

Sunny Review 上周回顧

- [1. Sunny Living Week 2021](#)
- [2. CUHK Aquatic Meet 2021 - 中大游泳精英比賽 2021](#)



College Activities 書院活動

- [1. Chinese Seal Engraving Workshop <Deadline Today>](#)
- [2. WYS Term-long Exchange Programme 2022/23 Introduction Session <Deadline Today>](#)
- [3. Social English Workshop 2021-2022 <Deadline this Thu>](#)
- [4. Introductory Workshop on Mindfulness 靜觀體驗工作坊 <New>](#)
- [5. Fitness Consultation Sessions 健身訓練諮詢](#)

College Announcements 宣佈事項

- [1. Campus Arrangement <Updated>](#)
- [2. Temporary Closure of College Gym](#)
- [3. WYS Term-long Exchange Programme 2022/23 - Open for Application <New>](#)
- [4. College Team Tryout 2021-22 Term 1 書院院隊選拔\(2021-22 上學期\)](#)
- [5. "Meet the Dean" Hours 輔導長時間](#)
- [6. Student Pastoral Care](#)
- [7. WYS's Got Talents - Photography, Poster Design, MC and a lot more!](#)
- [8. Membership Recruitment - WYS Alumni Association 伍宜孫書院校友會會員招募](#)

College Funding & Award Schemes (Year-round Application) 書院資助及獎勵計劃 (全年可供申請)

- [1. Self-Motivation Fund for Health and Well-being Activities](#)
- [2. Self-Motivation Fund for Sports Activities](#)
- [3. Self-Motivation Fund for Green Activities](#)
- [4. Mingle Fund](#)
- [5. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃](#)
- [6. Service-learning Project Funding Scheme 服務學習 項目資助計劃](#)
- [7. Global Learning Award Scheme](#)

Other Activities & Announcements 其他活動及宣佈事項

- [1. Multicultural Counselling Service for Non-local Students](#)
- [2. \[Open for Application CUHK\] Outgoing Student Exchanges 2022-23 <Deadline This Thu>](#)
- [3. CUHK Independent Learning Centre \(ILC\)](#)
- [4. Community Resources for Emotional Support](#)

Sunny Review

1. Sunny Living Week 2021

Following the success from previous years, the well-received *Sunny Living Week* was held again from 18th to 23th Oct this year, offering different new activities to *train students' body, mind and spirit*, and encourage them to *contribute to the environment and society*.

This Year, the College has invited successful applicants of Self-Motivation Fund for Health and Well-being / Health activities to share their experiences and insights after joining the Sunny Living activities under the pandemic with support from the College.

During *Unlock Your Stress 壓力解鎖之旅*, Mr. Tim T. H. Wong (王子皓同學 IBBAC/2) first shared with participants his experience in joining the Mental Health First Aid and Breakaway Training and other counselling courses, followed by Mr. Felix C. T. Lau (劉卓浚同學 SOWKN/2) who helped calm everyone's mind through playing singing bowl and hypnosis. All participants put down their negative thoughts and enjoyed a peaceful, silent and soothing moment together. Miss Linda Y. L. Guo (郭揚玲同學 BCMEN/4) concluded the session by leading participants to further relieve their stress through sitting in meditation (打坐) and feeling the flow of Qi (氣). We were also grateful to have Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Fellow and Associate Deans of Students to moderate the sharing.



During *Whispers of Plants 花草絮語*, successful applicants of Self-motivation Fund for Green Activities encouraged participants to explore a sustainable way to pursue aesthetics, inner peace and fun.

Miss M. Y. Chung (鍾敏瑤同學) shared her experiences in learning and creating dried flower décor and how it has brought her joy. Miss K. Y. Wong (王景蓉同學) showed the participants her collection of yarns including those made of plants. The process of knitting yarns takes a lot of time but also brings her a strong sense of satisfaction. Miss S. N. Wong (王倩雅同學), after her learning of horticultural therapy, shared how these activities actually facilitated our expressions of feelings and reflections of ourselves.

Creating natural art at home is not as difficult as you imagined. It even has a lot of benefits. While focusing on making your own pot of dried flower décor and feeling the texture of kapok fibre, we distracted ourselves from the hectic work. Planting, drinking floral tea, joining a farm visit can in fact become a healing process. Connect yourself with nature and take a break!



