

Sunny Review 上周回顧

- [1. Chinese New Year Celebration with Workmen](#)
- [2. English through Sports](#)



College Activities 書院活動

- [1. SUN.PEACHTOPIA \(SUN.桃花源\) Exhibition <New>](#)
- [2. Sunny Yeah 2021 <New>](#)
- [3. 當代小說賞析及創作 <New>](#)
- [4. 中國繪畫班](#)
- [5. Online Mindfulness Practice 網上靜觀練習](#)

College Announcements 宣佈事項

- [1. Healthy Recipe Sharing 有營食譜分享 <New>](#)
- [2. Closure of College Building during the Chinese New Year 2021 辛丑年農曆新年期間書院大樓關閉](#)
- [3. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2020/21 \(Application Deadline: 14th May 2021\)](#)
- [4. College Hostel Grant 2020/21 Applications \(for all local undergraduate resident students\) 2020/21 年度書院住宿助學金 \(接受本地本科生宿生申請\) <Deadline Today>](#)
- [5. College Student Grant/Loan Application \(Freshmen Only\) 書院學生助學金/貸款接受申請 \(只限新生\)](#)
- [6. Reaching Out Award \(外展體驗獎\) 2020/21 - Now open for application <Deadline Today>](#)
- [7. Plan Your Career Ahead - GPS Career Development Facilitation Scheme 職涯 GPS 2020-21](#)
- [8. Temporary Closure of College Catering Outlets 書院膳堂暫停營業](#)
- [9. "Meet the Dean" Hours 輔導長時間](#)
- [10. Student Pastoral Care](#)
- [11. WYS's Got Talents - Photography, Poster Design, MC and a lot more!](#)
- [12. 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. CUHK English Public Speaking Competition held by ELTU <New>](#)
- [2. \[What's Next After Graduation?\] Teach for Hong Kong Fellowship Program <New>](#)
- [3. Enrich Your Internships - Introducing Global Talent!](#)
- [4. Online Quiz Game on Preventing Sexual Harassment - Chance to Receive One 8GB USB Memory Stick 防止性騷擾網上問答遊戲 - 可獲贈一枚 8GB USB 記憶體](#)
- [5. Survey about Online Teaching and Learning \(For current full-time undergraduates\)](#)
- [6. CUHK Independent Learning Centre \(ILC\)](#)

