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# College Activities

## 1. Fitness Room User Introductory Course 2021-22 健身室使用者課程 2021-22

### Fitness Room User Introductory Course

健身室使用者課程

**Instructor 導師:**  
Mr. John Chan

**Date:** 26/10/2021 (Tuesday)  
**Time:** 7:00pm - 9:00pm  
**Venue:** College Gym  
**Quota:** 15 (first come, first served)

日期: 26/10/2021 (星期二)  
時間: 7:00 - 9:00pm  
地點: 書院健身室  
名額: 15 (先到先得)

**Registration 報名:**  
<https://qr.go.page.link/oG7Pf>

\*Year 1 students may obtain the CUHK Fitness Room User Certificate from PE lessons.  
一年級同學可於體育課申請中大健身室使用證書

For those who have registered successfully, a confirmation email will be sent to you and please observe the following:  
- Please gather at the College Gymnasium (LG/F, Former University Guest House) before the class starts  
- Please dress in appropriate clothing and wear sports shoes.  
- Please bring along the fee (Student: HK\$20 / Staff: HK\$30) to be submitted after the class for the application of CUHK Fitness Room User Card or Certificate.  
Please tender the exact amount of fee.

成功報名者將收到電郵確認，並請留意以下事項：  
- 請於書院健身室（前大學賓館LG/F）集合  
- 請穿著合適服裝及運動鞋  
- 請於課堂結束後繳交費用（學生：\$20 / 職員：\$30），用作申請中大健身室使用卡或證書，請攜帶如數的費用，不設找贖

查詢 Enquiries: Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk) / 3943 3934)



The full Sea-view Fitness Room is open for use. In accordance with the University's guidelines, only those who can present valid CUHK Fitness Room User Cards can use Fitness Rooms on University campus. Students/ members who are not CUHK Fitness Room User Card holders may attend a Fitness Room User Introductory Course organized by the College with details as follows:

**Date:** Tuesday, 26<sup>th</sup> Oct  
**Time:** 7:00 - 9:00pm  
**Venue:** College Gym  
**Quota:** 15 (first come, first served)  
**Instructor:** Mr. John CHAN

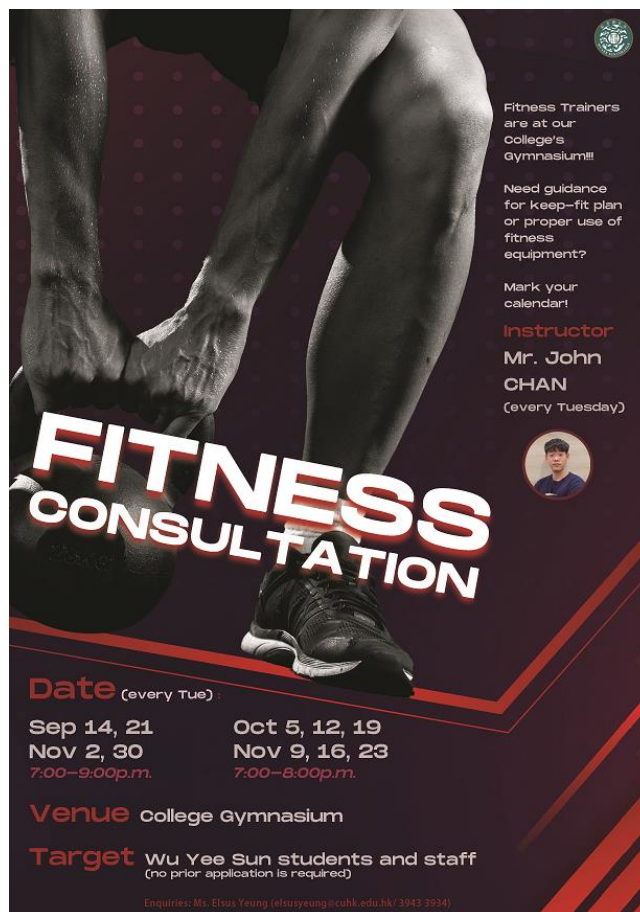
**Application:**  
<https://qr.go.page.link/oG7Pf>

**Application Deadline:** 22<sup>nd</sup> Oct  
*\*Year 1 students may obtain the CUHK Fitness Room User Card from PE lessons.*

**Enquiries:**  
Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk) / 3943 3934)

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## 2. Fitness Consultation Sessions 健身訓練諮詢



Ever have doubts about all sorts of training techniques and effects? Ask our personal trainers at College Gymnasium!

**Date (Every Tue) :**

Sep 14, 21  
 Nov 2, 30  
 Time: 7:00-9:00pm

**Date (Every Tue) :**

Oct 5, 12, 19  
 Nov 9, 16, 23  
 Time: 7:00-8:00pm

**Venue:** College Gymnasium

**Instructor:** Mr. John Chan

No prior applications required! Kick-start your workout plan now!

**Enquiries:**

Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk)/ 3943 3942)

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**3. Yoga Class 2021/22 Term 1**

2021-22 Term 1

# YOGA CLASS

**Date**  
09.20 09.27 10.04  
10.11 10.25 11.01 (All Mondays)

**Time**  
Class A - 7-8pm  
Class B - 8-9pm

**Venue**  
W112 - 114

**Quota**  
12 (per class)

**Instructor**  
Ms. Mayan Chan

**Fee**  
\$250 (\$200 will be refunded upon completing at least 5 lessons)  
[College member - \$150]

**PE Marks**  
4 (upon completion of at least 5 lessons)

**APPLICATION** Enquiries Ms. Elsus Yeung  
elsusyeung@cuhk.edu.hk 3943-3934

Interested students please fill in the webform AND submit deposit to Dean of Students' Office on or before 5:00pm, Sep 14  
[First-come-first-served. Time of deposit payment will be the determinant]




**Stretch your body • Increase your flexibility • Improve your mobility**

**Date:** Sep 20, 27,

Oct 4, 11, 25,

Nov 1 (Mondays)

**Time:** Class A - 7pm to 8pm

Class B - 8pm to 9pm

**Venue:** W112-114

**Quota:** 12 (per class)

**Instructor:** Ms. Mayan Chan

**PE Marks:** 4 (upon completion of at least 5 lessons)

**Fee:** \$250 (\$200 will be refunded upon completing at least 5 lessons)

[College member - \$150]

**Application:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13637261>

Interested students please fill in the webform AND submit deposit to Dean of Students' Office on or before 5:00pm, Sep 14 (first-come-first-served. Time of deposit payment will be the determinant)

**Enquiries:**

Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk) / 3943 3934)