Doing physical exercises not only can keep us fit, but also boost our mood and improve our overall well-being. During *Fencing Night 劍擊體驗夜*, students got a chance to have this amazing fencing experience! They learnt the rules and safety of fencing as well as the basic steps of moving forward and backward. They also put on the gears and fought with each other using fencing foils.



We love sports and enjoy sweating! Another group of students joined *Let's Play Flyball 旋風球同樂日*. Flyball is a new sport game, integrating the fascination of badminton, baseball and tennis to train students' coordination,

muscle strength and reaction. To most of them, it is the first time to try these sports. However, under the guidance of trainers, students picked up the sports skills in just two hours and had great enjoyment.



Originally, the College planned to organize a moon gazing activity for College students to explore the mysterious sky. Although we could not see the moon under the unpredictable weather, it did not hinder the group to explore the universe by joining a scientific talk entitled *尋找新世界：系外行星探索* delivered by Dr. Po-kin Leung (梁寶建博士), Associate Dean of Students and Lecturer from Department of Physics. Dr. Leung shared with students the planets beyond our well-known solar system and introduced different telescopes for better observation of different distant objects.



What's better than a visit to organic farm for weekend getaway. *During Organic Farming - Healthy Food and Beyond*, participants tasted the locally made bean custard, while shopped for freshly harvested veggies. More importantly they learnt more about what organic farming is and how it works.

Thanks to the sharing of Professor Kwai-cheong Chau, Chairperson of Campus Environment Committee, participants get to know more about the differences between organic farming and conventional farming, as well as the benefits and challenges of organic farming in Hong Kong.

With the spirit of *Sunny Living* in mind, we will always be able to relax, recharge and revitalize, hence be ready for different challenges in life!



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

2. CUHK Aquatic Meet 2021 - 中大游泳精英比賽 2021





Congratulations to our College Swimming Team attaining good results with three Silver medals and one Bronze medal in CUHK Aquatic Meet 2021 (中大游泳精英比賽 2021) held on 22nd Oct. Our hearty appreciation to each and every one of them!

Category	Name	Event	Ranking
Men	Mak Yiu Chun (麥耀津)	50M Backstroke	1st runner-up
		50M Breaststroke	2nd runner-up
Women	Yung Tin Yan (容天欣)	50M Backstroke	1st runner-up
	Lo Yuen Chong (羅苑莊)	200M Breaststroke	1st runner-up

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

College Activities

1. Chinese Seal Engraving Workshop

Diversity & Inclusion 多元共融 **伍宜謙書院** WU YEE WONG COLLEGE

Chinese Seal Engraving Workshop

DATE: 28 OCTOBER 2021 (THURSDAY)
 TIME: 6:30PM - 8:30PM
 VENUE: W112-114
 QUOTA: 20 (10 local, 10 international students)
 FEE: \$50 + \$200 Deposit (refundable upon completion)
 REGISTRATION:

DEADLINE: 25 OCTOBER 2021 (first-come-first-served, please submit deposit to DOS Office, UG09 after filling in the form)
 Enquiries: Miss Kiki Chan (3943 3935/kikiwkchan@cuhk.edu.hk)

Interested in knowing more about traditional handicrafts? Want to interact with students from different regions?

The College is organizing a Chinese Seal Engraving Workshop for all local, non-local and exchange students. In this workshop, you will have the chance to interact with experienced craftsman, understand the history of traditional Chinese stamp seal and design your own stamp seal. Please see below for workshop details:

Date: 28 October 2021 (Thu)

Time: 6:30pm – 8:30pm

Venue: W112-114, Wu Yee Sun College

Quota: 20 (10 local, 10 international students)

Fee: \$50 + \$200 deposit (refundable upon completion of the activity)

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13640103>

Deadline: 25th October 2021 (Monday)

Please submit the workshop fee and deposit in cash to the Dean of Students' Office (UG09) within office hours after filling in the form for seat reservation. Place is limited. First-come, first-served. Time of deposit payment will be the determinant.

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

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

2. WYS Term-long Exchange Programme 2022/23 Introduction Session

Application for WYS Term-long Exchange Programme 2022/23 will begin on 21st October 2021. If you want to know more about the College exchange programme, join the **Term-long Exchange Programme Introduction Session**.

