities and more!

**Visit for more info:**  
[www.picentre.cuhk.edu.hk/application](http://www.picentre.cuhk.edu.hk/application)

3943-0431  
picentre  
CUHK PI Centre

Dare to create your own business? This is your chance! **CUHK PI Centre is recruiting startup teams!** We offer FREE Workspace, Facilities, Funding, Development and Mentoring Support for startup projects for up to one year. Our co-working space is located at InnoPort (previously IUH), our brand new entrepreneurial hub, which is right across from the University MTR Station.

**All CUHK students (UG/PG & FT/PT) in ANY disciplines are welcome to apply on or before 11<sup>th</sup> Oct 2020 (Sun).**

PI Centre recruits incubatees in semiannual intakes. We would like to support students, especially those who have startup ideas but lack funding, resources and working space. Click [here](#) to check out our video. The **Info Session** will be held online **29<sup>th</sup> Sep 2020 (Tue), 6:00 pm - 7:00 pm** ([Register](#)). Come to join us, inquiries are welcome and we will also share tips on pitch deck writing. If you are still looking for co-founder or business partner for your startup idea, check out our online matching platform [here](#).

For enquiries, please feel free to reach PI Centre, ORTKS at 3943 0431 or e-mail to [picentre@cuhk.edu.hk](mailto:picentre@cuhk.edu.hk)

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## 6. Mini-Workshop: Social Impactful Project

**Mini Workshop:  
Social Impactful Project**

Date: 10 Oct 2020 (Sat)  
Time: 14:00-15:15 HKT  
Venue: Zoom

*Prepare yourself for your social business journey!*

\*Limited Quota, First-Come-First-Served

Register

Are you looking for opportunities to drive social change through entrepreneurial actions? If yes, Enactus CUHK Social Impactful Project will serve as a solid starting point for your ideas to grow and be realized.

Enactus CUHK is a chapter of a nonprofit organization, Enactus, aiming to promote social entrepreneurship as an important vehicle to drive social change for the better; more importantly, to ignite students' life-long passion for social entrepreneurship. This year, our first flagship event, Social Impactful Project (SIP), is about to start!

Social Impactful Project is a six-month incubation program for sustainable social business projects, which participants will join internal consultation workshops with advisors from the business and engineering faculties at CUHK, a Fall Exploration experiential workshop to give you the first taste of social innovation, and networking opportunities with founders of social enterprises to help you overcome barriers that may be involved in your startup journey ahead.

**We welcome students from all disciplines to join us with your passion for social change whether as an individual or group participants.** To facilitate your understanding of SIP, social innovation, and the application method, **Mini-Workshop: Social Impactful Project** is held to provide you the training and startup simulation opportunities, which you will learn the design thinking mindset and exhibit your collaboration and presentation skills with our advisor Mr. Samson Ng. We would like to invite you to this workshop as an introductory talk and hands-on startup experience, details are as follows:

**Mini-Workshop: Social Impactful Project** [to know more about Enactus and SIP]

**Date:** 10<sup>th</sup> Oct 2020 (Sat)

**Time:** 2:00 pm - 3:15 pm

**Guest Speaker:** Mr. Samson Ng (Lecturer for Design Thinking and Practices at CUHK)

**Venue:** Zoom

**Registration:**

[https://docs.google.com/forms/d/e/1FAIpQLSc\\_u2\\_QFMWw69mjsVfyPR2QIOGPqAJHDGwnU5mAe2WL10NV1w/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSc_u2_QFMWw69mjsVfyPR2QIOGPqAJHDGwnU5mAe2WL10NV1w/viewform?usp=sf_link)

\* Limited quota, first-come-first-serve

**Social Impactful Project Application** [Kick-start the social venture!]

**Date:** 21<sup>st</sup> Sep 2020 (Mon) - 20<sup>th</sup> Oct 2020 (Tue)

**Application Link:**

[https://docs.google.com/forms/d/e/1FAIpQLSdznYsZFobp6on9ETN8paxG9Ah0gC\\_M1pAIQtfe6KJ9cBIPqQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdznYsZFobp6on9ETN8paxG9Ah0gC_M1pAIQtfe6KJ9cBIPqQ/viewform?usp=sf_link)

To follow our latest information, please follow our **Instagram (@enactuscuhk)**. For further queries, please feel free to email us ([cuhk@enactus.hk](mailto:cuhk@enactus.hk)).

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## 7. APRU Virtual Student Exchange Program Co-curricular Activities

The following co-curricular activities under the [APRU Virtual Student Exchange \(VSE\) Program](#) are now open for registration.

The [APRU Virtual Student Exchange \(VSE\) Program](#) makes international education accessible by allowing students to **take academic courses** and **participate in co-curricular programs** without the need to leave home. It opens up international education opportunities for all students of APRU member universities, including CUHK, by providing an immersive virtual student exchange experience through digital technologies and platforms and creating encounters with new ideas, cultures, experts and students from around the world.

Don't miss out on the opportunity to learn, experience and exchange with peers from around the world by joining activities under the [Virtual Student Exchange Co-curricular Program](#). Many activities are offered by member universities of the Association of Pacific Rim Universities (APRU) to bring together students from around the network in 18 economies of the Pacific Rim. They include activities that allow you to learn about other cultures and places, prepare for global leadership and careers, and form social networks with students. CUHK students are welcome to join. Participation is free of charge.

