The Sunny Bi-Weekly

30th Aug 2021



Sunny Review 上周回顧

1. Incoming Exchange Students - College Time <New> 2. Creativity Laboratory - Startup talk x Frame bag Workshop 創業講座 x 口金包工作坊 <New>

Ser.	cul	1k bi g:cuhkmem	ngo			KE DIAN	Rachel Poon
visited the uni clinic	became research experiment subject	4	had late- hours meal as group gathering 食宵	walked 小橋流水 (shortcut from Franklin to CC church)	A. S.	Thomas Ng	Iouisjeanmunsch Sharon Wong
received \$1.3 red packet for luck	petted a cat on campus	took photos at NA pavilion 天人合一	dem beat at YIA/ MTR 民女	has a definitive ranking on campus canteens		Kaus Colanero,5	Sharon Wong
took part in college sports events for PE credit	had hand- me-down PE tshirt FN FH textbooks 二手衫/書	1ª	had hotpot at hall	wrote an RJ that you are quite proud of		Maria Consuelo VEG.	Francisco CISTERNAS
walked through the whole circuit road	ate at staff	illegally (had someone) stayed at hall overnight (被)屈蛇	all-nighter mahjong	went on a "disco" N route school bus		V Lug Roberto FLORES	ida Tsui_2
paid for CUHK hoodie/ tshirt	walked up the stairs near MMW & clinic	diss CUHK often but don't actually hate it	went on exchange	became tour guide for a campus visitor		Crystal, Wing Zit Won Gabriella CHAN_1 # Gabriella CHAN_1	# ida isul 2

College Announcements 宣佈事項

1. Outstanding Athletic Achievements - Application < Deadline Tomorrow>

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伍宜孫書院學生飯堂於9月1日起恢復餐飲服務 <New>

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6. "Meet the Dean" Hours 輔導長時間

7. Student Pastoral Care

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

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

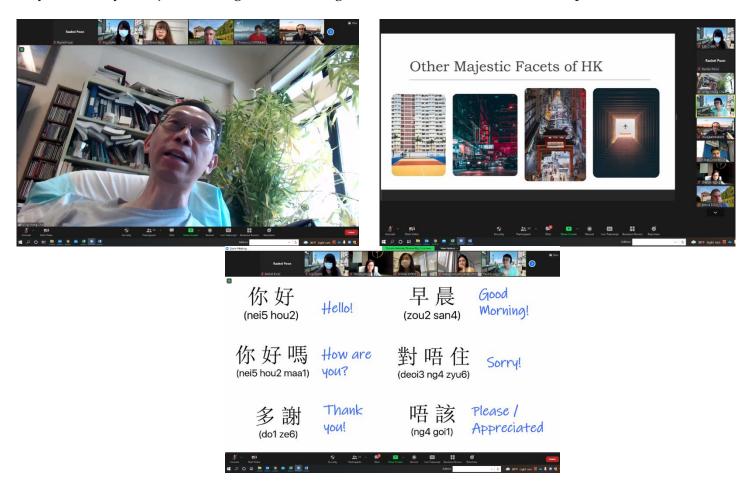
College Funding & Award Schemes (Year-round Application) 書院資助及獎勵計劃 (全年可供申請)	Other Activities & Announcements 其他活動及宣佈事項
1. Self-Motivation Fund for Health and Well-being	1. D&I Ambassadors Programme 2021/22 <new></new>
Activities	2. 「聲昔再現」招募實習生 <new></new>
2. Self-Motivation Fund for Sports Activities	3. The Esther Yewpick Lee Millennium Scholarship 2022
3. Self-Motivation Fund for Green Activities	<deadline mon="" next=""></deadline>
4. Mingle Fund	4. Community Resources for Emotional Support
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	

Sunny Review

1. Incoming Exchange Students - College Time

31 incoming exchange students from 15 different regions are joining our College this semester! The College organized a Virtual College Time to express our warmest welcome to them on 19th August. Members of Student Exchange Committee attended the event and Professor Ming-chung Chu (朱明中教授) encouraged exchange students to actively participate in College activities and enjoy their journey at Hong Kong.

Student representatives shared with participants some useful Cantonese expressions, some must-dos in Hong Kong and tips for a fruitful exchange life at the College and CUHK. They had a great time interacting with each other. May we invite you to join us and give the exchange students a warm welcome on campus.



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2. Creativity Laboratory - Startup talk x Frame bag Workshop 創業講座 x 口金包工作坊

Creativity Laboratory (c!ab) invited Miss Cathy K.K. Sham (岑家琪小姐), the startup business owner, to share a talk and lead a workshop on 20th Aug 2021. Cathy was one of the judges for the pattern design of frame bag cloth competition, which was organized by c!ab previously.