Below list the event details:

Date: 27 Oct 2020 (Wed)

Time: 6:45pm - 8:30pm

Format: Online via Zoom

Registration (A Zoom meeting link will be provided to registered participants):

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13640696>

Registration deadline: 25th October 2021 (Monday)

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

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

3. Social English Workshop 2021-2022

Social English Workshops
社交英語工作坊



If you want to learn more about:
 The Language of Friendship and Dating; Social Networking and Memes;
 Informal Language and Idioms; Improvisation and building Confidence; and Popular Culture,

Join our Social English Workshops!

Instructor: Ms. Jenna Lara COLLETT
 (College Member and Lecturer at the English Language Teaching Unit)

Date: 5 Nov, 12 Nov & 26 Nov (Fridays)

Time: 11:30am – 1:00pm

Venue: W112, Wu Yee Sun College

Deposit: \$100 (Refundable upon completing at least 2 sessions)

Deadline: 28 Oct

**Please bring your laptops / tablets / mobile phones for the workshops as we will do some online games and exercises.*

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

Can you understand the following conversation?

"How was your date with Sam?
 Are you guys going out?"

"No, afterward I sent him a text and
 he left me on read.
 Then he ghosted!"

"Oh no! Well,
 there are plenty of other fish in the sea."

"Good, because I have bigger fish to fry!"

Registration:


Can you understand the following conversation?

"How was your date with Sam? Are you guys going out?"

"No, afterward I sent him a text and he left me on read. Then he ghosted!"

"Oh no! Well, there are plenty of other fish in the sea."

"Good, because I have bigger fish to fry!"

If you want to learn more about:

The Language of Friendship and Dating; Social Networking and Memes; Informal Language and Idioms; Improvisation and building Confidence; and Popular Culture,

Join our Social English Workshops!

Instructor: Ms. Jenna Lara COLLETT

Ms. Jenna COLLETT is a Lecturer at the English Language Teaching Unit. She obtained her Masters in English Literature from Rhodes University. Originally from South Africa, Ms. Collett has lived and taught in South Korea and Hong Kong. She has taught courses in English Literature, English for Academic and Specific Purposes, and Conversational English for ten years.

Date: 5 Nov, 12 Nov & 26 Nov (Fridays)

Time: 11:30am – 1:00pm

Venue: W112, Wu Yee Sun College

Deposit: \$100 (Refundable upon completing at least 2 sessions)

Deadline: 28th Oct 2021

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638224>

Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation. Place is limited. First-come, first-served. Time of deposit payment will be the determinant.

Note to participants:

Please bring your laptops / tablets / mobile phones for the workshops as we will do some online games and exercises.

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

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

4. Introductory Workshop on Mindfulness 靜觀體驗工作坊

透過靜觀練習，學習觀察自己的身心，和壓力好好相處，提升身心健康
Practice Mindfulness and Enjoy the Present Moment



透過靜觀練習，
學習觀察自己的身心，
和壓力好好相處，提升身心健康

*Practice Mindfulness and
Enjoy the Present Moment*

靜觀體驗工作坊
Introductory Workshop on *Mindfulness*

Registration 報名：


靜觀導師：Prof. Eric Lee & Miss Molly Chan

Date 日期：8 Nov 2021 (Mon)

Time 時間：7:00pm – 8:30pm

Venue 地點：The Lounge in WYS House of Sunny Living

Deposit 按金：\$50 (Refundable after completion of the activity)

Language 語言：Cantonese (supplemented with English)

Registration deadline 截止報名日期：4/11/2021

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



靜觀是指有意識、不加批判的態度去覺察此時此刻。靜觀練習有助認識和接納當下的情緒、思想和身體感覺，告別負面思緒。在活動中，導師會帶領同學於輕鬆及舒適的環境下，透過練習觀察身心狀況，培養自我關懷的能力。

靜觀導師：Professor Eric Lee & Miss Molly Chan

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

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

Date 日期：8 Nov 2021 (Mon)

Time 時間：7:00pm - 8:30pm

Venue 地點：The Lounge in WYS House of Sunny Living

Deposit 按金：\$50 (Refundable after completion of the activity)

Language 語言：Cantonese (supplemented with English)

