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Sunny Review

- [1. College Forum: The Story of VESSEL – the Journey of Discovery](#)



The final College Forum entitled "The Story of VESSEL - the Journey of Discovery" was conducted by Ms. Ruby Yeung (楊肇珊女士), Chairperson, HKALPS Limited, last Friday. Ms. Yeung introduced the mission of VESSEL, a creative hub situated in Kwun Tong which aims at boosting social inclusion and individual discovery. She went through a number of meaningful projects which engaged different sectors of the community and encouraged students to kick start their own projects.

We were grateful to Dr. Jose S.H. Lai (賴陳秀卿博士), Chairperson of the College Service-Learning Committee and Director of the English Language Teaching Unit, for moderating the Forum.

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2. GPS Career Development Facilitation Service Scheme



GPS Career Development Facilitation Service Scheme, jointly organized by the College and CUHK School of Continuing and Professional Studies (CUSCS - 中大專業進修學院), aims at providing our students with career

guidance and enriching their self-understanding through one-on-one consultation and assessment by certified career development facilitators. The briefing-cum-opening ceremony was held on 31st Mar 2021 via zoom platform.



Professor Ming-kay POON (潘銘基教授), College Dean of Students, encouraged participants to grab this chance to explore their interests and potential out of their professional studies; while Dr. Ella P.O. CHAN (陳寶安博士), the director of CUSCS and certified GCDF trainer, shared further details about the scheme. Five participants from different years met their facilitators and introduced themselves to each other. They looked very much forward to the four upcoming meetings.

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3. Sports Fun: WYS FIFA Competition & Let's Cornhole

A group of students worked out their body and mind virtually via WYS FIFA Competition on 29th and 30th Mar 2021. Training hand-eye coordination skills, attention & visual acuity, e-sports is an attractive exercise routine during the stay at home.



After a series of contests, four semi-finalists gathered at College Theatre on 30th Mar 2021 for the final round. The contest was livestreamed on College's Facebook for fellow Sunnies to watch and cheer for their friends. Professor Kelvin K.F. Tsoi (蔡錦輝教授), Chairperson of Sunny Sports Committee, and Mr. Nelson K.T. Lam (林國棠先生) and Mr. Ono S.F. Lee (李成晃先生), our PE teachers, came to support the contestants and encouraged them to keep fostering sports atmosphere in College as well.



Our College Sports Association shared the same value and presented a new activity “Let’s Cornhole” on 9th Apr 2021. Players take turn to throw bean bags at a raised platform with a hole in the far end. A bag in the hole scores 3 points, while one on the board scores 1 point. It could be breathtaking as the scores of that turn will be cancelled if a player exceeds the score of 21.

The game is easy to set up and play. Every participant enjoyed learning the new game and meeting their peers.

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4. The Fifth Cabinet of Non-residents Association Inauguration Assembly