The design of the champion, 1st and 2nd runner up were adopted for the frame bag workshop and all the participants could choose their preferred pattern to create their own frame bag. Participants not only made the product successfully but also learnt a lot about running a business, the uses and changes of fashion purse and so forth.

The student conveners of c!ab (clabbers), Miss Kelly P.L. Chan 陳珮淋同學 (BSCI/1) and Miss Mabel M.L. Lau 劉茗 麗同學 (PACC/1) shared their thoughts on how difficult it is to strike a balance between meeting the market needs to sustain the business and creating a work with artists' aesthetic style. The talk was really inspiring and we look forward to having similar talks in the future.



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College Announcements

1. Outstanding Athletic Achievements

<u>Online application</u> for Admission Scholarship for Outstanding Athletic Achievements 2021/22 now opens until 31 August 2021. Award amount is up to HK20,000. Recipients have to actively involve in sports activities in the College and share their passion on sports with peers.



Eligibility:

With outstanding results in sports competition(s) within the past four years

This scholarship is eligible for students who placed Wu Yee Sun College as their 1st College Preference and is open to all local and non-local freshmen.

*Recipients of the University's Sports Scholarship Scheme will automatically receive this Scholarship if they select Wu Yee Sun College as 1st College preference and are admitted to Wu Yee Sun College.

Deadline: 31st August 2021 (Tuesday)

Enquiries: Ms. Karen Yiu (karenyiu@cuhk.edu.hk / 3943 3936)

2. Dorsett Admission Scholarship for Hospitality and Real Estate Freshman 2021/22

<u>Online application</u> for Dorsett Admission Scholarship for Hospitality and Real Estate Freshman 2021/22 now opens. Award amount is HK\$40,000.



Eligibility:

College outstanding freshman studying in Hospitality and Real Estate Programme based on academic performance and participation in extra-curricular activities.

This scholarship is eligible for students who placed Wu Yee Sun College as their 1st College Preference and is open to all local and non-local freshmen.

Online Application Deadline: 19th September 2021 (Sunday)

Enquiries:

Ms Karen Yiu (karenyiu@cuhk.edu.hk / 3943 3936)

3. Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman

<u>Online application</u> for Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman now opens. Award amount is HK\$25,000 – HK\$50,000 per recipient.

Eligibility:

Local freshmen of respective faculty with Level 5^{**} in 2 subjects or above in HKDSE and proven leadership in social services or shown talents in creativity or innovation.



This scholarship is eligible for students who placed Wu Yee Sun College as their 1st College Preference and is open to local freshmen admitted via JUPAS stream.

Online Application Deadline: 19th September 2021 (Sunday)

Enquiries:

Ms. Karen Yiu (karenyiu@cuhk.edu.hk / 3943 3936)

4. Wu Yee Sun College Student Canteen Resumes Catering Services from 1 September 2021 伍宜孫書院學生飯堂於 9 月 1 日起恢復餐飲服務

Wu Yee Sun College Student Canteen will resume catering services from 1st Sept 2021, the opening hours are as follows:

Student Canteen	營業時間 Opening Hours				
1/9 – 4/9 (Wed to Sat)	11:00am - 8:45pm (Last order at 8:30pm)				
5/9 (Sun)	11:00am – 8:00pm (Last order at 7:30pm)				
From 6/9 (Mon to Sat)	8:15am - 8:45pm (Last order at 8:30pm) Closed on Sundays and Public Holidays				

To comply with the government's requirement, students are reminded to scan the venue QR code or register relevant information before entering the catering outlets to comply with the government's requirement.

5. 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 cross-infections. 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 17th May at <u>https://www.wys.cuhk.edu.hk/news/information-session-on-vaccination-and-testing-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「大學就新學年發出的健康建議」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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["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 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:

Ms. Sammy Kwan (sammykwan@cuhk.edu.hk) / 3943 9775)

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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

Self-Motivation Fund for Health and Well-being Activities

Self-Motivation for Health and We	ell-be	ing Acti	vitics
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 strengthen your physical health and mental wellpess .	Health and we	Activities Max. funding amount \$15000 OR Up to 60% of application fee & course fee (whichever is lower)	Examples Healthy Gooking Class Course about Nutrition / Chinese Medicine Mindfulness Workshop Mental Health First Aid Course
低宜孫書院 WU YEE SUN COLLEGE Enquipies: Miss Phoche wu (phochewu@cuhk.edu.hk / 3		Courses for Health Max. funding amount \$30000 OR Up to 60% of course fee (whichever is lower)	and well-being instructors Examples Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course Art/Music Therapy Instructor Course

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 strengthen your **physical health** and **mental wellness**.