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## 4. 莫思一步停：中文學習的世界



**中文學習的世界**  
莫思的一步停

課程概要：  
「學習中文的價值和意義」、「【中文世界】的轉變」、「中文學習的範疇」、「經、史、子、集概論」、「中文學術論文的擬題方向、設題及寫作」不同課題。透過不同情境，分享學習中文的方法，並反思學習中文過程中面對的情況，進而探討語言在現今社會的轉變和價值。課程同時會由淺入深，分析公開試中文與大學中文領域研究不同之處，從而談及學術論文等專業知識。

日期：10月5日、12日、26日及  
11月2日、9日、16日  
(逢星期二，共六堂)  
時間：晚上6:30至8:00  
地點：伍宜孫書院UG/F演藝廳  
語言：廣東話  
按金：\$200  
(出席最少4堂可獲退回全部按金)  
\*名額有限，先到先得  
\*報名次序以遞交按金先後次序為準  
\*請將按金交至書院院務室

詳情及報名：  
截止日期：9月28日  
查詢：胡佩德小姐  
(3943 3988/  
phoebewu@cuhk.edu.hk)

導師  
林溢欣

**課程概要：**「學習中文的價值和意義」、「【中文世界】的轉變」、「中文學習的範疇」、「經、史、子、集概論」、「中文學術論文的擬題方向、設題及寫作」不同課題。透過不同情境，分享學習中文的方法，並反思學習中文過程中面對的情況，進而探討語言在現今社會的轉變和價值。課程同時會由淺入深，分析公開試中文與大學中文領域研究不同之處，從而談及學術論文等專業知識。

**導師：**林溢欣先生

**導師簡介：**中大中文系哲學碩士畢業。《藝文青》創辦人、報紙專欄作家，同時出版不同散文集、文言專書、高中教材。學術論文見於《國文天地》、《中國文化研究所學報》、《雲漢學刊》、《古籍整理研究學刊》、《九州學林》等。

**日期：**10月5日、12日、26日及11月2日、9日、16日(逢星期二，共六堂)

**時間：**晚上6:30至8:00

**地點：**伍宜孫書院UG/F演藝廳

**語言：**廣東話

**按金：**\$200(出席最少4堂可獲退回全部按金)

更多詳情：<https://www.wys.cuhk.edu.hk/?p=17670>

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13637955>

**截止日期：**9月28日

\*名額有限，先到先得。報名次序以遞交按金先後次序為準。請將按金交至書院院務室。

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

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## College Announcements

### 1. Service-Learning Programme 服務學習計劃 - Term 1, 2021/22



伍宜孫書院  
WU YEE SUN COLLEGE

Learn to Serve, Serve to Learn

# SERVICE-LEARNING PROGRAMME

Term 1, 2021/22

HERE ARE WHAT YOU CAN DO:

- Design Thinking with Secondary Students
- Intangible Cultural Heritage Conservation
- Life Coaching Programme
- Service for Ethnic Minorities
- Sports with Visually Impaired Persons

Deadline: 19 September 2021

Register HERE:



Enquiries:  
Miss Rachel Poon (rachelpoon@cuhk.edu.hk / 3943 3942)  
Miss Kiki Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

*Design Thinking with Secondary Students*



Schedule	Title	Tasks
1st Year	Design Thinking with representatives of NGOs	Identify social issues, service users, contact NGOs
2nd Year	Design Thinking workshop	Plan, and implement service activities with secondary students

1. To design and implement service activities with Secondary students using a design thinking approach.  
Partner: Dream Compassionera

*Intangible Cultural Heritage Conservation*



Schedule	Title	Tasks
1st Year	Identify with representatives of NGOs	Identify intangible public education campaign
2nd Year	Identify with representatives of NGOs	Develop the content of public education campaign
3rd Year	Identify with representatives of NGOs	Plan for public education campaign

1. Start Point: To identify cultures from the community to enhance intangible cultural heritage.  
2. Whole Year: To organize public education campaign to promote local culture in the most sustainable.  
Partner: Edgewise

*Life Coaching Programme*



Schedule	Title	Tasks
1st Year	Life coaching training	Life coaching training
2nd Year	Life coaching with secondary students (1st session)	Life coaching with secondary students (1st session)
3rd Year	Life coaching with secondary students (2nd session)	Life coaching with secondary students (2nd session)

1. To support Secondary 1 students to make adjustments to a new learning environment both linguistically and academically.  
2. To support Secondary 2 students to overcome the learning school subjects using English, if applicable.  
3. To help students improve in learning English and using it with related tasks.  
Partner: Learning Blessings Foundation

*Service for Ethnic Minorities*



Schedule	Title	Tasks
1st Year	Service for Ethnic Minorities	Service for Ethnic Minorities
2nd Year	Service for Ethnic Minorities	Service for Ethnic Minorities
3rd Year	Service for Ethnic Minorities	Service for Ethnic Minorities

1. To organize recreation activities to facilitate Ethnic Minorities students' integration into the community.  
2. To raise Ethnic Minorities students' interest in learning Chinese.  
Partner: Christian Action

*Sports with Visually Impaired Persons*



Schedule	Title	Tasks
1st Year	Sports with Visually Impaired Persons	Sports with Visually Impaired Persons
2nd Year	Sports with Visually Impaired Persons	Sports with Visually Impaired Persons
3rd Year	Sports with Visually Impaired Persons	Sports with Visually Impaired Persons

1. To provide sports participation services to visually impaired persons.  
2. To arrange sports activities for visually impaired persons.  
Partner: Learning Blessings Foundation

JOIN US



書院以「培育同學承擔社會責任」為其中一項重要使命，將於本學期提供一系列服務學習計劃予同學參與。服務項目包括直接服務至公眾教育，你將有機會了解不同服務對象的需要，計劃及實踐服務計劃以回應社會需要。同學可參閱 [書院網頁](#)，了解詳細服務學習活動內容。

如果你有興趣參與社會服務及從服務中學習，立即報名！請於 **2021年9月19日(星期日)** 前填妥網上申請表 (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638395>)。

備註：曾經參與至少一次海外服務或兩次本地服務的學生，可於四年級申請書院通識 GEYS4010 個人服務學習研習，

“Nurturing students through assuming social responsibility” is one of our College’s educational goals. This semester, we offer a wide range of Service-Learning opportunities for you to engage in social services. Service activities range from direct services to public education. You will have the chance to understand the needs of various types of service user, plan and implement service-learning projects that address their needs. For details of service-learning projects, please refer to [college website](#).

If you are interested in serving the community and learning from serving others, join us! Please fill in the online form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638395>) by **19 Sept 2021 (Sunday)**.

Remarks: Students who have participated in at least 1 overseas SL trip or 2 local SL programmes are eligible to apply for GEYS4010 Individual Project on Service-learning.