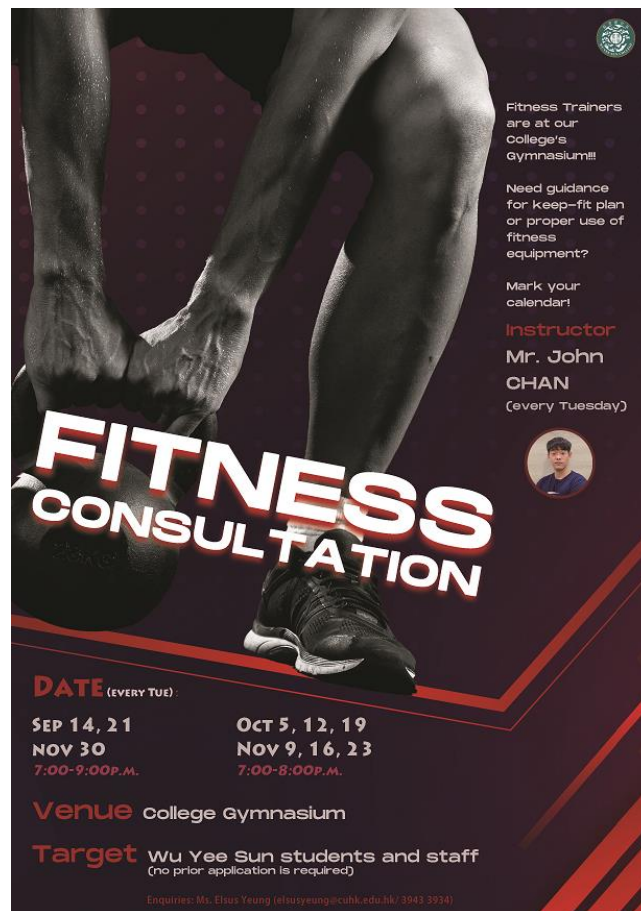
Registration 報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13640843>

Registration deadline 截止報名日期：4th Nov 2021

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

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

5. Fitness Consultation Sessions 健身訓練諮詢



Fitness Trainers are at our College's Gymnasium!!

Need guidance for keep-fit plan or proper use of fitness equipment?

Mark your calendar!

Instructor
Mr. John CHAN
(every Tuesday)

FITNESS CONSULTATION

DATE (EVERY TUE):

SEP 14, 21	OCT 5, 12, 19
NOV 30	NOV 9, 16, 23
7:00-9:00P.M.	7:00-8:00P.M.

Venue college Gymnasium

Target Wu Yee Sun students and staff
(no prior application is required)

Enquiries: Mr. Elton Yeung (eltonyeung@cuhk.edu.hk / 3943 3934)

Fitness Trainers are at our College's Gymnasium! Need guidance for keep-fit plan or proper use of fitness equipment? Mark your calendar!

Date (Every Tue) :

Nov 30

Time: 7:00-9:00pm

Date (Every Tue) :

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/ 3943 3942)

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

College Announcements

1. Campus Arrangement

To further facilitate students' learning and activity planning, the opening hour of following venues for residents will be revised to **8:00am – 2:00am** daily with immediate effect.

- Learning Commons
- Piano Rooms
- Creativity Laboratory (c!ab)

Please also note the important remarks as follows:

- College non-residents can access College facilities from 9:00am to 10:30pm. All College facilities are restricted to WYS students only unless prior approval has been sought from the College.
- Access to hostel floors is restricted to College residents only
- Please be reminded again to comply with College Prevention and Control Measures against COVID-19, including but not limited to measuring body temperature upon entering the College building. If body temperature is above 37.5 °C, s/he will not be allowed to enter into College.
- The opening hours and maximum capacity of College facilities can be referred at <https://www.wys.cuhk.edu.hk/about-us/campus/>.

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

2. Temporary Closure of College Gym

College Gym will be closed at the following timeslots for fitness courses.

Oct		
Oct 26 (Tue)	7 pm – 9 pm	Fitness Room Introductory Course
Nov		
Nov 2 (Tue)	7 pm – 9 pm	Fitness Room Introductory Course
Nov 9, 16, 23 (Tue)	8 pm – 9 pm	Fitness Class

We are sorry for the inconvenience caused.