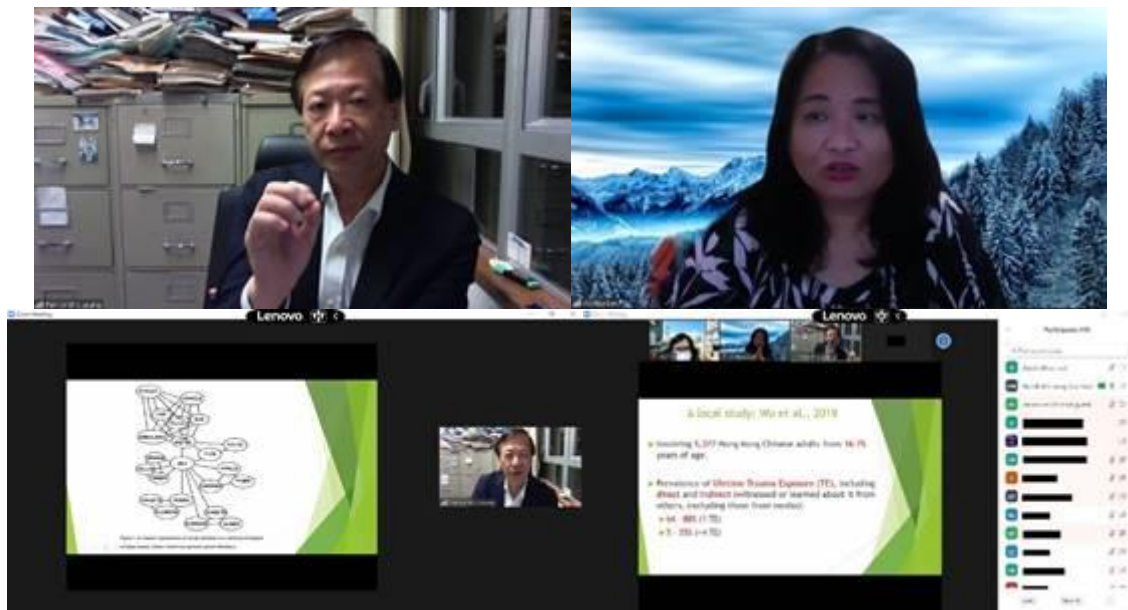


A new cabinet of Non-residents Association was formed and successfully held their Inauguration Assembly on 29th Mar 2021. Professor Anthony T.C. Chan (陳德章教授), College Master, expressed appreciation to students' effort and encouraged them to radiate their positive energy to other non-residents as well.

It was heartwarming to have the ceremony witnessed and supported by many teachers and students, including Professor Sunny K.S. Kwong (鄺啟新教授), College Associate Master; Professor Ming-kay Poon (潘銘基教授), College Dean of Students; Professor Kong-pang Pun (潘江鵬教授), Chairperson of Student Hostels Committee and Warden of West Block, Dr. Michael C.K. Tong (湯自強醫生), Vice-chairperson of Student Hostels Committee and Advisor of Non-residents Association, and other representatives of student associations. The President of the fifth cabinet, Miss Hei-iu Chung (鍾曦嬈同學) led her team to take oath in service for the non-residents of our College. May we wish them every success in their upcoming plans.

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5. Workshop on Post-traumatic Stress Disorder (PTSD) 照顧身邊人: 多點認識創傷後遺症工作坊



The College organized Workshop on Post-traumatic Stress Disorder (PTSD) 照顧身邊人: 多點認識創傷後遺症工作坊 on 30th Mar 2021. Professor Patrick W.L. Leung (梁永亮教授), College Fellow and Research Professor from Department of Psychology, shared with participants the clinical features and cognitive model of PTSD. Professor Leung also advised students to seek psychological treatment and look for positive experience if they have expressed symptoms of PTSD.

We were grateful to Professor Annisa Lee (李賴俊卿教授), College Associate Master, for moderating the workshop.

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College Activities

1. 海外校友分享: 加拿大 Overseas Alumni Sharing Session: Canada



你有冇諗過去海外升學、工作或居住？唔少伍宜孫既同學係畢業後都去左唔同既地方繼續發展，想了解佢地既經歷、心路歷程，可以參加黎緊一連串既海外校友分享。

第一次分享會，我地邀請到第一屆畢業生 Jasper，佢法律學院畢業後返左加拿大工作，想知道係加拿大工作、生活同香港有咩唔同，或者想了解下加拿大除左好凍之外仲有咩特別，就黎參加黎緊星期六晚既分享會啦！

日期：2021年4月17日(星期六)

時間：9:00pm

形式：Zoom

講者：杜昀鋒先生

主持人：朱明中教授(物理系系主任，書院院務委員及學生交流委員會主席)

語言：中文

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12759920>

Have you ever thought about studying, working or living abroad? Some of our alumni are developing their career overseas. If you are interested in knowing their path, you are most welcome to join the overseas alumni sharing session.

In the first sharing session, we have invited Mr. Jasper Toh to share with us his stories and experience of working in Canada. Register now to know more about the differences between Hong Kong and Canada and get some inspirations from him!

Date: 17th Apr 2021 (Sat)

Time: 9:00pm

Format: Online via Zoom

Speaker: Mr. Jasper Toh

Moderator: Prof. Ming-chung CHU (Chairman and Professor, Department of Physics; College Fellow and Chairperson of Student Exchange Committee, WYS)

Medium: Cantonese

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12759920>

2. Yoga Mats and Blocks Reservation



#Gym closed 😞
#無得做gym點算好?

YOGA MATS & BLOCKS RESERVATION

瑜伽墊及瑜伽磚借用服務

All WYS Residents are eligible to borrow at most **ONE** yoga mat and **ONE** yoga block (First-come, first-served)

Reservation Period: 7 days

Deposit: \$ 100
(Deposit refund will be made upon returning materials on time)

Register at:
Dean of Students' Office (UG09)

Sometimes you may not be able to catch the opening hour of the gym. The reservation of yoga mat and yoga block is now open for **current residents**.