**查詢 Enquiries:**

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

Miss Kiki Chan ([kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

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## 2. Change of Opening Hours of College Student Canteen for Mid-Autumn Festival 中秋節書院學生飯堂更改營業時間

Kindly note the following opening hours of student canteen at Wu Yee Sun College:

21 Sep 2021 (Tue)	8:15am - <b>4:00pm</b>
22 Sep 2021 (Wed)	<b>Closed</b>

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### 3. Campus Arrangement in Term 1, 2021/22

We are most delighted to welcome our Sunnies back to campus. We would like to take this opportunity to update you the use of campus facilities, in order to safeguard the health and well-being for every College member. Your support is the key to maintain a healthy community for living and learning together.

#### College Prevention and Control Measures against COVID-19

1. Please measure body temperature at the counter at College Gallery and sanitize hands upon entering into College building. If body temperature is above 37.5 °C, s/he will not be allowed to enter into College.
2. If students have taken a COVID-19 test, please stay at home until the test result is available.
3. **Please be reminded that NO VISITORS (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 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.**

#### College Facilities

1. WYS non-residents can access College until 10:30pm daily (tap CU Link for access after 9:00pm). Only residents can access College building after 10:30pm
2. The opening hours and maximum capacity of College facilities can be referred at <https://www.wys.cuhk.edu.hk/about-us/campus/>.
3. **College Gymnasium:** Only authorized users can use the gym with a maximum of 15 users using the gym in the same session. Each user can use the gym for 1 hour daily. All users must complete registration, body temperature measurement and hand sanitizing, upon presenting users' CU Link/ Guest Card in exchange for an access card, prior to accessing the gym. Masks must be worn (including the time of doing exercises) and at least 1.5m social distancing must be maintained at all times. Users must also observe the current regulations of using the gym as well.

A detailed guideline will be sent to authorized users separately. First-time users should bring their valid (i) CU Link Card and (ii) CUHK Fitness Room User Certificate to College Office (G03) for registration.

4. **Reservation of College Facilities:** Only recognized College student organizations are eligible to reserve College facilities [except for Piano Rooms (Room 106 & 107) and Discussion Rooms in Learning Commons (Room 102A and Room 103A) which will be opened for individual students]. Student organizations may contact the responsible College staff to book facilities for their planning of activities until the resumption of College online booking system.

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### 4. Vaccination and Testing Arrangement for Hostel Accommodation 2021/22 - Registration for Serial Test 1 and Serial Test 2

Students who are **NOT** fully vaccinated by upcoming Serial Tests are required to register for **Serial Test 1 (14 - 15 Sep) AND Serial Test 2 (28 - 29 Sep)\***

**Online Reservation:** <https://webapp.itsc.cuhk.edu.hk/ras/restricted/eventlist?id=6>

**Reservation Period:** **Immediate - 7 September 2021**

**Serial Test(s) Open for Reservation:** Serial Test 1 (14 - 15 Sep) and Serial Test 2 (28 - 29 Sep)

**Testing Time:** 11:00 - 15:00; 19:30-21:30

**Testing Venue:** Registration @ W112 | Testing Area @ W112 - W114 | Result-waiting Area @ W116

**Online Booking:** **Please register for Serial Test 1 (14 - 15 Sep) AND Serial Test 2 (28 - 29 Sep) before 7 Sep 2021\*.**

**No. of Testing Timeslots:** Only register **ONE** timeslot per **each Serial Test**

**Duration of Each Testing Timeslot:** 30 mins

**Testing Procedures:** **Self-test** using testing kit **purchased via College** and conducting at venues designated by College **under virtual supervision by hostel staff according to Testing Schedule**. To ensure the accuracy, the process will be video-recorded but will be destroyed after that academic term.

\*For students who WILL BE fully vaccinated, please be reminded to upload updated vaccination record to **designated OneDrive URL** for our verification. If you have already done so, you do not need to submit it again.

**Students who will become fully vaccinated after Entry Test \*NO NEED to register for Serial Test**

**Students who will become fully vaccinated after Serial Test 1 (14-15 Sep) but before Serial Test 2 (28-29 Sep) \*reserve testing timeslot for Serial Test 1 (14-15 Sep) only.**

#### **Important Remarks:**

1. By “**fully vaccinated**”, it means **all** suggested dosage of recognized COVID-19 Vaccines has been administered in accordance with the relevant guidelines of a COVID-19 vaccination course for **at least 14 days** (For example, if your last dose of vaccination is taken on 22 August, you are considered as fully-vaccinated on 5 Sep).
2. Please read through the [Quick Guide](#) AND [instructions of using testing kit](#) **BEFORE Serial Test**
3. Please prepare CU Link for registration and tender exact amount of HK\$60 cash for purchasing the testing kit
4. Once the timeslot is reserved, no changes can be made. In case you encounter exceptionally special circumstance, please email [polly@cuhk.edu.hk](mailto:polly@cuhk.edu.hk) with justifications and provide relevant proof for further review
5. **Incompliance of the testing arrangement (e.g. missing the test) will result in disciplinary actions, including cancellation of hostel residence**

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## 5. The “Sunny” Award & Admission Scholarship for Outstanding Artistic Achievements 2021/22



## 2021/22入學獎學金

## ADMISSION SCHOLARSHIPS

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

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

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



立即申請  
Apply Now

2021年10月4日截止接受申請

### 藝術傑出入學獎學金 Admission Scholarship for Outstanding Artistic Achievements

### HK\$8,000

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

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



立即申請  
Apply Now

Applications open until 4 Oct 2021

Enquiries: Ms Karen Yiu | 3943 3936 | karenyiu@cuhk.edu.hk

### The "Sunny" Award – HK\$15,000 / HK\$10,000 - [Online Application](#)

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

### Admission Scholarship for Outstanding Artistic Achievements – HK\$8,000 - [Online Application](#)

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

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

Application Deadline: **Monday, 4 October 2021**

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

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

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## 6. College Hostel Grant 2021/22 – Application

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2021/22 will be maximum \$4,365 per year.

Application now opens **until Monday, 18<sup>th</sup> October 2021**. Students with Term 1 or whole year residence are eligible to apply.

Please [download](#) the application form and submit the completed form with supporting documents via email to Ms. Yiu ([karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk)) or in person to the College Office (G03, G/F, East Block) before the deadline.

**Enquiries:**

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

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

[Online application](#) for Dorsett Admission Scholarship for Hospitality and Real Estate Freshman 2021/22 now opens. Award amount is HK\$40,000.