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

3. WYS Term-long Exchange Programme 2022/23



The College Term-long Exchange Programme 2022/23 is now open for application, the application deadline is **15 November 2021**. If you are interested in applying for it, please refer to the College website (<https://www.wys.cuhk.edu.hk/whole-person-development/exchange/>) for details and apply online (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13640698>).

Notes for Application Form

Kindly note that the application form **MUST be completed in English** as some interviewers may not be able to read Chinese. Make sure you press the “submit” button to submit your application, a confirmation email will be sent to you after successful submission. Late application will not be processed nor accepted.

Bonus for “Interacting Across Cultures”

“Interacting Across Cultures” is a platform developed by The Independent Learning Centre. The materials in this Platform may give students some insight especially about cultural difference and communication tactics. You are recommended to complete module 1-4, 6-7 before departure. Check it out at: <https://www.ilc.cuhk.edu.hk/workshop/IAC/#c01>

In the application form, you will be asked to indicate if you have completed and submitted the modules. Kindly note that it is **not compulsory**, yet **BONUS will be given** to those who have completed them. Your submission will also serve as reference material for interviewers.

If you want to know more about the College Exchange Programme, or how to better prepare for your application, attend the Term-long Exchange Programme Introduction Session on 27 Oct 2021. Our students will share about their exchange journey. Register [here](#).

Feel free to contact me at kikiwkchan@cuhk.edu.hk or 3943 3935 should you have any enquiries.

List of Exchange Institutes

In 2022-23, the college is offering exchange in 23 institutes, please see below detailed list of exchange institutes. Note: 1 FTE means one full year or two terms

Applicants will be given chances to change their preference by mid-Jan, 2022 after term 1, 2021/22 result is released. Therefore, please base on the following details and decide your choices now.

REGION	COUNTRY	HOST INSTITUTE	Quota (FTE)
America	Canada	University of Alberta	1.0
		Mount Allison University	1.0
	Mexico	Tecnologico de Monterrey	0.5
	The United States	Brandeis University	0.5
		Northeastern University	0.5
		University of Massachusetts Amherst	0.5
		University of Pittsburgh	0.5
		University of Rochester	0.5
	St. Edwards' University	1.0	
Asia	China	Zhejiang University	0.5
	Singapore	National University of Singapore	0.5
Europe	Czech Republic	Prague University of Economics and Business	1.0
	Denmark	Technical University of Denmark (ERG & SCI Programs)	0.5
	Finland	Tampere University	0.5
	Germany	Albert-Ludwigs-Universitat Freiburg	0.5
	Italy	Universita Commerciale L. Bocconi	0.5
	Netherlands	Maastricht University, School of BA & Economics (UW)	0.5
		Maastricht University, University College Maastricht	0.5
		University of Groningen	1.0
Sweden	Uppsala University	1.0	

	United Kingdom	University of Aberdeen	1.0
Oceania	Australia	Monash University	0.5
		The University of Adelaide	1.0

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

4. 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！書院現正招募划艇隊隊員，特別要留意女子划艇選拔因颱風關係而延期，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 **rowing team**. Please note that the tryout of women's rowing team has been rescheduled as follows due to typhoon. 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 Rowing	Oct 18, 2021 (Mon)	6:30 - 9:00 pm	Grand Stand, HCF	Mr. Ono Lee 3943 3986 onolee@cuhk.edu.hk
	Oct 22, 2021 (Fri)			
Women's Rowing	Oct 23, 2021 (Fri)	9:30am – 12nn	Grand Stand,	Mr. Ono Lee

(Updated tryout date!)	Oct 26, 2021 (Tue)	6:30 - 9:00 pm	HCF	3943 3986 onolee@cuhk.edu.hk
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[\(Back to top\)](#)

5. "Meet the Dean" Hours 輔導長時間

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

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

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

The session is hosted by:

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

Every Sunnie is welcome!

Enquiries:

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

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

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

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

6. Student Pastoral Care

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

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

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

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

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

7. 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) / 3943 9775)

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

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

Want to stay in touch with your college friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just \$500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the [application form](#), and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

想跟書院同學保持聯繫？想擴闊人際網絡？想回饋書院？透過伍宜孫書院校友會，你可以將學生時代的關係延續下去。終生會籍只需 500 元。現時申請，更可獲贈一套四支環保飲管（先到先得，送完即止）。

各位同學只須填妥[申請表](#)，連同會員費，交回伍宜孫書院地下院務室即可。

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

College Funding & Awards Schemes

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

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 / 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 / 3943 3988)

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

2. Self-Motivation Fund for Sports Activities

[Application for Phase I is closed as the fund has been used up. Students can submit your application for Phase II starting from 10 January 2022 for activities held on or after 1 February 2022]



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".