You may utilize the yoga mat and yoga block not only in practicing yoga, but also other fitness training like core training and endurance training. Stay healthy and fit!

Important Notes:

- Each resident may borrow at most **ONE** yoga mat and **ONE** yoga block per reservation for 7 days (first-come-first-served)
- If all yoga mats and yoga blocks are reserved, students may register on the waiting list.
- Users cannot renew their booking if other students are on waiting list.
- Users must sanitize the equipment before and after use

Registration: Please register at College Dean of Students' Office (UG09) during office hour with presence of your CU Link.

Deposit: HK\$100 (full refund upon returning the borrowed equipment on time)

Enquiries:

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

College Announcements

1. College Student Wins Multiple Awards in the 7th Annual Student Photography Competition Hosted by the Morningside College



We are pleased to announce that our College student, Mr. Nicholas S.W. Ng (吳善弘同學), has won multiple awards in the 7th annual Photography Competition hosted by the Morningside College. The competition is open to all undergraduates and the categories of this year are Chaos, Meaningfulness, and Resilience.

Nicholas's photo "Age" has won the 1st Prize and Students' Choice Prize in the category, 'Meaningfulness'. Congratulations to Nicholas!

More details and winning photos can be found here:

<https://www.morningside.cuhk.edu.hk/news/winners-of-the-7th-annual-student-photography-competition-announced-at-virtual-ceremony>

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2. Sunny Passion Programme 2020-21 – Finalists Shortlisted

The final presentation of the Sunny Passion Programme was held on 1st April 2021. There are quite a number of potential winners and we are happy to announce that there are 2 winning teams. The finalists have been shortlisted as follows (in arbitrary order).

Team	Project Idea
The Diabetes Education & Awareness (DEA) Project	To create the awareness about diabetes in Indonesia through public health education and engagement programmes
Vibe to it	To promote and advocate western contemporary pop music and electronic dance music in Hong Kong by creating content on social media platforms

More details about their project ideas can be viewed [here](#). Once again, congratulations to the shortlisted teams!

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3. Summer Student Hostel 2021 and Hostel Check-out in Term 2, 2020-21 2021 年暑期學生宿舍及 2020 至 21 年下學期退宿

Summer Student Hostel 2021 online application will open from 10th Apr 2021 to 18th Apr 2021. Please visit https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1617927786WYS_Hostel_Checkout_SH2021_Note.pdf for details.

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4. Application for Student Hostel Residence (2021-22) (For Non-local Students Admitted in 2016-17 and after) 2021 至 22 年度學生宿舍申請須知〔2016-17 年度或之後入學之非本地生適用〕

Online Application for Student Hostel Residence (2021-22) (For Non-local Students Admitted in 2016-17 and after) opens between 10th Apr 2021 and 25th Apr 2021. Interested students please visit https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1617960955WYS_Hostel_202122_NL1617_ApplicationNote.pdf for the note for applicants and apply at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=12510786>.

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5. Healthy Recipe Sharing 有營食譜分享



蘑菇菠菜蛋餅 Egg pancake roll with Mushroom and Spinach

話咁快又就到考試季節喇，溫習嘅時候一定要食得好，先可以百戰百勝。今次，我就特別為大家推薦一個用蘑菇及菠菜製作嘅蛋餅，當中含有豐富的營養素，作為下午茶小食就最好不過喇!

Exam is coming soon..... We need to intake nutritious food for preparation of exam. Let me recommend you to make a healthy egg pancake roll with mushroom and spinach which contains various nutrients. It is an ideal afternoon snack to boost your energy!

食譜 Recipe : <https://qr.go.page.link/z2N89>

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6. Re-opening of Learning Commons (Partial Areas) 共享學習空間(部份範圍)重新開放

Partial areas of Learning Commons will be reopened 9:00 am - 10:30 pm daily from 15th Mar 2021 onwards for **residents**. The area at the back will remain closed for temporary luggage storage.

Please be reminded to wear a mask at all times and maintain social distancing in accordance with the latest government regulations.

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7. 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>.

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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.

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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)

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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.