伍宜孫書院  
WU YEE SUN COLLEGE



Dorsett Admission Scholarship for  
Hospitality and Real Estate Freshman

帝盛入學獎學金

酒店旅遊及房地產學系新生

<b>Eligibility</b> 遴選資格	College freshmen of Hospitality and Real Estate Programme with outstanding examination results and participation in extra-curricular activities  Eligible for students who placed Wu Yee Sun College as their 1st College Preference  Applicable for all local and non-local freshmen admitted in 2021  嘉許成績優異，並在課外活動方面有出眾表現，就讀酒店旅遊及房地產學系的書院新生  書院新生須選伍宜孫書院為第一志願  適用於2021年入學之所有本地及非本地新生
<b>Award Amount</b> 獎項金額	HK\$40,000 per recipient 每名港幣\$40,000元正
<b>Application Method</b> 申請方法	Online application until 19 Sep 2021 即日起至2021年9月19日接受網上申請

Please visit College website for more information about admission scholarships  
請參閱書院網頁了解更多詳情: [www.wys.cuhk.edu.hk/scholarships.php](http://www.wys.cuhk.edu.hk/scholarships.php)

Enquiries 查詢

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



立即申請  
Apply Now

**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: 19<sup>th</sup> September 2021 (Sunday)**

**Enquiries:**

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

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## 8. Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman

[Online application](#) 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.

Francis Wong Hok Bun Memorial Scholarship for  
Distinguished Freshman  
**黃學斌紀念獎學金**  
**優異新生**

Distinguished <b>Arts</b> Freshman	優異文學院新生
Distinguished <b>Business</b> Freshman	優異工商管理學院新生
Distinguished <b>Education</b> Freshman	優異教育學院新生
Distinguished <b>Engineering</b> Freshman	優異工程學院新生
Distinguished <b>Law</b> Freshman	優異法律學院新生
Distinguished <b>Medical</b> Freshman	優異醫學院新生
Distinguished <b>Science</b> Freshman	優異理學院新生
Distinguished <b>Social Science</b> Freshman	優異社會科學院新生

<b>Eligibility</b> 遴選資格	<p>College freshmen of the respective programme with Level 5** in 2 subjects or above in HKDSE and proven leadership in social services or shown talents in creativity or innovation</p> <p>Eligible for students who placed Wu Yee Sun College as their 1st College Preference</p> <p>Applicable for <b>local</b> freshmen admitted via JUPAS in 2021</p> <p>於香港中學文憑考試中，取得二科5**或以上成績，並在社會服務方面具有卓越領導才能或在創意、創新思維方面有出眾表現的書院新生</p> <p>書院新生須選伍宜孫書院為第一志願</p> <p>適用於2021年經聯招入學之本地學生</p>
<b>Award Amount</b> 獎項金額	HK\$25,000 - HK\$50,000 per recipient 每名港幣\$25,000 - \$50,000元正
<b>Application Method</b> 申請方法	Online application until 19 Sep 2021 即日起至2021年9月19日接受網上申請

Please visit College website for more information about admission scholarships  
請參閱書院網頁了解更多詳情: [www.wys.cuhk.edu.hk/scholarships.php](http://www.wys.cuhk.edu.hk/scholarships.php)

**Enquiries 查詢**  
Ms Karen Yiu | 3943 3936 | [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk)



立即申請  
Apply Now

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: 19<sup>th</sup> September 2021 (Sunday)**

**Enquiries:**

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

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**9. Rance Lee Award 李沛良獎勵計劃 - Application**

Wu Yee Sun College 李沛良獎勵計劃

# Rance Lee Award

Your chance to unleash your CREATIVITY and win HK\$10,000 to promote SUNNY LIVING

**Green Life**

**Lifetime Sports**

**Health and Well-being**

Did you know...

The origin of House of Sunny Living is the University Guest House. The College has CREATIVELY transformed it into a facility for the whole person development of our Sunnies.

Enquiry/  
Miss Florence Tsui  
3943-9767  
florencestui@cuhk.edu.hk

Deadline/  
11 Oct 2021

More Details/

Creativity and Sunny Living are two of the College's core values. If you're the health-conscious and green living supporter, grab this chance to promote your creative idea!

Rance Lee Award aims at encouraging the integration of creativity and Sunny living in the following 3 areas:

- Rance Lee Award for creativity in promoting health and well-being
- Rance Lee award for creativity in promoting lifetime sports
- Rance Lee award for creativity in promoting green life

Unleash your creativity and submit your application with one page executive summary on or before 11 October, 2021. Tell us your ideas in proposal format and make a better life together!

Check out the website and click "Rance Lee Award" for further details: <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=rance-lee-award>

創意與陽光生活是書院兩大重要元素。如果你關注身心健康，支持綠色生活，就請找緊機會，發揮創意! 今個學年新推出的李沛良獎勵計劃，旨在推廣以下三大範疇的創意陽光生活，包括:

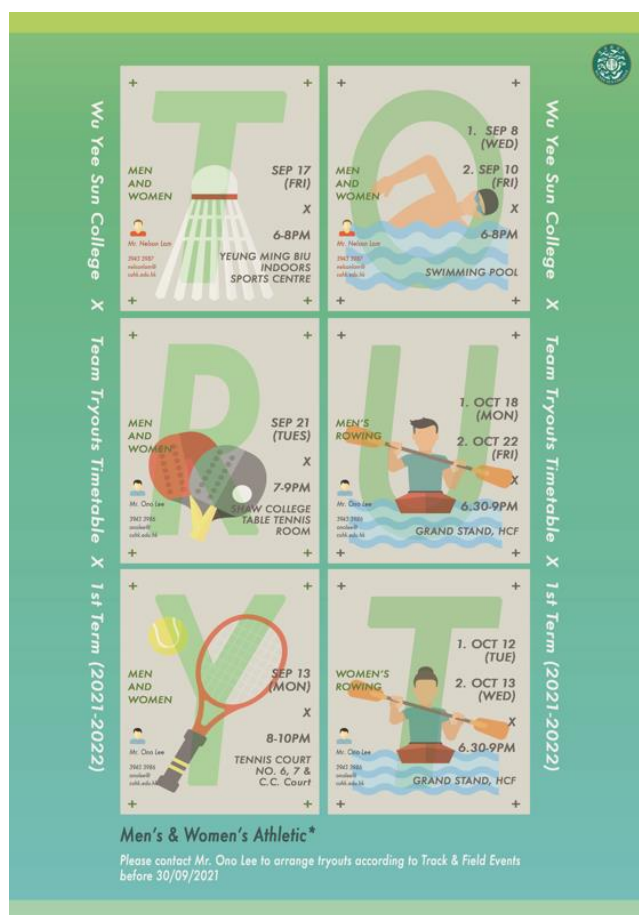
- 健康身心
- 終身運動
- 綠色生活

請即發揮創意，於 10 月 11 日或以前提交申請，並連同 1 頁 A4 的報告摘要說明你的想法! 期待你別出心裁的意念，令生活更美好!