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)

Examples

Standard Chartered Hong Kong Marathon
Oxfam Trailwalker
Spartan Race
Yoga Class, Dance Workshop

Qualification Courses for Sports Coach



Max. funding amount

\$3000

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

Examples

Rowing
Rope-skipping
Orienteering
Taekwondo

*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 / 3943 3934)

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

3. Self-Motivation Fund for Green Activities



Self-Motivation Fund for Green Activities

Green Activities

Self-Motivation Fund for Green Activities

encourages students to participate in various kinds of green activities that promotes **sustainability** and **environmental consciousness**



Max. funding amount
\$1500
OR
Up to 60% of
application fee & course fee
(whichever is lower)

Examples

Eco-cultural Tour
Uncycling Workshops
Forest Bath

Qualification Courses for Instructors of Green Activities



伍宜孫書院
WU YEE SUN COLLEGE

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



Max. funding amount
\$3000
OR
Up to 60% of
course fee
(whichever is lower)

Examples

Horticultural Therapists
Trainer for Organic Farming
Docent Training on Ecotourism

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 / 39433937)

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

4. Mingle Fund



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

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

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

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

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

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

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

Grab the chance, be creative!

Be Entrepreneurial! Funding Scheme supports students to implement various short-term projects fulfilling college's core values of **creativity, entrepreneurial spirit, and social responsibility**.

All undergraduate students, regardless of discipline and year of study, are welcome to submit application all year round. **The maximum funding amount is up to HK\$20,000!**

Online application is now available, simply submit your application through one click
- <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638278>

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

Enquiries:

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

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

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 globe made of puzzle pieces, with various icons representing service-learning activities: an elderly person with a walker, a person with a backpack, a person with a lightbulb, a person with a magnifying glass, and a person with a clipboard. Below the illustration, there are five key points:

- 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/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 / 3943 3935)

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

7. Global Learning Award Scheme



The Global Learning Award Scheme (GLAS) aims to encourage students to initiate or participate in non-local academic or experiential learning programmes with the main purpose of LEARNING. Applicants will be awarded the “Global Learning Award” and receive the award amount after completing all post-trip requirements on time.

Students can apply funding for the self-initiating trips, overseas programmes, and virtual programmes. For further details, Please refer to [college website](#) for application guidelines.

Application:

Round	Applying for trips taken during (for trips overlapping both rounds, <u>first date</u> of the trip shall determine the application period)	Application period
Winter	Nov 1 – Apr 30	May 1 – Nov 30

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638945>

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

Other Activities & Announcements

1. Multicultural Counselling Service for Non-local Students

Multicultural Counselling Service

For Non-Local Students

INDIVIDUAL COUNSELLING SERVICES
By native Putonghua speaking counsellors and native English speaking counsellors

LANGUAGES
Apart from Putonghua and English, counselling in other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi might also be available

SESSIONS
6 counselling sessions (may be extended according to service needs)

LOCATION
St John's Cathedral Counselling Service in Central
www.sjcshk.com

TIME PERIOD
September 2021 to May 2022

SERVICE TARGET
All CUHK full-time non-local students

ENROLLMENT & ENQUIRIES
Please visit our website for details




Office of Student Affairs
The Chinese University of Hong Kong



To strengthen counselling support to non-local students, Wellness and Counselling Centre is launching a pilot programme to provide multicultural counselling service to non-local students. The service will be provided by native Putonghua or English speaking counsellors from an external counselling service provider, St. John's Cathedral Counselling Service (<https://www.sjcshk.com/>). Subject to the availability of their counsellors, counselling sessions might also be conducted in other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi. For more details, please visit: <https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service> for more information.

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

2. Open for Application CUHK] Outgoing Student Exchanges 2022-23



Applications for outgoing student exchanges in 2022-23 is now OPEN! Click here to learn more about the application procedures or download the application schedule here. Submit your online application via CUSIS on or before 28 October 2021!

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

3. 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>

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

4. 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

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

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