For problems viewing CHINESE words in this email, please right click the mouse and choose Encoding and then Unicode (UTF-8). You can also contact Mr. Jason Cheng at <u>jasoncheng@cuhk.edu.hk</u> or 3943 3989 for technical support.

# The Sunny Bi-Weekly

# 21<sup>st</sup> June 2021



Sunny Review 上周回顧

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College Funding & Award Schemes (Year-round Application) 書院資助及獎勵計劃 (全年可供申請)	Other Activities & Announcements 其他活動及宣佈事項
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2. Mingle Fund	<new></new>
3. Be Entrepreneurial! Funding Scheme 創出我天地!	2. CUHK Motion E-sports Triathlon E-Sports < Final
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	4. AIESEC CUHK < TWINTERNSHIP: 满足你海外本地都
	<u>有 intern 做嘅願望&gt;</u>
	5. The Esther Yewpick Lee Millennium Scholarship 2022
	6. Online Survey for Full-time Year One Undergraduate
	Students
	7. 心事日光浴 Emotion Sunbathing by Sunshine at CUHK
	8. CUHK Independent Learning Centre (ILC)
	9. Flourishing First Year Programme 心盛計劃 2020-21
	10. Community Resources for Emotional Support

# **Sunny Review**

# 1. 小巴牌工作坊



Creativity Laboratory invited Mr. Kam-sang Mak, the only hand-painted acrylic minibus sign maker in Hong Kong, to lead a 2.5-hour workshop on 11<sup>th</sup> Jun 2021 (Fri). Mr. Mak shared his story, the development of Hong Kong minibus and tips for perfecting the calligraphy. Around 20 participants created their own minibus signs under Mr. Mak's guidance. Participants used marker pens to outline the words, followed by coloring with acrylic paints to mimic the form of calligraphy. Everyone successfully created a great art work.

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The third session of the Overseas Alumni Sharing Series was conducted by Miss Ceci Yip (Hotel and Tourism Management/2016) on 10<sup>th</sup> Jun 2021 (Thu). Miss Yip talked about her path from taking exchange to working in Lille, France. She also shared challenges and hardships she has encountered and some tips to overcome the obstacles. We were grateful to Dr Celeste Ewig, Senior Lecture of School of Pharmacy and member of Student Exchange Committee, for moderating the Sharing Session.

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# **College** Announcements

# 1. Interview on College Student Activities under the Pandemic by CUHK's Information Services Office (ISO)



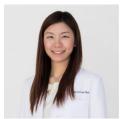
Our College Dean of Students, Professor Ming-kay Poon (潘銘基教授), College Office Staff, Miss Kiki W.K. Chan (陳 煒棋小姐), and two student representatives, Mr. Vincent C.L. Lau (劉晉霖同學) and Mr. Kin K.S. Tong (湯堅信同學) were invited by the ISO to share their experience of organizing College activities under the Pandemic. The interview article has been published on CUHKUPDates. For details, please visit:

https://www.iso.cuhk.edu.hk/english/publications/CUHKUPDates/article.aspx?articleid=3941

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# 2. New College Members 新增書院成員

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



Professor Bonnie Y.K. LAM (林賢嘉教授) PhD, BSc (NSW)

Dr. Bonnie Lam is a Post-doctoral Research Fellow at the Division of Neurology, Department of Medicine and Therapeutics, The Chinese University of Hong Kong (CUHK).

During her post-doctoral training at CUHK, Dr. Lam identified the risk factors for developing delayed-onset poststroke dementia; and have applied a novel diffusion tensor imaging marker to detect age-related cognitive alterations in community participants. Her on-going work includes the management of a large multi-center study to harmonise the imaging protocol for small vessel disease in preparation for a clinical trial; and investigating the high prevalence of white matter lesions in South East Asia.