請瀏覽書院網頁(<https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?lang=zh&scheme=rance-lee-award>)，以獲取更多詳情。

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## 10. College Team Tryout 2021-22 Term 1 書院院隊選拔 (2021-22 上學期)



不論你是運動愛好者或是專業運動員，都不要錯過伍宜孫書院院隊選拔的時間！書院現正招募羽毛球、乒乓球、網球、游泳、划艇及田徑院隊隊員，快來發揮你的運動天賦！

If you are a professional sports player or are simply keen on doing sports, do not miss the College Team try-outs. The College is now recruiting athletes for the **badminton, table tennis, tennis, swimming, rowing and athletic team**. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's & Women's Badminton	Sept 17, 2021 (Fri)	6:00-8:00p.m.	Yeung Ming Biu Indoor Sports Centre	Mr. Nelson Lam 3943 3987 <a href="mailto:nelsonlam@cuhk.edu.hk">nelsonlam@cuhk.edu.hk</a>
Men's & Women's Table Tennis	Sept 21, 2021 (Tue)	7:00-9:00p.m.	Shaw College Table Tennis Room	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>
Men's & Women's Tennis	Sept 13, 2021 (Mon)	8:00-10:00p.m.	Tennis Court No. 6, 7 & C.C. court	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>
	Sept 8, 2021 (Wed)	6:00 - 8:00 p.m.	Swimming Pool	Mr. Nelson Lam

Men's & Women's Swimming	Sept 10, 2021 (Fri)	6:00 - 8:00 p.m.		3943 3987 <a href="mailto:nelsonlam@cuhk.edu.hk">nelsonlam@cuhk.edu.hk</a>
Men's Rowing	Oct 18, 2021 (Mon)	6:30 - 9:00 p.m.	Grand Stand, HCF	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>
	Oct 22, 2021 (Fri)			
Women's Rowing	Oct 12, 2021 (Tue)	6:30 - 9:00 p.m.	Grand Stand, HCF	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>
	Oct 13, 2021 (Wed)			
Men's & Women's Athletic	Please contact Mr. Ono Lee to arrange tryouts according to Track & Field Events before 30/09/2021			Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>

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## 11. Open Recruitment for WYS International Team Member & Exchange Buddy



We are pleased to let you know that there are more than 30 incoming exchange students joining us this semester.

Want to meet friends from different regions? Interested in understanding different cultures? Join the College International Team! The team are required to organize 1-2 activities per semester to foster interaction between local and international students.

If you are keen on interacting with students from regions that are different from yours, come join the International team or become exchange buddy. Register [HERE](#) by **19<sup>th</sup> Sept 2021**. **All local and international students are most welcome to be a team member!**

Enquiries:

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

Miss Kiki Chan (3934 3935/ [kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk))

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## 12. "Meet the Dean" Hours 輔導長時間

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

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

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

The session is hosted by:

- Professor Ming-kay Poon (潘銘基教授), College Dean of Students and Professor at the Department of Chinese Language and Literature
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics
- Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Associate Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care

Every Sunnie is welcome!

**Enquiries:**

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

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

Miss KiKi Chan ([kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

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## 13. Student Pastoral Care

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

1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email [sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) for arrangement.

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

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

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## 14. 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:**

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

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## 15. 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



Application & Guidelines : 

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



**伍宜孫書院**  
WU YEE SUN COLLEGE

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

Health and well-being Activities



Max. funding amount

## \$1500

OR  
Up to 60% of application fee & course fee (whichever is lower)

**Examples**

Healthy Cooking Class  
Course about Nutrition / Chinese Medicine  
Mindfulness Workshop  
Mental Health First Aid Course

Qualification Courses for Health and Well-being Instructors



Max. funding amount

## \$3000

OR  
Up to 60% of course fee (whichever is lower)

**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 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 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

Funding amount : 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** : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

### Enquiries:

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

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## 2. Self-Motivation Fund for Sports Activities

Application & Guidelines : 

# 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".



**伍宜孫書院**  
WU YEE SUN COLLEGE

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

Sports Activities



Max. funding amount

\$1500

OR

Up to 60% of application fee & course fee (whichever is lower)

Qualification Courses for Sports Coach



Max. funding amount

\$3000

OR

Up to 60% of course fee (whichever is lower)

Examples

Standard Chartered Hong Kong Marathon

Oxfam Trailwalker

Spartan Race

Yoga Class, Dance Workshop

*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:**

Sports Activities: Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

Qualification courses for sports coach: Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look on the guidelines and report template, and challenge yourself with different activities.

**Application :** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

**Enquiries:**


Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk) / 3943 3934)

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



# Self-Motivation Fund for Green Activities

<p><b>Self-Motivation Fund for Green Activities</b> encourages students to participate in various kinds of green activities that promotes <b>sustainability</b> and <b>environmental consciousness</b></p>	<p>Green Activities</p>		<p>Max. funding amount <b>\$1500</b> OR Up to 60% of application fee &amp; course fee (whichever is lower)</p>	<p><b>Examples</b> Eco-cultural Tour Uncycling Workshops Forest Bath</p>
<p> <b>伍宜孫書院</b> WU YEE SUN COLLEGE Enquiries: Ms Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)</p>	<p>Qualification Courses for Instructors of Green Activities</p>		<p>Max. funding amount <b>\$3000</b> OR Up to 60% of course fee (whichever is lower)</p>	<p><b>Examples</b> Horticultural Therapists Trainer for Organic Farming Docent Training on Ecotourism</p>

*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:

Green Activities: Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

Qualification courses for instructors of green activities: Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look on the [guidelines](#) and [reflection template](#), and challenge yourself with different activities.

**Application :** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

### Enquiries:

Ms. Sonia Yu ([soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) / 39433937)

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## 4. Mingle Fund



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

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

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

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

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

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

**創出我天地**  
**Be Entrepreneurial!**

Present your innovative idea to echo with the mission of Wu Yee Sun College  
"Entrepreneurial Spirit with Social Responsibility".  
Just submit the application whenever a great idea pop-up in your mind!

資助高達 **\$20,000**  
MAXIMUM FUNDING

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

伍宜孫書院  
WU YEE SUN COLLEGE

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=13638278>

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

**Enquiries:**

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

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

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



The poster features the logo of Wu Yee Sun College (伍宜孫書院) and the motto 'Serve to Learn, Learn to Serve'. The main title is 'SERVICE-LEARNING PROJECT FUNDING SCHEME' with the Chinese translation '伍宜孫書院服務學習項目資助計劃'. The central illustration shows a large puzzle with a lightbulb in the center, surrounded by icons of people engaged in various service-learning activities like helping an elderly person, working in a kitchen, and participating in a community project. Below the illustration, five key points are listed with corresponding icons: 1. 'Initiate your Service-Learning Project (Can co-operate with other organizations) 策劃自己的服務學習計劃 (可與其他機構合作)'; 2. 'Can be individual or group application 可以個人或小組形式申請'; 3. 'No restriction on programme destination or length 計劃地點、時長不限'; 4. 'Year-round application 全年開放申請'; 5. 'Subsidy amount: maximum HKD80,000 資助金額: 上限港幣80,000元'. A QR code for more details is located on the right side, and contact information for Kiki Chan is at the bottom.