Sunny Review

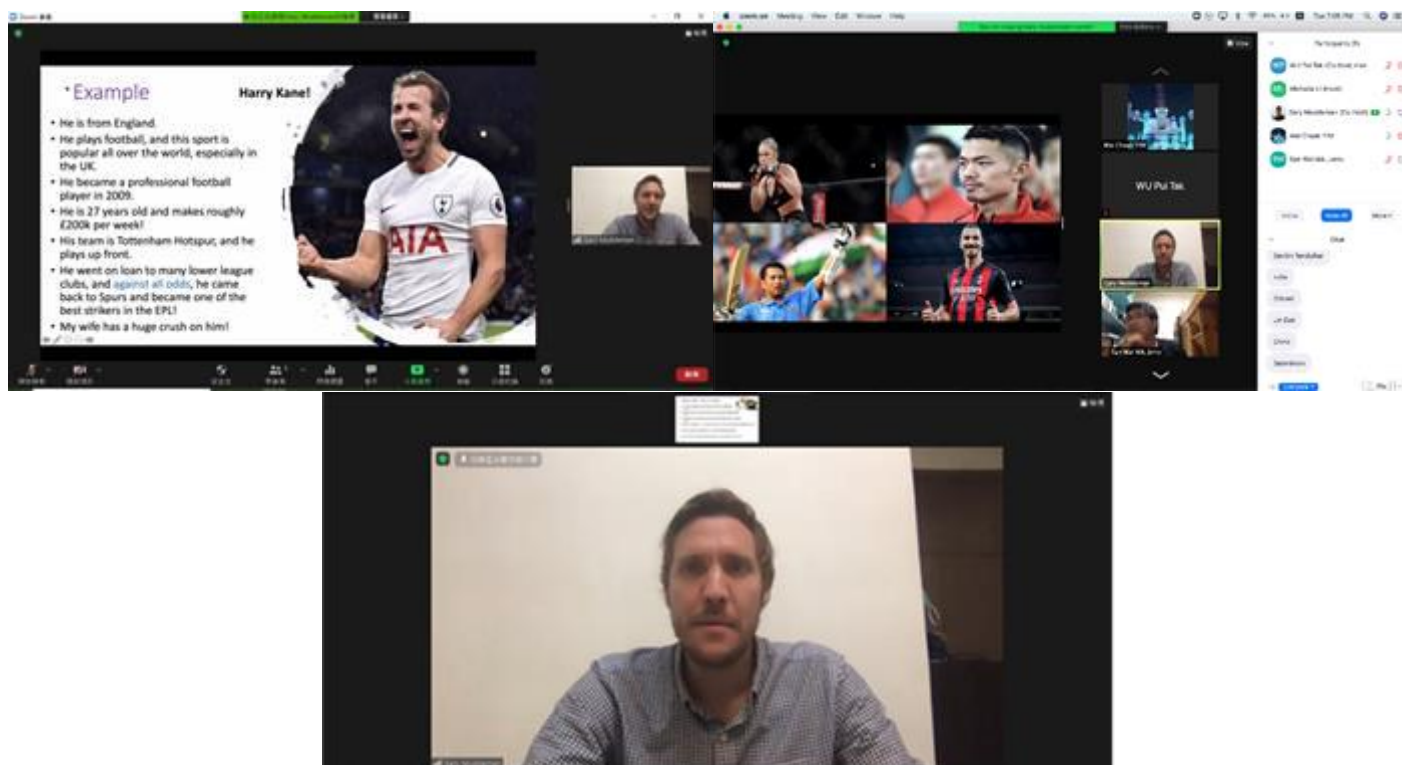
1. Chinese New Year Celebration with Workmen



In times of the pandemic, we are particularly thankful for the extra effort by our workmen to upkeep a clean and safe campus environment for all College staff and student members. Unfortunately we cannot arrange a CNY reunion lunch with workmen as in previous years. To express our heartfelt appreciation, a gift hamper is prepared for each of our workmen. We sincerely wish all workmen and their families have a healthy and prosperous year ahead.

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

2. English through Sports



Mr. Gary Muddeman, Assistant Lecturer at the English Language Teaching Unit, conducted “English through Sports” last Tue via Zoom. Participating students have an interactive chat with Gary about their favourite sports, sports stars, and history of Ancient Greek Olympics. Students also learnt the sporting idioms to use in daily conversation.

College Activities

1. SUN.PEACHTOPIA (SUN.桃花源) Exhibition



Professor Kwai-cheong Chau (鄒桂昌教授), Chairman of Campus Environment Committee, Professor Annisa Lee (李賴俊卿教授), Director of Creativity Laboratory, together with a group of students from Green Team and Creativity Laboratory, have jointly collaborated on a Chinese New Year Exhibition called **SUN.桃花源 (Sun. Peachtopia)** in the gallery to showcase the timely new year flowers, riddles, wishes, poems, paintings and video for the celebration of the beginning of a new Chinese year.

You are invited to come and visit **SUN.桃花源** Exhibition at College gallery from now on till 25 February, 2021. Two big Peach Blossoms are on display to enhance your New Year good fortune. Do not forget to stop by and solve the difficult riddles designed by our Dean of Students! We will give out prizes to reward those who figure out the most correct answers to the riddles. Come take the challenge and start the new year with a nice prize!

Hope you enjoy the video of **Sun. Peachtopia <SUN.桃花源>** at our college YouTube channel <https://youtu.be/SxYjlcgkfil> and learn more about peach blossoms.