Dr. Lam is the recipient of the Dean's list for outstanding research (2009), the Neuroscience Research Australia scholarship (2011-2014), the Young Investigator Award, VasCog International Conference (2015), and the Tse Cheuk Ng Tai Prize for Dementia Research (2016), and the Lee Hysan Postdoctoral Fellowship in Clinical Neurosciences (2020-2021). She is an active member of various research societies such as the Vascog Society, Organisation for Human Brain Mapping and was in the organizing committee of the Vascog International Conference 2018. Further, she is the committee member of multiple research consortiums, such as the i) Stroke and Cognition consortium, ii) Microbleeds International Collaborative Network, iii) HARNESS (HaRmoNising Brain Imaging MEthodS for VaScular Contributions to Neurodegeneration), and iv) Meta VCI MAP (an international collaborative platform for lesionsymptom mapping studies).



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# Dr. LEUNG Shu-fung (梁樹風博士) BA, MPhil, PhD (CUHK)

梁樹風博士,中國語言及文學系講師,研究興趣包括古典文學、古代文獻,尤關注植物與文學和 文化的繫連。梁博士秉持「時還讀我書」的理念,在塵網中醉心耕讀。他曾應邀擔任書院語文文 化桌活動的講者。

# 3. Vaccination and Testing Arrangements for Hostel Accommodation in 2021/22

While embracing summer, we are planning for better preparation in the next academic year. The University has issued an announcement recently entitled "Latest Health Advisories from the University for New Academic Year" to strongly encourage students to receive COVID-19 vaccination at the earliest opportunity and lay out directions on student activities and hostel accommodation arrangements for 2021/22. In alignment with the University policy, we strive to resume normal capacity at hostels while safeguarding the health and wellbeing of all our students and colleagues.

Hostel accommodation presents challenges for physical distancing. Shared spaces can also increase the risk of crossinfections. Student residents are therefore strongly encouraged to get COVID-19 vaccine. Vaccination bookings could be made via the following link: <u>https://www.covidvaccine.gov.hk/en/</u>. Students who have queries on the efficacy and safety of vaccination may refer to the recording of "Information Session on Vaccination and Testing Arrangements" held on 17<sup>th</sup> May at <u>https://www.wys.cuhk.edu.hk/news/information-session-on-vaccination-andtesting-arrangements/</u>. The session was conducted in Cantonese and supplemented by slides in English. You may also consult with your family doctor for medical advice.

To identify infected people who are asymptomatic, student residents who have not been vaccinated against COVID-19 will be required to undergo an entry test before admission to hostel and a COVID-19 test every two weeks afterwards at their own expense. Those who have been fully vaccinated for more than 14 days can be exempted from entry and serial tests. Detailed arrangements will be worked out in due course. Students who have a contraindication to vaccination and encounter financial difficulties to cover the cost of serial test may seek assistance from College.

Whether you are vaccinated or not, all members of College should continue to follow all College preventive and control measures against COVID-19, including mask wearing, social distancing and frequent hand washing.

# Stay healthy and positive. We look forward to welcoming you back to the campus in September!

迎接初夏之時,我們亦正積極為新學年做好準備。大學近日發出題為「<u>大學就新學年發出的健康建議</u>」的電郵,鼓勵 同學盡早接種疫苗及闡述 2021/22 年度學生活動及宿舍安排的方向。因應大學最新政策,我們亦期盼在恢復書院宿舍 入住人數至原有水平,以及保障所有員生的健康與福祉之間取得平衡。

入住宿舍為維持社交距離帶來挑戰,共用空間亦增加交叉感染風險。因此,我們強烈鼓勵同學接種疫苗。同學可以透過以下連結<u>https://www.covidvaccine.gov.hk/zh-HK/</u>於網上預約疫苗注射服務。同學若關注疫苗的安全性及功效,可瀏覽以下網址<u>https://www.wys.cuhk.edu.hk/news/information-session-on-vaccination-and-testing-arrangements/?lang=zh</u>觀看於5月17日舉行的「接種疫苗及檢測安排簡介會」之錄影片段,會面以粵語進行並輔以英語簡報。你亦可先諮詢家庭醫生的意見。

為識別無症狀感染者,未接種疫苗的宿生在入宿前需要進行新冠病毒檢測,其後每隔兩星期亦要自費接受病毒檢測。 至於已經完成接種疫苗超過14天的學生則可獲豁免定期檢測。實際檢測安排有待公布。獲醫生證明不適合接種疫苗並 因經濟困難而難以負擔定期檢測費用的同學,可向書院尋求協助。

不論你曾否接種疫苗,所有書院成員應繼續遵守書院防疫措施,包括配戴口罩、保持社交距離及勤洗手。

盼望各位保持身心健康。期待九月書院重聚!