伍宜孫書院  
WU YEE SUN COLLEGE

Serve to Learn  
Learn to Serve

### SERVICE-LEARNING PROJECT FUNDING SCHEME

伍宜孫書院服務學習項目資助計劃

- Initiate your Service-Learning Project  
(Can co-operate with other organizations)  
策劃自己的服務學習計劃 (可與其他機構合作)
- Can be individual or group application  
可以個人或小組形式申請
- No restriction on programme destination or length  
計劃地點、時長不限
- Year-round application  
全年開放申請
- Subsidy amount: maximum HKD80,000  
資助金額: 上限港幣80,000元

More details:



Enquiries: Kiki Chan ([kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk)/3943 3935)

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](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

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

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## Other Activities & Announcements

### 1. No Air Con Night 2021



CUHK will support the 'No Air Con Night 2021' scheduled on 8 October (Friday) which is the energy saving campaign to promote the wise use of air conditioning. Let's join together to go green.

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## 2. Run as CUHK Runner 2021 中大馬拉松跑手

**中大馬拉松跑手 2021 開始報名啦！Let's join the Run as CUHK Runner 2021!**

香港渣打馬拉松將於 **2021年10月24日(星期日)** 舉行，歡迎所有已成功報名的中大人，一同出戰渣打馬拉松！

**報名二步曲:**

### 步驟一

所有中大跑手\*必須先成功登記渣打香港馬拉松賽事。

\* 包括中大及中大專業進修學院學生、教職員、校友及其家人或友好

### 步驟二

成功報名參與任何一項渣打香港馬拉松賽事的中大人，即可於 [中大馬拉松網頁](#) 登記成為中大跑手，截止報名日期為 **2021年9月27日**。每位中大跑手可獲贈由 [安翹有限公司](#) 贊助之跑步 T 恤或背心乙件。

有關詳情，請[按此](#)細閱。如有任何查詢，歡迎電郵至 [marathon@cuhk.edu.hk](mailto:marathon@cuhk.edu.hk)，或致電 3943 3173。

**中大人出戰，實力盡顯現！**

The Standard Chartered Hong Kong Marathon will be held on 24 October 2021 (Sunday). All successful registrants are welcome to join as CUHK runners to take up the challenge together!

**[Two simple steps to join us:](#)**

### Step 1:

To be a CUHK runner, you must be a **successful registrant\*** of the Standard Chartered Hong Kong Marathon 2021.

*\*all CUHK/CUSCS students, staff, alumni and their relatives and friends*

### Step 2:

Successful registrant of the Standard Chartered Hong Kong Marathon can register as CUHK runner on the [CUHK Marathon website](#). Registration will be closed on **27 September 2021**. A 2021 CUHK running tee-shirt or singlet specially designed for CUHK runners, sponsored by Antonhill Co. Ltd will be given.

You may click [here](#) to check out more at our website. For enquiries, please email to [marathon@cuhk.edu.hk](mailto:marathon@cuhk.edu.hk), or call 3943 3173.

*Run for CUHK, show our Spirits!*

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## 3. New Member Recruitment for CUHK Peer Support Network (uBuddies/ uPals) 2022 中大朋輩支援網絡(uBuddies/ uPals) 2022 年度成員招募

CUHK PEER COUNSELLING NETWORK

# uBuddies 2022 PEER COUNSELLOR RECRUITMENT

Medium of Instructions:  
Cantonese with English supplement

TOGETHER...  
WE CAN DO GREAT THINGS!

Application Deadline:  
**15/10/2021**

**TRAINING CONTENT**

- 12hrs Peer Counselling Skills
- 12hrs Mental Health First Aid Standard Course
- Adventure-based Training Camp
- 4hrs Practicum & Supervision

**SERVICE PROJECT**

Design & Implement On-campus Service Projects

**QUALIFICATIONS**

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

[cuhk\\_ubuddies](#) [treehole\\_cuhk](#) [山城樹洞 ubuddies](#) Enquiries: 3943 1804 Miss Kong

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

WELLNESS AND COUNSELLING CENTRE, OFFICE OF STUDENT AFFAIRS  
THE CHINESE UNIVERSITY OF HONG KONG

# uPals CUHK 2021-2022 Wellness Promotion Team

All local and non-local students are welcome!

**Training (conducted in English)**

- 5 hours Basic Helping Skills Training
- 12 hours Mental Health First Aid Standard Course
- 1 Day Adventure-based Camp
- 4 hours Wellness Workshops

**Attainable Qualifications**

- CUHK uPals Certificate
- Mental Health First Aid Certificate
- Record in the Student Development Portfolio

**Service Projects**

Design and implement on-campus service projects!

**APPLICATION DEADLINE:**  
**October 15, 2021**  
**COME JOIN US!**

[cuhk\\_upals](#) Enquiries: 39431804

### 中大朋輩支援網絡 (uBuddies/ uPals) 2022 年度成員招募

你希望構建一個健康、正向的中大校園嗎？如果你樂意接受助人訓練、支援身邊的同學，同時有興趣籌辦活動或推廣心理健康，歡迎你報名參加學生事務處心理健康及輔導中心所舉辦的「uBuddies 朋輩輔導聯網」或「uPals 心理健康推廣團隊」！截止日期為 2021 年 10 月 15 日 (五)。

### New Member Recruitment for CUHK Peer Support Network (uBuddies/ uPals) 2022

Do you wish to contribute to the wellness of CUHK students? If you wish to equip yourselves with helping skills so that you can better support other students around you, and have an interest in organizing activities or promoting mental wellness, you are most welcome to join the “uBuddies Peer Counselling Network” or “uPals Wellness Promotion Team” organized by Wellness and Counselling Centre, Office of Student Affairs. The application deadline is 15 Oct 2021 (Fri).