2. Sunny Yeah 2021

APPLICATION
3 FEB - 3 MAR
OPEN TO
WHOLE CUHK

HEAT
10-11 MARCH
1830-2130
@WYS THEATRE

2021 宜嘢依夜
「宜幻似珍」
《永不落伍》歌唱比賽

ENQUIRIES:
51066610 HELEN
IG @WYS.YYYY
FB 宜嘢依夜 SUNNY YEAH

SUNNY YEAH YEELYAH

The following message is drafted by "Wu Yee Sun College Sunny Yeah Organising Committee". Please scroll down for English.

✍️一年一度嘅伍唱又黎啦！疫情底下好多活動都有得玩，難得有呢個機會，仲有唔 join 嘅理由咩！我地仲請左專業嘅 P house，初賽會喺 ig/fb 直播，決賽會喺 YouTube 做全高清直播📺到時仲會有幾位特別嘉賓！喺伍唱你鍾意唱咩都得，當然原創歌曲就更加好啦！😊全中大嘅同學都歡迎參與架！不過宜孫嘅同學優先👍

初賽：2021 年 3 月 10-11 日

決賽：2021 年 3 月 18 日

截止報名時間：2021 年 3 月 3 日 23:59

其他比賽須知+ 報名方法📄 <https://linktr.ee/wysyyyy21> or scan the QR code

聯絡人:

Helen 5106 6610

Sammy 5931 3118

The annual Wu Yee Sun College Singing Contest is coming to town! Don't hesitate to join and have fun under the COVID-19 epidemic! We have invited a professional production house, providing quality IG Live for the preliminary round, and Full HD YouTube live during the final round! There will be a few special guests in the final round too! You can sing whatever you want – even your original songs! All CUHK students are welcomed to be part of this exciting event, but priority will be given to WYS students! Come and unleash your talent and creativity!

Date of preliminary round: 10th – 11th Mar 2021

Date of final round: 18th Mar 2021

Deadline for application: 3rd Mar 2021, 11:59 pm

For further information, please go to our bio and get the [link](#) for the activity, or scan the QR code!

Enquiries:

Helen 5106 6610

Sammy 5931 3118

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

3. 當代小說賞析及創作

當代小說賞析及創作

導師: 梁莉姿小姐

日期: 3月2日、9日、16日、23日
(逢星期二, 共四堂)
時間: 晚上8:00至10:00

語言: 廣東話
形式: 透過Zoom網上授課

截止日期: 2月25日

查詢: 胡佩德小姐
(phoebewu@cuhk.edu.hk / 3943 3988)

本課程旨在透過與同學圍讀中外文學小說，以學習小說寫作的的基本框架，每節以一種小說類型或主題切入，有關作品或與其國族、文學思潮或作者關注之母題相關。課程將梳理作品背景，同時與同學們一同賞析小說，以教授相關創作技巧。課堂形式以閱讀及討論為主，同時鼓勵同學創作，並將獲導師點評。

課節名稱及概要：

第一節 超現實的指涉——小說與魔幻

學習重點：關於「幻」，許多人以為都是脫離現實的虛構。事實上，文學中的「幻」，卻往往與現實有所對照。本節將閱讀魔幻寫實作品，讓同學了解那些「荒誕怪奇」的設定背後，埋藏怎樣壓抑而隱忍的指向。

所用文本：韓麗珠小說選、波赫士小說選

第二節 沒有情節的小說——小說與私語

學習重點：私小說是二十世紀日本文學的一種特有體裁，有別於純正的本格小說。私小說的特點為取材於作者自身經驗，採取自我暴露的敘述法。本節將與同學閱讀私小說選節，學習如何把敏感內在，投射轉化於文字中。

所用文本：芥川龍之介〈齒輪〉、葉愛蓮〈給K〉

第三節 互文的碰撞——小說與跨界

學習重點：當文學與其他藝術媒介有所碰撞，將會交織出甚麼新的點子？其他範疇又將如何影響寫作技巧？本節將以一些互文創作為例，讓同學試試以一些藝術品為對象，直感觀視下作聯想，看看會產生甚麼化學反應？