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#### 4. Campus Arrangements

Non-residents may return to College <u>during 9:00 am – 10:30 pm daily starting from 26th Apr 2021</u>. Please be reminded that <u>ALL</u> students must follow below procedures before entering into College. If students have taken a COVID-19 test, please stay at home until the test result is available.

- 1. Tap students' own CU Link to access the main entrance of College buildings
- 2. Measure body temperature at the counter at College Gallery (*If body temperature is above 37.5 °C, s/he will not be allowed to enter into College*)
- 3. Fill in the registration form with <u>complete and accurate information</u> (e.g. fill in FULL name, not alias) at the same counter
- 4. Sanitize hands

Please be reminded that <u>NO VISITORS</u> (including WYS non-residents) will be allowed to enter the hostel floors. Students cannot bring in unauthorized persons or allow them to follow behind you to enter into the College. Unauthorized persons or illegal residents will jeopardize the accuracy of contact tracing. In order to protect your own health, violations will result in disciplinary actions.

	Residents	Non-residents
Learning Commons	9:00 am – 12:00 am (Daily, 26 <sup>th</sup> Apr – 18 <sup>th</sup> May 2021)	9:00 am – 10:30 pm (Daily)
	9:00 am – 10:30 pm (Daily, 19 <sup>th</sup> May 2021 onwards)	
Piano Room	9:00 am – 10:30 pm (Daily)	9:00 am – 10:30 pm (Daily)
Yan Chak Study Room	N/A	9:00 am - 10:30 pm (Daily)
(for non-residents only)		
College Gymnasium*	9:00 am – 5:30 pm	9:00 am - 5:30 pm
(for authorized users only)	(Monday to Friday, EXCEPT public holidays)	(Monday to Friday,
		EXCEPT public holidays)

The opening hour of College facilities is also updated in below table.

\*Please read through and follow guidelines on the latest arrangement of College Gymnasium via mass email dated 21<sup>st</sup> Apr 2021. First-time users should bring the valid (i) CU Link Card and (ii) CUHK Fitness Room User Card to College Office (G03) for registration. Please be reminded to wear masks during exercises as well.

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5. 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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6. "Meet the Dean" Hours 輔導長時間

5

["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 <u>sammykwan@cuhk.edu.hk</u> 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* (<u>sammykwan@cuhk.edu.hk</u> / 3943 9775) *Miss Florence Tsui* (<u>florencetsui@cuhk.edu.hk</u> / 3943 9767) *Miss KiKi Chan* (kikiwkchan@cuhk.edu.hk / 3943 3935)

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### 7. Student Pastoral Care

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

1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email <u>sammykwan@cuhk.edu.hk</u> for arrangement.

2) You may also approach the University's Wellness and Counselling Centre at 3943 7208 for help.

3) A **24-hour Emotional Support Hotline** at **5400 2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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### 8. 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: <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838</u>

#### Enquiries:

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

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9. 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 <u>application form</u>, 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 Green Activities



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

Applications for Self-Motivation Fund for Sports Activities and Self-Motivation Fund for Health and Well-being Activities are CLOSED as the funds are exhausted. Students may apply again starting from 1<sup>st</sup> Aug 2021.

**Mingle Fund** 

2.

Self-motivation Fund for Green Activities is still open for application.

#### Enquiries:

Ms. Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

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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.)