[[追蹤我們的專頁 Follow us on:](#)

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

uBuddies Service Project: Treehole / uBuddies 服務計劃: 山城樹窿

<https://youtu.be/VBWQZnecJCE>

uBuddies Program highlight video

<https://www.youtube.com/embed/G9cHozRgVRE?form=MY01SV&OCID=MY01SV>

uPals Program highlight video

<https://www.youtube.com/watch?v=4edSrGm1oTM>

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#### 4. CUHK Entrepreneur Day 2021



The poster for CUHK Entrepreneur Day 2021 features a vibrant orange and blue color scheme. At the top, it reads '第七屆 中大創業日 2021' and 'CUHK ENTREPRENEUR DAY'. The dates '9.24(五)-25(六)' are prominently displayed. A QR code is included with the text '想創業?' below it. The poster lists several activities: '創業工作坊' (Startup Workshop), '創業大師班' (Startup Master Class) with '現場直播' (Live Broadcast) and '有Idea想Pitch? 邊啲搵唔同專業嘅校友幫你啦!' (Got an idea to pitch? Find different professional alumni to help you!); '主題講座' (Themed Lecture) with '現場直播' (Live Broadcast) and '星期六YIA 大量創業知識及經驗分享, 費用全免!' (Saturday YIA, lots of startup knowledge and experience sharing, free of charge!); '創業團隊與投資者交流環節' (Startup Team and Investor Exchange Session) with '現場' (On-site) and '參與他們在InnoPort 摸住咖啡杯的激情對話' (Participate in their passionate conversation with coffee cups in InnoPort); and '中大創業大賽決賽 創業項目展示區' (CUHK Entrepreneur Day Competition Finalist Showcase Area) with '現場' (On-site). At the bottom, it says '100+ 網上創業項目展覽' (100+ Online Startup Project Exhibition) and '創業創新 共享共贏' (Startup Innovation, Shared and Mutual Benefit), with a note '歡迎親身或網上參與' (Welcome to participate in person or online). Logos for the organizing units are at the bottom: '創業日網站' (Startup Day Website) at <http://www.alumni.cuhk.edu.hk/cuhkeday>, '網上展覽' (Online Exhibition) at <https://cuhkeday.com>, '主辦單位' (Organizing Unit) '香港中文大學校友發展基金 CUHK Alumni Torch Fund', and '協辦單位' (Co-organizing Unit) '香港中文大學校友服務處 Alumni Affairs Office The Chinese University of Hong Kong'.

CUHK Entrepreneur Day will be held on 24<sup>th</sup>-25<sup>th</sup> September, 2021. Should you be keen on pursuing opportunities in startup or interested in getting to know more? Pencil your schedule in for the day and check out the website for details - <http://www.alumni.cuhk.edu.hk/cuhkeday/>

Scan QR code for registration or simply click the following link - <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13594995>



## 5. CUHK Independent Learning Centre (ILC)

Independent Learning Centre (ILC) has in store to support student learning in the First Semester of 2021-2022 via our **face-to-face** and **Zoom** sessions.

For the **new incoming students** who are not familiar with the ILC, I would recommend them to visit the ILC website (<https://www.ilc.cuhk.edu.hk/EN/>) for a short ILC video for our major work and services.

For **international students** who are interested in having better communication with the CUHK staff and students of other nationalities, this Interacting Across Cultures (IAC) online learning series should be very useful (<https://ilc.link/IAC>).

While the ILC workshops mainly target UG students, we also offer special postgraduate workshops with the University Library collaboratively. For details, please visit the ILC website regularly: <https://www.ilc.cuhk.edu.hk/EN/workshops.aspx>

Here are some ILC workshop highlights for the new academic year 2021-2022:

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 Success 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

To see the workshop series posters, please go to: <https://bit.ly/3Dz0zZy>

Students who think they will benefit from having a one-to-one meeting with our teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session, and our schedule can be found here: <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>

The ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support our students. Details are available at: <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>

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## 6. Tertiary Student Finance Scheme - Publicly-funded Programmes (TSFS) & Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2021-22

Please note that the application forms for the captioned Schemes from new students should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through “SFO E-link - My Applications” online platform at <http://ess.wfsfaa.gov.hk> on or before 24<sup>th</sup> September 2021. After submission of the online form, applicants will be required to submit the declaration and supporting documents by online uploading, by post or in person to SFO’s office. Applicants may also submit the documents to the collection box at Room 1206, 12/F, Yasumoto International Academic Park from 8:45 am to 1:00 pm and 2:00 pm to 5:30 pm, Monday to Friday (except public holidays) during 13<sup>th</sup> September to 4<sup>th</sup> October 2021. Students can visit the website at <http://admission.cuhk.edu.hk> for application details.

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## 7. Information Session on Financial Aid Schemes 2021/22

**THE CHINESE UNIVERSITY OF HONG KONG**  
Office of Admissions and Financial Aid

**Information Session on Financial Aid Schemes 2021/22**

A presentation session organized by the Office of Admissions and Financial Aid will be held to provide you with information on the University and Government Financial Aid Schemes.

Details of the Information Session are as follows:

<b>Date:</b>	14 September 2021 (Tuesday)
<b>Time:</b>	6:30 p.m. – 7:30 p.m.
<b>Mode:</b>	Mixed (Face-to-face and Zoom)
<b>Venue:</b>	Lau Chor Tak Lecture Theatre, G/F, Yasumoto International Academic Park, CUHK
<b>Language:</b>	Cantonese



Online registration form

**All local undergraduate students are welcome.**

**Registration Procedures**

1. Students can choose the mode (Face-to-face or Zoom) during the registration, please complete and submit on or before 12 September 2021 an online registration form which is available at our website at <http://admission.cuhk.edu.hk> (Financing Your Studies → Events).
2. Confirmation on registration will be sent to students' CUHK@link email on Monday, 13 September 2021. For students who choose Zoom, the link will also be provided in the confirmation email.

For enquiries, please contact Scholarships and Financial Aid Section, Office of Admissions and Financial Aid by email at [sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk) or by telephone at 3943 7205 / 3943 1898.

August 2021



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After a year of virtual lessons, are you ready to explore and connect with the world? Are you ready to *meet new friends* and *take on new challenges*? If yes, here's your chance: **AIESEC in CUHK is recruiting new members!**

### What is AIESEC

We provide a *global* platform for young people to develop their *leadership* potential through operating *international internships* and *volunteering*. Founded in 1948, AIESEC is a not-for-profit organization entirely run by youth for youth.

### AIESEC IN NUMBERS



### What can you gain by joining AIESEC?

#### *Global exposure*

Our network operates on a local, regional, and international level with a whole host of alumni. Joining international conferences enables you to interact with people from diverse backgrounds.

#### *Life-long Connection with like-minded peers*

In AIESEC, we discuss dreams, goals, struggles and personal stories. We connect and breed lifelong friendships with like-minded people.

#### *Practical leadership experience*

Unleash your potential by joining our leadership events. You can also join specific teams to explore the various practical skills, including marketing, event management, customer servicing, and public speaking.

### Join AIESEC Member recruitment talk!

If you are interested to know more about us, join our recruitment talk! See you there.

Date: 10, 13, 14, 15, 17<sup>th</sup> Sept 2021

Time: 7:00pm -9:00 pm

Format: Physical@cuhk (only 17<sup>th</sup> Sept is virtual@zoom)

Eligibility: All CUHK undergraduate students

Fee: Free of charge

Registration link: <https://mchongkong.typeform.com/2122CUHKRT>

Please feel free to contact us at [aiesec.cuhk@aiesec.net](mailto:aiesec.cuhk@aiesec.net) if you have any questions. We look forward to seeing you soon!