所用文本：西西〈浮城誌異〉、《光與暗的故事》選篇

第四節 紛亂當下，如何創作——小說與社會運動

學習重點：紛亂當下，寫作還有「意義」嗎？文學是否只是宣傳工具？瞬息萬變的時代，怎樣切入？本節將與同學閱讀台灣白色恐怖時期的相關作品，透過借鑒過去，以立足及思考當下。

所用文本：賴香吟〈暮色將至〉、黃凡〈賴索〉

導師: 梁莉姿小姐

導師簡介：香港青年作家，梁莉姿。畢業於香港中文大學中國語言及文學系，曾獲文學獎多項，任青年文學獎評判。作品散見文刊。現為香港電台節目《香港文學十三邀》製作人暨主持。著有小說集有《住在安全島上的人》、《明媚如是》，詩集《雜音標本》。另獲第十四屆香港藝術發展獎藝術新秀獎（文學藝術）。

日期: 3月2日、9日、16日、23日(逢星期二, 共四堂)

時間: 晚上 8:00 至 10:00

語言: 廣東話

形式: 活動將以 zoom 進行，於活動開始前 2 天，參加者將會收到活動的連結。

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12054449>

截止日期: 2月25日

查詢:

胡佩德小姐 (phoebewu@cuhk.edu.hk / 3943 3988)

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

4. 中國繪畫班



中國繪畫班

導師：蔡德怡老師

日期：2021年3月4、11、18、25日 (逢星期四)

時間：6:30pm - 8:30pm

形式：透過Zoom網上授課

截止日期：2月18日

按金：港幣\$200 (出席3堂可獲退回按金)

報名及詳情：

註：成功報名的參加者均可免費獲贈繪畫用具一套，並須於1/3 - 4/3 到書院繳交按金及領取繪畫物資。

查詢：胡佩德小姐 (phoebewu@cuhk.edu.hk / 3943 3988)

宗旨：本課程為中國繪畫基礎班，教授寫意畫，旨在透過學習中國繪畫之不同門類和技法，提高學員對中國繪畫之認識，奠定基礎，培養對中國文化之興趣。

導師：蔡德怡老師

導師簡介：蔡德怡，畢業於香港中文大學藝術系，獲文學士（2011）及藝術碩士（2015），主修中國畫，期間赴浙江大學藝術學系、北京畫院交流進修。曾獲康本國際交流獎學金、出爐 2011 傑出藝術新秀獎、詹雲白夫人紀念中國書畫獎、香港當代藝術獎 2012（入選）、才藝發展獎學金 2014（香港特別行政區政府獎學基金），亦為香港藝術館 2017“賽馬會‘藝術館出動’教育外展”受邀藝術家等。蔡氏曾於香港舉辦三次個人展覽，亦同時積極參與多個香港及海外藝術聯展，作品為香港藝術館、本地與海外藏家及機構等收藏。同時在不同學校及公眾機構教授中國繪畫，推廣中國藝術。

日期：2021年3月4、11、18、25日 (逢星期四)

時間：6:30 pm - 8:30 pm

形式：透過 Zoom 網上授課

語言：粵語/普通話

按金：港幣\$200 (出席最少 3 堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11870351>

註：

成功報名的參加者可免費獲贈繪畫用具一套，並須於 **1/3 - 4/3** 到書院繳交\$200 按金及領取繪畫物資，同學於出席最少 3 堂後可獲退回全部按金。同學可[按此](#)參閱物資清單。

截止日期：2月18日

名額有限，先報先得，欲報從速

查詢：

胡佩德小姐 (phoebewu@cuhk.edu.hk / 3943 3988)

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

5. Online Mindfulness Practice 網上靜觀練習

透過靜觀練習，學習觀察自己的身心，和壓力好好相處，提升身心健康

Practice Mindfulness and Enjoy the Present Moment



這一年來，疫情的反反覆覆，真令我們身心俱疲。整日宅在家裏，看著上上落落的數字，心情跌落谷底! 不想被負能量包圍，影響日常生活? 不如試下跟導師於網上一起進行靜觀練習。你可以安在家中，在最舒適及放鬆的環境下進行練習，這樣你更容易觀察自己的身心狀況，釋放憂慮，並培養自我關懷的能力。