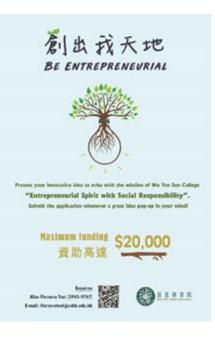
Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

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

Enquiries: Miss Rachel Poon (<u>rachelpoon@cuhk.edu.hk</u>/3943 3942)

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3. 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 (<u>florencetsui@cuhk.edu.hk</u> / 3943 9767) Miss Phoebe Wu (<u>phoebewu@cuhk.edu.hk</u> / 3943 3988)

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# 4. 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 (<u>kikiwkchan@cuhk.edu.hk</u> / 3943 3935) Miss Rachel Poon (<u>rachelpoon@cuhk.edu.hk</u> / 3943 3942)

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# **Other Activities & Announcements**

Webinar - Pursuing an Accounting Career in the USA

The Chinese University of Hong Kong Alumni Association of Southern California organizes a webinar titled "Pursuing an Accounting Career in the USA" on **27**<sup>th</sup> **Jun 2021 (Sun) at 9:00 am HKT**. The webinar will be conducted in Cantonese and the panel speakers are Luke Hung and Lorean Chan.

This Webinar serves to explore the pathway to become a CPA in Southern California. Highlights of the presentation will include the following:

- 1. Education, examination, and practical experiences required for a CPA license in California
- 2. Career opportunities for accounting graduates private, public and government
- 3. Recent developments in accounting regarding risk, compliance, information technology etc.
- 4. An accountant's role in Cyber securities detection, prevention and remedies
- 5. An accountant's role in business governance transparency, disclosure and environmental issues

For details and registration, please visit the website - <u>https://cuhkaasc2.wixsite.com/socal/copy-of-webinar-banking-career</u>

CUHK Motion E-sports Triathlon



E-Rowing | E-Cycling | E-Racing

**Qualifying Round:** 24<sup>th</sup> May – 11<sup>th</sup> Jun 2021 **Final**: 19<sup>th</sup> Jun 2021 **Venue**: AME Stadium – Shop 2, UG Floor, H Zentre, 15 Middle Rd, Tsim Sha Tsui **Application**: Walk-in & Free of Charge

Details: <u>https://www.peu.cuhk.edu.hk/images/content/other/esports/esports-poster-mix.pdf</u>

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AIESEC In CUHK | 2Gather 相聚 2021-跨文化本地交流計劃



綫上教學方法很難結識新朋友?如果你可以結識來自不同文化背景的朋友,從而認識各地文化?我們現在誠邀您參加由 AIESEC in Hong Kong 主辦的 2Gather 相聚 2021,將各地文化介紹給來自不同文化背景的學生。

### 有關 AIESEC

自 1948 年以來, AIESEC 是一個由青年領導的國際, 非牟利領袖發展組織。我們的使命是努力實現和平與人類潛力的 實現。我們通過跨文化交流來培育領袖, 到目前為止, 我們已經提供了 36,000 多個相關體驗和機會, 包括我們的計 劃, 例如海外義工(Global Volunteer)和海外實習(Global Talent)。我們在全球擁有 8,000 多個合作夥伴組織, 在 120 多個國家和地區擁有 70,000 名成員。

### 關於 2Gather 相聚 2021

2Gather 相聚 2021 旨在為來自不同文化背景的大學生和畢業生提供一個機會,使他們能夠結識來自不同國家的新朋友,通過嘗試彼此文化中的新事物來共同創造回憶。而最大的得益莫過於過程中的成長、跨文化理解和社會意識。計劃包含總共 2021 年 7 月內的 3 星期活動和分享。

報名: (<u>https://mchongkong.typeform.com/to/ljdwk74n</u>) 截止日期: 24<sup>th</sup> Jun 2021 (Thu), 11:59 pm 更多資訊: <u>https://aiesec.hk/2gather/</u>