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## 9. Student Cultural Ambassadors Scheme 2021-22



### 【招募會員】2021-2022 年度學生文化大使計劃

新一年度學生文化大使計劃現已接受報名。

今年度的主題是感受藝術，我們相信藝術可帶來獨特的個人體驗及引發美學探索。不論在創作時接觸物料或欣賞不同作品都能讓我們體會藝術的開放性，並在探索藝術的過程中認識自己。

「學生文化大使計劃」分為兩個階段：

第一階段：報名成為「藝術兵團」

第二階段：進升為「學生文化大使」

#### 活動內容

- 觀賞演出及展覽(大會安排的節目將有資助)
- 參與藝術文化導賞並與資深藝術家交流
- 與同好分享藝術文化心得
- 優惠價/優先報名參加藝術工作坊及觀賞演出

報名日期：1 - 30/9/2021

對象：香港中文大學全日制學生

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

費用全免

名額有限，先到先得

## [Open Registration] 2020-21 Student Cultural Ambassadors Scheme

2020-21 Student Cultural Ambassadors Scheme is now open for registration. The theme of coming year is “Experiencing Arts”. We believe that art can bring unique personal experiences and arouse aesthetic exploration. The inspiration of arts will enlighten your mind and the experience of arts will help you to discover a different and better “You”.

2 levels in the Student Cultural Ambassadors Scheme

First Level: Friends of the Arts (FTA)

Second Level: Student Cultural Ambassadors (SCA)

Programme Details

- Attend performances and exhibitions (Ticket Subsidy for selected programmes)
- Guided tour and meet the artists
- Arts sharing sessions
- Discount/Priority registration for arts workshops and performances

Registration: 1 – 30/9/2021

Target : Full-time CUHK Students

Apply Now: <https://www.srrsh.cuhk.edu.hk/en/application>

Free of charge

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

查詢 Enquiries

3943 1598 / 3943 7857

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

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

Facebook: @cuoaafta

Instagram: @fta\_cuhk

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## 10. Calling for Application | CUHK Entrepreneurs Alliance (CUEA) Happy Hour Entrepreneurial Talk -- Voice of History

CUHK Entrepreneurs Alliance (CUEA) Happy Hour Entrepreneurial Talk is BACK! The theme of this round is “Think Like An Entrepreneur”.

連結今昔·跨代共創:  
由一份FYP到一間NPO



講者 | 劉珈余校友  
發音再現 The Voice of History 聯合創辦人



主持 | 王家徽教授  
創業創新副修課程聯席主任



Contact us: 3943 7152 | epin@cuhk.edu.hk



EPIN has invited our College **alumnus Miss Kelly Lau (WYS/GLEF/2019), co-founder of The Voice of History**, to do a presentation, sharing her journey of turning a FYP (Final Year Project) into a NPO (Non-Profit Organization) at the upcoming talk.

The Voice of History is founded by a group of energetic CUHK alumnus to promote inter-generational harmony by bringing youngsters and the elderly together to create radio drama based on Hong Kong stories. How can a FYP turn into a NPO, and keeps running and expanding even after all the co-founders have graduated? If you wanna know the secret behind, join the talk!

### Event Details

Date: 17<sup>th</sup> September (Friday)

Time: 6:00pm

Venue: Innoport UGA and Live Broadcast

Language: Cantonese

Mode: The event will be conducted in hybrid mode – participants can either join online through zoom or come to InnoPort (Arrangement is subject to change depending on the situation of the pandemic)

Register here: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13637610>

Event Website: <http://epin.cuhk.edu.hk/news-and-events/news/>

The Voice of History Website: <https://www.thevoiceofhistory.com/>

Participants who join on-site will receive a Inno330 Café voucher worth \$25 to enjoy the drink while mingling with our guests. (Quota is limited. It will be offered on a first-come-first-served basis and is subject to terms and conditions.)

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## D&I Ambassadors Programme 2021/22

BECOME A  
**D&I Ambassador**



### Who are we looking for?

- Full-time non-final-year undergraduates (local/non-local)
- Passionate in promoting diversity and inclusion in CUHK and the community

### Up for Grabs

- Training Workshops
- Internship / experiential learning opportunities at DIO
- Certificate of Appreciation
- Goodies & More...

### Limited Quota

**Application Deadline : 17 September 2021**

### Register Here

<http://do.ud.itsc.cuhk.edu.hk/webform/view.php?id=13635995>



## D&I Ambassadors Programme 2021/22

### What is D&I Ambassadors?

D&I Ambassadors encourage and support diversity and inclusion initiatives of the University. They work towards heightening D&I awareness of CU community, through the promotion of anti-discrimination and diversity on campus and in the community.

D&I Ambassadors would be our most involved students and become part of a close-knit, diverse and vibrant group.

### Roles and Responsibilities

- ❖ Engage as a D&I Ambassador from October 2021 to April 2022
- ❖ Participate in 80% of training and activities facilitated by the Diversity and Inclusion Office (DIO)
- ❖ Participate in programme development and implementation to further enhance diversity and inclusion awareness on campus

### What is it in for You?

- ❖ Opportunities to network with programme partners and stakeholders
- ❖ Develop leadership and communication skills and knowledge in diversity and inclusion
- ❖ Internship / experiential learning opportunities at DIO
- ❖ Certificate of Appreciation
- ❖ Record in Student Development Portfolio (SDP)
- ❖ DIO souvenir as a token of appreciation

### Who are we looking for?

- ❖ Full-time non-final-year undergraduates (local/non-local)
- ❖ Share and support the DIO's mission
- ❖ Advocate inclusivity on campus
- ❖ Passionate in promoting diversity and inclusion in CUHK and the community

### Timeline

Sep 2021	Recruitment and Selection
Early Oct 2021	Welcome/Kick-off session
Oct - Dec 2021	Training facilitated by DIO
Oct 2021	Participation in D&I Week
Jan - Apr 2022	Activities facilitated by DIO
Apr 2022	Evaluation & Review

For the training schedule/course outline, please visit [here](#)

### Application Method

All applications should be made online at <https://cloudits.cuhk.edu.hk/webform/view.php?id=13635995>



**Application Deadline: 17 Sep 2021**

### Contact Us

Phone : 3943 1721 (Ms Kitty Lau)  
Email : [dio@cuhk.edu.hk](mailto:dio@cuhk.edu.hk)  
Address : Rm 501, Mong Man Wai Building

Limited  
Quota

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## 12. Community Resources for Emotional Support

<Samaritan Befrienders HK>

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

**24-hour Hotline: 2389 2222**

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

**Suicide Crisis Intervention Centre: 2341 7227 for appointment**

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

**Family Helpline: 2319 1177**

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

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