導師：Prof. Eric Lee & Miss Molly Chan

Prof. Eric Lee 是香港家庭醫學專科醫生及中大精神健康碩士，並修畢英國牛津靜觀中心及香港靜觀中心之靜觀認知治療導師基礎課程。他也是中大敬靈靜觀研究與培訓中心研究人員之一。**Prof. Lee** 曾於中大醫學院，及不同機構擔任靜觀導師。

Molly 是港大社會工作學系學士及中大家庭輔導及家庭教育碩士，並修畢英國牛津靜觀中心及香港靜觀中心合辦之靜觀認知治療導師基礎課程。**Molly** 現為安寧服務社工，擅於融合靜觀於輔導工作之中。

日期：25/2/2021

時間：8:30pm - 10:00pm

語言：粵語

*活動將透過 Zoom 形式進行，於活動前 2 天，參加者將會收到活動的連結。

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11880726>

截止報名日期：22/2/2021

查詢：

Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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

College Announcements

1. Healthy Recipe Sharing 有營食譜分享

日式南瓜軟餅 Japanese Pumpkin Mochi Cake



農曆新年快到了，油角、蘿蔔糕及煎堆都是傳統的賀年食品，但你知不知道原來一塊煎蘿蔔糕就有 109 卡路里，兩塊蘿蔔糕就差不多等於一碗白飯的熱量，不想新年過後多了個大肚臍？大家今年不如用南瓜整小食，FIT 住過牛年。

Lunar New Year is around the corner. Crispy pastry dumpling, turnip cake and sesame ball are the Traditional Lunar New Year food. But, do you know one piece of turnip cake contains 109 kcal. The calories gained by consuming two pieces of turnip cake is approximately equal to intake of a bowl of white rice. Don't want to get a big tummy after the holiday? Let's make a healthy snack yourself to have a FIT year of the cow!

食譜 Recipe : <https://qrqo.page.link/vqPN6>

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

2. Closure of College Building during the Chinese New Year 農曆新年期間書院大樓關閉

The College building will be **closed from 5:00 pm on 10th Feb 2021 to 9:00 am on 16th Feb 2021** for Chinese New Year holiday. Only residents with Wardens' prior approval can stay at hostel during the aforementioned period.

Students WITHOUT Wardens' prior approval please leave the hostels and the College building by 5:00 pm on 10th Feb 2021. They will **NOT** be able to access the College building and hostels with their CU Link Cards during the holiday period.

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

3. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2020/21 (Application Deadline: 14th May 2021)

CUHK Golden Jubilee Celestial Civilian Scholarship 2020/21 is now open for application. The scholarship aims to encourage and recognize the excellence of research, analysis, and writing by our students in the use of primary sources and rare materials held by the Hong Kong Literature Collection of The Chinese University of Hong Kong Library (CUHK Library).

Full-time undergraduate or research postgraduate students are eligible to apply. Details of the Scholarship, including eligibility criteria and application procedures can be found in the application form below:

<http://admission.cuhk.edu.hk/assets/oafa/Scholarships/local/celestial-civilian-form-2021.pdf>

You may also visit the website of CUHK Library for the information on Hong Kong Literature Collection (香港文學特藏) at <http://libguides.lib.cuhk.edu.hk/HKLit>.

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

4. College Hostel Grant 2020/21 Applications (for all local undergraduate resident students) 2020/21 年度書院住宿助學金 (接受本地本科生宿生申請)

College resident students (local undergraduates reside in College for whole year / Term 1 only / Term 2 only) with financial needs may apply for College Hostel Grant. The grant amount for 2020/21 will be maximum HK\$4,192 (Full year) / HK\$2,096 (One term).

Application is now open until **8th Feb 2021 (Mon)**.

Please submit the completed application form with supporting documents by email to stephyleung@cuhk.edu.hk or in person to the College Office (G03, East Block).