Eligibility:

For Wu Yee Sun College students who participate in health and well-being activities <u>organized by organization(s)</u> 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 Up to 60% of 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

<u>Funding amount</u> : Maximum \$3000 or Up to 60% of course fee (whichever is lower) Take a look at the **guidelines** and the **reflection template** to start your healthy life now!!! **Application :** <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283</u>

Enquiries:

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

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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". **Funding Amount:**

<u>Sports Activities:</u> Maximum \$1500 or Up to 60% of application fee and course fee (whichever is lower) <u>Qualification courses for sports coach:</u> Maximum \$3000 or Up to 60% of course fee (whichever is lower) Take a look on the <u>guidelines</u> and <u>report template</u>, and challenge yourself with different activities. **Application :** <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283</u>

Enquiries:

Ms. Elsus Yeung (elsusyeung@cuhk.edu.hk / 3943 3934)

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Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green

activities and qualification courses for instructors of green activities that promote sustainability and environmental consciousness.

Funding Amount:

<u>Green Activities:</u> Maximum \$1500 or Up to 60% of application fee and course fee (whichever is lower) <u>Qualification courses for instructors of green activities:</u> Maximum \$3000 or Up to 60% of course fee (whichever is lower)

Take a look on the <u>guidelines</u> and <u>reflection template</u>, and challenge yourself with different activities. **Application :** <u>https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283</u>

Enquiries:

Ms. Sonia Yu (soniayu@cuhk.edu.hk / 39433937)

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4. Mingle Fund



大地

ENTREPRENEURIAL

"Entrepreneurial Spirit with Social Responsibility"

Maximum funding \$20,000

資助高速

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.)

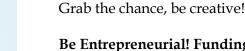
Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

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

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

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



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

Other Activities & Announcements

D&I Ambassadors Programme 2021/22



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「聲昔再現」是一間以促進跨代共融為目標的非牟利組織。我們誠邀大家加入我們,成為實習生,一同推廣社區歷史及促進跨代共融。

「聲昔再現」由一班香港中文大學畢業生及學生創立,旨在鼓勵不同年齡層的溝通以及共創,以社區藝術打破世代之間的隔膜,並且將上一代的故事紀錄和傳承至下一代。我們相信跨代共融是建立友善社會不可或缺的元素,「聲昔再現」作為年輕有活力的非牟利機構,將憑著創新精神,為建立跨代共融社會出一分力。

為進一步實踐傳承社區歷史和促進跨代共融的理念,我們現正招募各大院校的學生成為實習生,加入「聲昔再現」市場策劃部和廣播劇製作部。我們衷心希望能得到您的支持,一同推廣社區歷史及促進跨代共融。以下為是次招募的詳情:

招募對象:各大院校的學生(不限學科) 計劃時間:2021年9月21日至2021年3月31日

招募崗位和主要職責:

1. 市場策劃部 - 推廣社區歷史文化 工作内容: 製作及設計社交平台貼文(Facebook 和 Instagram) 資料搜集 尋找及聯絡受訪者 撰寫專題文章 撰寫錄影腳本 進行外景拍攝 影片後期製作 幕前 2. 廣播劇製作部 - 推廣社區歷史文化及跨代共融 工作内容: 社區歷史資料整理 人物專訪 廣播劇製作 面試日期: 2021年9月2日至2021年9月12日 工作形式:主要為在家工作,上班時間彈性 薪金: 無薪 報名日期:即日起至2021年8月31日 報名:

市場策劃部 https://forms.gle/iSaDB77UxJUXbgiaA

廣播劇製作部 https://forms.gle/kSdmDQz9CRysvAN38 歡迎有興趣了解非牟利組織的工作,並願意推廣社區歷史及跨代共融的學生加入我們。如對招募計劃有任何查詢,歡迎以電郵聯絡我們(info@thevoiceofhistory.com),或瀏覽我們的網頁:<u>https://www.thevoiceofhistory.com/</u>Facebook專頁:聲昔再現-藝術教育及社區傳承計劃,Instagram專頁:voice.of.history,了解更多。

我們十分期待收到您的回覆,讓貴校學生有更多機會接觸社創計劃!

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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 1st 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.
- Completed application form together with ALL the requisite documents should be submitted online, unless otherwise specified, <u>not later than 5:30 p.m., 6th 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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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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