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## College Activities

[1. clab OLD HONG KONG Exhibition](#)



Student convenors of Creativity Laboratory, clabbers, organized an exhibition called OLD HONG KONG (懷舊香港) in the gallery to showcase Hong Kong traditional crafts, which included frame bags, traditional minibus signs, neon lights, film photos and tie dye cloths, handmade by clabbers.

A series of glass-tube-made neon light art decorations made by our college students were also showcased. They were the awardees of clab neon lights design competition and used the traditional technique to create their neon light art decorations in a workshop. In this exhibition, you can find the artworks of a neon light master, Jive, preserving the traditional technique by transforming the glass-tube-made neon signs into light art decorations; while the works of other supporter of this exhibition, Amazing Neon HK, is using new technology LED to mimic the traditional look of neon signs.



You are invited to come and visit OLD HONG KONG exhibition at College gallery from now on till 28 January, 2022. Don't forget to stop by. Take a photo on the nostalgia setting of the exhibition, share your thoughts about the old Hong Kong and learn some stories about old Hong Kong.

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## College Announcements

### 1. Closure of College Building during the Chinese New Year 2022 壬寅年農曆新年期間書院大樓關閉

The College building will be closed from 12nn on 31 Jan 2022 (Mon) to 9am on 4 Feb 2022 (Fri) for the Chinese New Year holiday. **Residents please leave the hostels and the College building by 12nn on 31 Jan 2022 (Mon).** The

result has been announced via email on 21 Jan 2022. Residents who are approved to stay during the aforementioned period must still comply with all regulations as usual.

Those who have not obtained approval will **NOT** be able to access the College building and hostels with their CU Link Cards during the Chinese New Year holiday. Residents who travel outside HK during hostel residence period (after check-in) must declare travel history and complete quarantine and self-monitoring before returning to hostel.

If students are under compulsory testing notice, they must report to College immediately AND stay at home until the COVID-19 test result is out.

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## 2. Temporary Closure of College Student Canteen and Café during Lunar New Year Holiday 農曆新年期間書院學生飯堂及特色咖啡室暫停營業

College Student Canteen and Café will be temporarily closed from 31 January to 6 February 2022 for Lunar New Year Holiday. Thank you for your kind attention.

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## 3. Suspension of Dine-in Service after 6pm at College Student Canteen 學生飯堂於晚上 6 時後暫停堂食服務

In accordance with the government's social distancing measures in view of latest epidemic situation, dine-in service at Wu Yee Sun College Student Canteen is suspended after 6:00pm during the period from 7 January to 29 January 2022.

College Student Canteen adopts the following dine-in and takeaway arrangements:

Breakfast	8:15am - 11:00am
Lunch	11:00am - 2:00pm
Tea	2:00pm - 4:30pm
Dinner	4:30pm - 8:30pm (Last order for dine-in service is 5:30pm, and takeaway service will be provided)

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## 4. Temporary Closure of College Gym 書院健身室暫停開放

In accordance with the government's social distancing measures in view of latest epidemic situation, Wu Yee Sun College Gymnasium has been closed from 7 January 2022 until further notice.

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## 5. Arrangement for Gown Borrowing and Photo Day for Graduating Students of 2021/22

The College Photo Day has been scheduled on 25<sup>th</sup> March, 2022 (Friday). Graduating class of 2021/22 may visit the College Office (G03, G/F, East Block) during the office hours from today till 28<sup>th</sup> January, 2022 (Friday) for gradation gown and cap size trial. Alternatively, you can refer to "Reminder for the Rental of Graduation Gown" of the [Important Notes](#) for the gown and cap sizes.

For gown borrowing, students are required to complete below online form of undertaking and submit the true copy of the ATM / bank-in slip to College Office or e-mail online bank transaction record to [glorialeung@cuhk.edu.hk](mailto:glorialeung@cuhk.edu.hk) on or before 28<sup>th</sup> January, 2022 (Friday)

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13643862>

With the uncertainty of the COVID, the College will share updates regarding the arrangement for student organizations who wish to organize celebratory activities during the photo-taking day in due course. For enquiries, please contact Gloria at 3943-3941 or [glorialeung@cuhk.edu.hk](mailto:glorialeung@cuhk.edu.hk)

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## 6. Deferment of Tuition and Hostel Fees for Full-time Undergraduate Students (Term 2, 2021/22)

Please be reminded that the deadline for the Tuition/Hostel fee payment for Term 2 is Monday, 31<sup>st</sup> January 2022. A late charge of \$200 will be levied upon belated payment.