Please note that late applications and incomplete forms will not be accepted.

https://www.wys.cuhk.edu.hk/cms/wp-content/uploads/2021/01/Hostel-Grant-Application-Form202021_whole-year.pdf

Enquiries:

Miss Stephy Leung (stephyleung@cuhk.edu.hk / 3943 9773)

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

5. College Student Grant/Loan Application (Freshmen Only) 書院學生助學金/貸款接受申請 (只限新生)

College students who have financial difficulties may apply for College Student Grant/Loan 2020/21.

Application is now open for **freshmen only** until **22nd Feb 2021 (Mon)**.

Please submit the completed application form with supporting documents by email to stephyleung@cuhk.edu.hk or in person to the College Office (G03, East Block).

Please note that late applications and incomplete forms will not be accepted.

https://www.wys.cuhk.edu.hk/cms/wp-content/uploads/2021/01/Student-Grant-and-Loan-202021_F_updated.pdf

Enquiries:

Miss Stephy Leung (stephyleung@cuhk.edu.hk / 3943 9773)

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

6. Reaching Out Award (外展體驗獎) 2020/21 - Now open for application

Wu Yee Sun College full-time undergraduate students are now invited to apply for the Reaching Out Award 2020/21 (ROA) offered by the HKSAR Government.

The award, in the amount of HK\$10,000 for each successful applicant, aims to support students in participating in events/competitions (e.g. conferences/ forums/ workshops/ seminars/ training camps/ competitions/ service projects etc.), internships or placements (credit-bearing/non-credit bearing), field/study trips or courses (e.g. foreign language immersion programmes/academic exchange programmes etc.) which are conducted outside Hong Kong in 2020/21 academic year (1st Sep 2020 - 31st Aug 2021).

Learn more about the selection criteria, supporting documents required and application procedures here:
<https://www.wys.cuhk.edu.hk/news/reaching-out-award-202021-now-open-for-application/>

Application Deadline: 8th Feb 2021, 5:30 pm

Enquiries:

Miss Stephy Leung (stephyleung@cuhk.edu.hk / 3943 9773)

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

7. Plan Your Career Ahead - GPS Career Development Facilitation Scheme 職涯 GPS 2020-21



GPS Career Development Facilitation Scheme is jointly organized by Wu Yee Sun College and School of Continuing and Professional Studies of CUHK (CUSCS). The Scheme aims at enriching students' self-understanding for planning or embarking on their career development through face-to-face consultation and assessment by certified career development facilitators.

Programme Content

Period: Mar 2021 - Jun 2021

What to do: Students will prepare questions/ issues they concern about their career planning. CCSP/GCDF will guide the students accordingly with professional insights.

Matching: 1 student will be matched with 1 CCSP/GCDF. CUSCS will match the appropriate CCSP/GCDF in accordance to your background and application information. The result will be announced in the Briefing and Kick-off Ceremony.

Meeting: 4 face-to-face meetings at WYS College or zoom platform (around 1 hour each time)

Quota: 12

Briefing and Kick-off Ceremony (MANDATORY)

Date: 31st Mar 2021 (Wed)

Time: 7:00 pm

Venue: College Theatre, Wu Yee Sun College (may change to zoom subject to the development of COVID-19)

Application

Complete the online application form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=11590013>) and submit the deposit in amount of HK\$400 directly the bank or via ATM transfer:

Name of Bank: Hang Seng Bank

Account Number: 293-005005-018

Account Holder: The Chinese University of Hong Kong

Remarks: The deposit bank-in date will be regarded as the completion date of application. Please be reminded to e-mail the receipt of deposit to Miss Rachel Poon (rachelpoon@cuhk.edu.hk) to secure a place at your earliest or not later than 16th Feb, 2021. Deposit is refundable upon completing this scheme and fulfilling the specific criteria.

Enquiries:

Miss Rachel Poon (rachelpoon@cuhk.edu.hk / 3943-3942)

What is CCSP / GCDF?

Certified Career Services Provider (CCSP) and Global Career Development Facilitator (GCDF) are experienced professionals from various fields including education, administration and management, human resources and training, social work and helping professions. CCSP is certified by the National Career Development Association (NCDA); while the GCDF credential is certified by the Center for Credentialing and Education (CCE) of the National Board for Certified Counselors (NBCC), USA. For details, please check out this website : www.cuscs.hk/gcdf

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

8. 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.