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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:

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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。

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College Funding & Awards Schemes

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

The infographic is titled "Self-Motivation Fund for Health and Well-being Activities" and features the Wu Yee Sun College logo. It describes the fund's purpose: to encourage students to participate in health and well-being activities and qualification courses to bring everyone health, happiness, and/or satisfaction. It is divided into two main categories:

- Health and Well-being Activities:** Max. funding amount: \$1,500 or 80% of course fee (whichever is lower).
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 or 80% of course fee (whichever is lower).
Examples: Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art / Music Therapy Instructor Course.

At the bottom, it provides contact information for enquiries: Miss Phoebe Wu (phoebewu@cuhk.edu.hk) / 3943 3968, and a QR code for the Application & Guidelines.

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)

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2. Self-Motivation Fund for Sports Activities

The infographic features a blue and yellow geometric background. At the top left, it reads 'Self-Motivation Fund for SPORTS Activities' with a runner icon. Below this is the motto: '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"'. The infographic is divided into two main sections. The left section, titled 'Sports Activities' with a dumbbell icon, lists a 'Max. Funding Amount: \$1500 or 80% (whichever is lower)'. It provides examples: 'Standard Chartered Hong Kong Marathon, Oxfam Trailwalker, Spartan Race, Dance Workshop, Yoga Class'. The right section, titled 'Qualification Courses for Sports Coach' with a coach icon, lists a 'Max. Funding Amount: \$4000 or 80% (whichever is lower)'. It provides examples: 'Rowing, Rope-skipping, Taekwondo, Orienteering'. At the bottom right, there is a QR code labeled 'Application & Guidelines:' and an 'Enquiries:' section for Miss Chillies Tam (3943-3934/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.wyys.cuhk.edu.hk/whole-person-development/sports-health-education/>

Enquiries:

Miss Chillies Tam (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)

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)

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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 / 3943 3942)

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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!**

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 (florecetsui@cuhk.edu.hk / 3943 9767)

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

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

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

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Other Activities & Announcements

1. AIESEC CUHK <TWINTERNSHIP : 滿足你海外本地都有 intern 做嘅願望>



已經三月啦，寄咗好多份 CV？煩緊唔夠工作經驗？心思思想去外國實習，但又想係香港公司儲經驗？好消息！依家 AIESEC 嘅‘Twinternship’可以一次過滿足你**兩個願望**！參加 Twinternship 就可以獲得**海外 intern 機會**，踏出自己舒適圈，體驗外國工作文化，返黎之後仲會直接得到**香港初創公司實習面試機會**，成功就有海外加本地兩份 intern。即刻實踐返係第一份實習學到嘅嘢，雙重提升你嘅競爭力！

你嘅實習旅途並不孤單，過程中我地會提供專業指導，確保你嘅旅途豐富充實，服務包括：

- 全方位職涯規劃諮詢，幫你搵最適合嘅海外同香港實習
- 撰寫 CV 技巧同面試技巧專業意見，搵工冇難度
- 個人學生夥伴支援實習旅途

AIESEC 致力於提供不同海外實習同義工機會，開拓同學嘅發展潛能同領導能力。唔好諗啦，快啲[報名參加](#)啦！

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2. 心事日光浴 Emotion Sunbathing by Sunshine at CUHK



世界太紛擾，節奏太急促，如你開始覺得身心俱疲的話，不如試試把壓抑良久的情緒拿出來曬一曬？中大有晴想和大家一起在心理健康及輔導中心靜觀庭院曬個「日光浴」！在靜觀庭院舒適及輕鬆的環境下、將積了塵的心事抖出來，讓陽光一掃心中鬱悶。無論是心事、煩惱，還是對自己或世界的祝願，歡迎你前來曬一曬！

The world may somehow be too busy and unrestful for you to breathe, how about unwinding yourself under the nice and warm sunshine? Sunshine at CUHK would like to invite you to join us in an “Emotion Sunbathing” at the Patio of Wellness and Counselling Centre, a restful place where you can embrace your deepest feelings and thoughts. Come to enjoy the tranquility and have a good chat with yourself.

日期 Date : 5th Mar – 30th Jun 2021

地點 Venue : 龐萬倫學生中心 2 樓心理健康及輔導中心靜觀庭院

Patio at 2/F Wellness and Counselling Centre, Pommerenke Student Centre

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3. 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**”.

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>.

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4. 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)

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<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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