### 2Gather 相聚 2021 計劃精華

在"起動日"和"團體迎新週",您將認識您的夥伴。在整個計劃裏面,您們將一起展開爲期4星期的體驗,並讓 AIESEC 的體驗夥伴知道您對計劃的期望,一同計劃您的文化之旅。旅程中,您將會從彼此的社區生活足跡和富有挑戰性的任務中體驗世界各地不同的文化。參加成果分享及展示多元文化的文化展示和重融日,與其他參加者分享您在計劃中的美好回憶和鞏固過程中的得著。

### 活動階段日程:

- 4<sup>th</sup> 9<sup>th</sup> July | 序。體驗
  - 起動日:7月4日
  - 迎新週:7月5-9日
  - GTK-互相認識,計劃日程和與活動體驗大使訂立個人目標

#### 10<sup>th</sup> - 18<sup>th</sup> July | 文。體驗

# • 3天的跨文化結伴體驗

- 與各文化有關的任務 (e.g. 語言學習和文化節日交流等)
- 拍照並製作電子日記

## 19<sup>th</sup> - 23<sup>rd</sup> July | 結。體驗

- 小組分享會
- 文化展示和重融日:7月24日(包括與NGOs合作的地球村活動)

#### 費用: HKD\$70

我們會發放電子證書作爲完全參加計劃三個階段的嘉許。

因爲疫情,我們一整年都無法透過旅游去認識和接觸外地文化。現在,一個本地的文化交流計劃成爲了最好和最安全的機會參加計劃與我們**相聚**,發掘各個文化的獨特性,結識一班新朋友,互相啓發,共同建立我們的地球村!

名額有限,報名從速!<u>http://bit.ly/2GatherSignUp</u>

Have you ever felt it hard to make friends under the online learning method? What if you could hang out with students from **different cultural backgrounds** and get to know foreign cultures? We cordially invite you to be participants in **2Gather** to impart the local culture to our fellow university students with different cultural backgrounds!

### About AIESEC

AIESEC is a global youth-led, non-profit leadership development organization since 1948. Our mission is to strive to achieve peace and fulfill humankind's potential. We activate leadership through **cross-cultural exchanges**, and we have 36,000+ experiences delivered until today, including our products such as Global Volunteer and Global Talent. We have over 8,000 partner organizations worldwide, and we have 70,000 members in 120+ countries and territories.

#### About 2Gather

**2Gather** aims to provide a comprehensive opportunity to **university students and graduates across different cultural backgrounds**, enabling you to meet new people from diverse nationalities, co-create experience by trying new things in each others' culture. The greatest takeaways must be personal growth, cross-cultural understanding and social awareness gained by the programme. The program provides **three weeks of activities and sharings** to our delegates in **July of 2021**.

Register here (<u>http://bit.ly/2GatherSignUp</u>) on or before 24<sup>th</sup> June, 11:59 pm! Check out our website for more information: <u>https://aiesec.hk/2gather/</u>.

### 2Gather Highlights

By **Kick-off Day and Group Orientation Week**, you will get to know your pair-up friend for the upcoming experiences, exchange expectations and plan your cultural tour together with our AIESEC experience buddy. During the **Cultural Exchange Tour**, you will experience different cultures in the world by following each other's life footprints in the community and completing challenging tasks. Attending the **Reintegration Conference and Cultural Fair**, which showcase diverse cultures, you can share your memories and consolidate your takeaways with all participants.

#### Timeline:

#### 4th - 9th July 2021 | Pre-experience

- Kick-off Day: 4<sup>th</sup> July
- Orientation Week: 5<sup>th</sup> 9<sup>th</sup> July
- Ice-breaking games, agenda and goal setting with experience facilitators

### 10th - 18th July | Experience

- 3 Days Cross-cultural pair experience
- Take photos and make a digital journal
- Finish tasks related to cultures and living habits (e.g. language learning, festival exchange etc.)

### 19th - 23rd July | Post Experience

Group Consolidation

• Cultural Fair & Reintegration Conference: 24th July (*including Global Village with NGOs for cultural exchange*)

#### Fee: HKD\$70

An e-certificate of appreciation for the participants will be given upon completion of the three-stage experience.