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

9. "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 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 / 3943 9775)

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

Miss KiKi Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

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

10. 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 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.

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

11. 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) / 3943 3934)

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

12. 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. 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 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 / 3943 3988)

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

2. Self-Motivation Fund for Sports Activities

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 "Sports 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

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

Application & Guidelines:

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 / 3943 3934)

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

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)

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 / 3943 3937)

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

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.

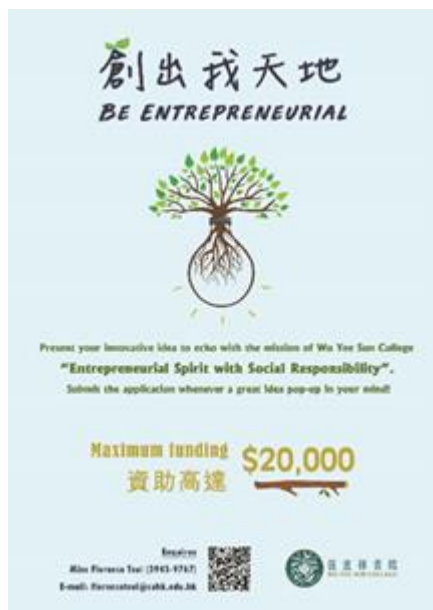
More Details: <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

Enquiries:

Miss Rachel Poon (rachelpoon@cuhk.edu.hk / 3943 3942)

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

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!**

Online application is now available, simply submit your application through one click

- <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10631420>

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

Enquiries:

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

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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

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:

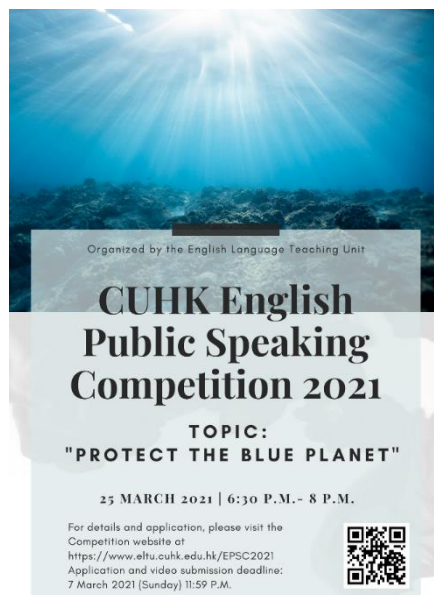
Miss KiKi Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

Miss Rachel Poon (rachelpoon@cuhk.edu.hk / 3943 3942)

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

Other Activities & Announcements

1. CUHK English Public Speaking Competition held by ELTU



It aims to promote English public speaking on campus, and provide an opportunity for students to practice and showcase their English public speaking skills. The winners will also have a chance to *represent CUHK* to compete in the annual *National English Speaking Competition (Hong Kong Region)* organized by China Daily.

Topic : "Protect The Blue Planet"

Date : 25th Mar 2021 (Thu)

Time : 6:30 – 8:00 pm

For details and application, please visit the Competition website at <http://eltu.cuhk.edu.hk/EPSC2021>

Application and video submission deadline : 7th Mar 2021 (Sun), 11:59 pm

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

2. [What's Next After Graduation?] Teach for Hong Kong Fellowship Program

Teach For Hong Kong (TFHK) envisions a future where all children in Hong Kong have equal opportunity to access quality education and fulfill their potential.

We are a growing movement of young leaders that drive systemic changes in education with cross-sector collaboration. Through our one-year TFHK Fellowship Program, we nurture the most promising university graduates as future leaders to bring education equity, starting with a year-long teaching Fellowship. We welcome all university graduates from all majors to apply!