**Upcoming Events (in local date & time):**

- **1<sup>st</sup> Oct - 6:00 pm** - [Studying & Living in an American Research University offered by University of California, Riverside, US](#)
- **8<sup>th</sup> Oct - 9:00 am** - [Writing of the Ultimate CV: A Death Ritual in Medieval China offered by CUHK](#)
- **19<sup>th</sup> Oct - 6:00 pm** - [Evening Music Jam@HKUST offered by The Hong Kong University of Science and Technology](#)

For details and information on more programs, please visit the [APRU VSE Co-curricular](#) webpage. Thank you very much for your attention!

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## 8. 2020 OnePass (CWEM) Password Expiration Date

Please note the arrangement of OnePass (CWEM) password expiry this year and take the necessary action:

<b>Summary</b>	According to OnePass (CWEM) Password Policy, the expiry date of every OnePass (CWEM) password is aligned with a specific date. <b>The Coming Expiry Date of OnePass (CWEM) Password: 13<sup>th</sup> Oct 2020 (Tue)</b> This expiry date applies to all student, staff, student organization, department and project accounts, unless the password has been changed <b>on or after 1<sup>st</sup> Jul 2020</b> .
<b>Your Action</b>	Please change your password before it expires: 1. Click <b>Change Current / Expired Password</b> on OnePass or CUHK Login Page OR 2. Click <b>Change OnePass (CWEM) Password</b> in MyCUHK
<b>After Password Expiry</b>	<ul style="list-style-type: none"> <li>You cannot access Central IT services including email, Office 365, MyCUHK, CUSIS, CUPIS, WiFi, VPN, etc. with "Incorrect ID / Password" or "Password Expired" prompted.</li> <li>You can still change your password through the above.</li> </ul>
<b>Enquiry</b>	ITSC Service Desk <ul style="list-style-type: none"> <li><a href="http://servicedesk.itsc.cuhk.edu.hk">http://servicedesk.itsc.cuhk.edu.hk</a></li> <li>3943 8845</li> </ul>

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## 9. Tertiary Student Finance Scheme – Publicly-funded Programmes (TSFS) 2020-21 Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2020-21

Please note that the online application for the captioned Schemes from new students has been closed. For those who have submitted the online form, you will be required to submit the declaration and supporting documents by online uploading, by post or in person to SFO's office. Applicants may also submit the documents to the **collection box** at Room 1206, 12/F, Yasumoto International Academic Park from 8:45 am to 1:00 pm and 2:00 pm to 5:30 pm, Monday to Friday (except public holidays) **during 14<sup>th</sup> Sep to 5<sup>th</sup> Oct 2020**. Students can visit the website at <http://admission.cuhk.edu.hk> for application details.

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## 10. CUHK Independent Learning Centre (ILC)

Here are some workshop highlights for academic year 2020/21 which is organized by CUHK Independent Learning Centre (ILC). You are welcome to visit the ILC website (<https://www.ilc.cuhk.edu.hk/EN/>) for a short ILC video for their major work and services or check out their new link on "**Tips for Successful Online Learning @ CUHK**". You may also go to: <https://bit.ly/32MAMvF> to see the workshop series posters.

- University Study Skills Series** – this series is particularly useful for incoming UG students
  - Study Skills in English at University Level
  - Academic Reading: Strategies for Success
  - Ace Your Oral Presentations
  - Discussion Skills and Current Affairs
  - Saying What you Mean: English Pronunciation for Cantonese and Mandarin Speakers
  - Listening to Learn: Academic Listening and Note-Taking Skills
  - Building a Bigger and Better Vocabulary
- Writing Series**
  - Academic Essays
  - Research Papers
  - Reflective Journals
  - Personal Essays

3. **Job Preparation Series** – this series is particularly useful for graduating students and students who are interested in applying for exchange/ internship opportunities
  - Writing Impressive Resumes
  - Writing Impressive Application Letters
  - Ace Your In-person and Video Job Interviews
  - Standing Out in a Group Interview
  - Interview Practice and Self Reflection
4. **CRE/ JRE Series**
  - Preparing for the CRE – Use of English
  - Tips and Strategies in Tackling the JRE
  - JRE Writing Practice (Practice writing for the JRE under exam conditions)
  - Feedback on JRE Writing Practice (Discuss exam strategy and student writing)
5. **Exam Preparation Series**
  - Taking the IELTS Challenge: Reading & Writing
  - Taking the IELTS Challenge: Speaking & Listening
  - Mastering the TOEFL: Reading and Listening
  - Mastering the TOEFL: Speaking and Writing

Students who think they will benefit from having a one-to-one meeting with the teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session. The schedule can be found at: <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>. Besides, the ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support students. Details are available at: <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>.

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## 11. Flourishing First Year Programme 心盛計劃 2020-21



# Flourishing First Year @ CUHK 2020-21

Flourishing First Year@CUHK is a tailor-made programme for all NEW students. A series of workshops are provided for supporting you to flourish and grow from failures.

*How does Flourishing First Year@CUHK work?*

**Step 1:** All new students are eligible for receiving information about upcoming activities/workshops and have the priority in enrolling in these activities/workshops

**Step 2:** Enroll in the workshop and get our welcoming gift in your first workshop (on a first-come-first-serve basis)

**Step 3:** Be a flourishing learner!

**Step 4:** Get your reward! (coffee making workshop/pottery class; on a first-come-first-serve basis)

**Step 5:** Complete all workshops from PERMA (Positive Emotions, Engagement, Relationship, Meaning, Accomplishment)

**Programme Details and List of Workshops:**

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

**Enquiries:**

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

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## 12. Community Resources for Emotional Support

### <Samaritan Befrienders HK>

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

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

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

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

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

#### **[Family Helpline: 2319 1177](#)**

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

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