The pandemic has made cultural exchange difficult to achieve through travelling. **With** this local cultural exchange opportunity, you can be one part of **2Gather**, and discover the uniqueness of culture. Come and **build life-long friendships**, **empower** each other and co-create a **Global village**!

Places are limited. Sign up now! <u>http://bit.ly/2GatherSignUp</u>

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### 4. AIESEC CUHK < TWINTERNSHIP: 满足你海外本地都有 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<mark>海外 intern 機會</mark>,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<mark>香港初創公司實習面試機會</mark>,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, 搵工有難度
- 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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The Esther Yewpick Lee Millennium Scholarship 2022

(Application Deadline: 6th Sep 2021 (before 5:30 p.m.))

This Scholarship is <u>EXCLUSIVELY</u> offered to CUHK final-year students or graduates of undergraduate and postgraduate degree programmes. The scholar will be <u>FULLY sponsored</u> for a maximum of 3 years to read for a postgraduate degree or a second bachelor's degree at the University of Oxford, U.K. commencing Oct 2022.

# Value of the Scholarship

One Scholarship for two to three years will be awarded to a degree graduate or final-year student of CUHK.

All amounts due in respect of University and College fees at Oxford will be paid direct to the College concerned. The Scholar will be provided with a return economy class airfare between Hong Kong and London, charges for land transportation between London and Oxford, and an annual personal allowance which is expected to take care of board and lodging and other maintenance costs.

## <u>Eligibility</u>

- Applicants should be either final-year students in the academic year 2021/22 including both undergraduates and postgraduates of degree programmes, or graduates holding degrees awarded by CUHK.
- Successful candidates must have outstanding academic records and have a respect for humanity, a curious mind, moral integrity and a spirit of adventure and reveal the potential to make a contribution to the well-being of the community.
- Candidates must be under 25 years of age on 1<sup>st</sup> Oct 2022.

## Application Procedures

1. Details of the Scholarship and its application form are obtainable from our website at <u>http://admission.cuhk.edu.hk/</u> (Financing Your Studies → Scholarships → Open for Applications).

- 2. Applicants should read the Memorandum and Checklist of Supporting Documents carefully and strictly follow the instructions.
- 3. Completed application form together with ALL the requisite documents should be submitted **online**, unless otherwise specified, <u>not later than 5:30 p.m., 6<sup>th</sup> Sep 2021 (Hong Kong time)</u>. Late or incomplete applications will not be considered.

### <u>Enquiries</u>

Office of Admissions and Financial Aid (3943 7204 / sfas@cuhk.edu.hk)

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Online Survey for Full-time Year One Undergraduate Students
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The Centre for Learning Enhancement and Research would like to investigate the impacts of online or blended learning (Mixed Mode) on the First-year University students under the COVID-19 pandemic. Year one Undergraduate students are invited to complete the following survey:

(Facilitating Blended Learning (Mixed Mode) Research on First-year University Students) <u>https://cloud.itsc.cuhk.edu.hk/mycuform/view.php?id=1000628</u>

All the information will be kept confidential for research in teaching and learning purposes. The survey has obtained approval for ethics clearance from the Survey and Behavioral Research Ethics Committee of CUHK for collecting data involving human participants. Ethics Reference No: SBRE-20-667.

The duration of the survey will be from now onwards up to the end of July 2021.

# Enquiries:

Ms. Jesse Lee (jesselee@cuhk.edu.hk3/3943 6460)

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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 : 5<sup>th</sup> Mar - 30<sup>th</sup> 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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# . 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 (<u>https://www.ilc.cuhk.edu.hk/EN/</u>) 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
  - o 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: <u>https://www.ilc.cuhk.edu.hk/EN/consultation.aspx</u>. 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: <u>https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx</u>.

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Flourishing First Year Programme 心盛計劃 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 (<u>osa@cuhk.edu.hk</u> / 3943 8652)

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#### 10. 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.