每個小朋友都應該享有平等的機會學習、成長和發掘個人潛能。

用 300 天的時間，改寫 200 個基層學生的生命。

你亦希望成為長遠推動教育平等的領袖，為下一代的未來付出嗎？

我們正招募任何學科的大學應屆畢業生/在職人士，為香港教育帶來創新理念和改變。

參與 Fellowship，為自己，為香港而教！

(2021-22 年度 Fellowship Program 截止報名日期: 2021 年 3 月 14 日)

[Apply Now](#)

[Learn More](#)

Enquire:

[Email \(recruitment@tfhk.org\)](mailto:recruitment@tfhk.org) / [Whatsapp \(+852 52856017\)](https://www.whatsapp.com/channel/0029va211111111111111111)

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

3. Enrich Your Internships - Introducing Global Talent!



AIESEC Global Talent

人人都返 intern，唔通人人都想返咩

Let's face it: you are only applying for internships just to fill up your resume, or because others told you so. Want to maximise your learning and takeaways in various career experiences? AIESEC's **Global Talent** is the perfect service for you to explore your inner capabilities and ascertain future career directions under extensive guidance!

Why should I join Global Talent?

- **Comprehensive career consultancy sessions** for occupational planning
- **Practical CV polishing and interview advice** for early preparations
- **Personal student buddy** for comfy sharings and experience consolidation
- Discover own values, strengths, weaknesses and learn what's best for you
- Enhance self-understanding and become leader of your own life
- Chance for semi-virtual internships to apply scientific learnings and get innovative/ gain hands-on experience and create impact

Don't hesitate and sign up for more information [here!](#)

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

4. Online Quiz Game on Preventing Sexual Harassment - Chance to Receive One 8GB USB Memory Stick 防止性騷擾網上問答遊戲 — 可獲贈一枚 8GB USB 記憶體

防止歧視及性騷擾委員會推出網上問答遊戲 (<https://policy-harass.cuhk.edu.hk/zh-tw/training-events/online-quiz-game>)，以提高教職員和學生對在校園內可能構成性騷擾行為的意識，並加深大家對大學防止性騷擾政策及程序的認識。

電腦會從 25 條問題中隨機抽出其中 5 題，請選出每條問題的正確答案。答中所有 5 條題目，可獲贈一枚 8GB USB 記憶體 (數量有限，送完即止)。委員會將以電郵通知各得獎者。

如有查詢，請致電 3943 0826 或 3943 1722 與陸小姐聯絡。

The Committee Against Discrimination and Sexual Harassment has launched an online quiz game (<https://policy-harass.cuhk.edu.hk/en-gb/training-events/online-quiz-game>), with an aim to raise awareness of members of the University community on behaviour that may constitute sexual harassment on campus and assist staff and students in having a better understanding of the University's policy and procedure against sexual harassment.

5 out of 25 questions will be randomly selected. Choose the correct answer for each question. An 8GB USB memory stick will be presented to those who have got all 5 correct answers while stocks last. The winners will be notified individually.

Enquiries:

Ms. Yvonne Luk (3943 0826 / 3943 1722)

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

5. Survey about Online Teaching and Learning (For current full-time undergraduates)



In this survey, we would like to investigate the following 6 aspects: (1) Evaluation of students' attitudes of study during online learning; (2) Students' perception about teachers' online performance; (3) Students' challenges and difficulties when attending online learning; (4) Peer support during online learning; (5) Impact of COVID-19 on students' daily lives and (6) Suggestions for the improvement of the future online teaching and learning.

Please click the following link to fill in the survey or SCAN the QR Code to complete the survey:
<https://cloud.itsc.cuhk.edu.hk/mycuform/view.php?id=567869>



This survey will take about 15 minutes to complete. Participation is voluntary. If participants feel uncomfortable when doing the online survey, they have the right to withdraw and discontinue participation.

We sincerely thank for your participation in this study.

Vivian WY LEE
Associate Professor
Centre for Learning Enhancement And Research [CLEAR]

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

6. 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.

1. **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
2. **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>.

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

7. 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 / 3943 8652)

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

8. 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

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

To unsubscribe, please email us at info.wys@cuhk.edu.hk.