College students who have financial difficulties and would wish to defer payment on tuition and/or hostel fee for Term 2 of 2021/22, please submit application form ([download here](#)) together with supporting documents by email to [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk) or in person to the College Office (G03, East Block) **on or before 26<sup>th</sup> January 2022 (Wednesday)**. Please note that late applications and incomplete forms will not be accepted.

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

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## 7. Reaching Out Award 2021/22 - Application

Full-time undergraduate students are now invited to apply for the **Reaching Out Award 2021/22 (ROA)** offered by the HKSAR Government. The award, in the amount of HK\$10,000 for each successful applicant, aims to support students in participating in events / competitions (e.g. conferences / forums / workshops / seminars / training camps / competitions / service projects etc.), internships or placements (credit-bearing / non-credit bearing), field / study trips or courses (e.g. foreign language immersion programmes / academic exchange programmes etc.) which are **conducted outside Hong Kong in 2021/22 academic year (1 Sep 2021 – 31 Aug 2022)**.

Kindly note that preference is given to local students and financial need may also be considered. Please visit the link below to learn more about the eligibility and application procedures, and pay special attention to the submission requirements and supporting documents needed. For those who are applying for Term 2 exchange programme, please be reminded to submit the required documents to the College Office before departure.

<https://www.wys.cuhk.edu.hk/news/reaching-out-award-202122-now-open-for-application/>

Application Deadline: **5:00pm, 8 February 2022 (Tuesday)**

Please note that students can only be awarded **once** throughout the entire study programme.

Late applications and incomplete submissions will not be processed.

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

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## 8. Sunny Passion Programme 2021/22



Living Up to the College's Core Value – Creativity, Entrepreneurship and Social responsibility – Apply Sunny Passion Programme 2021

Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. You are invited to apply this programme individually or in group with at least 50% of Wu Yee Sun College students, competing for Gold, Silver and Bronze Award. Winners will get HK\$10,000, HK\$6,000 and HK\$4,000 respectively to implement, promote or demonstrate their project ideas to the others!

Just submit (1) the application form together with (2) ONE A4 page Business Model Canvas by 5:00 pm, 25<sup>th</sup> Jan 2022 through one of the following channels –

1. e-mail the softcopy of the documents to Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk)) and/or Miss Florence Tsui ([florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk)); **OR**
2. click the following link (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13641629>) and complete the online application form ; **OR**
3. Send the original hard copy of the documents to the College Office, Wu Yee Sun College in person

Express your ingenious creativity and make our society a better one! Please refer to the College website for details. Application form and Business Model Canvas are available through this link: <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=sunny>

For inquiry, please feel free to contact Miss Phoebe Wu at 3943-3988 (e-mail: [phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk)) or Miss Florence Tsui at 3943-9767 ([florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk))

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## 9. Rance Lee Mentorship Programme – Open for Enrollment



**Rance Lee Mentorship Programme** 2021-22

With the initiation of our CUHK alumnus Mr. Sai-Yung Lau and the generous funding support of our CUHK alumni Mr. Albert Wu and Mr. Philip Li, this programme has been renamed as Rance Lee Mentorship Programme in honor of Prof. Rance Lee, the Founding Master of Wu Yee Sun College, since the year Prof. Lee retired in 2017.

Outings Meal Gatherings Visits Career Planning

This programme aims at supporting our students to build up **social networks** for tackling problems and acquiring support across all stages of life through information sharing, helping each other, making new friends, having stress relief and getting advices for career development, investment and study etc.

**Programme Details**

**Eligibility:** WYS students

**Format:** 3-4 mentors (including college alumni) per group to support mentees

**Activities:** Annual kick-off event, group initiated activities (such as hiking, visits, BBQ etc), year-end gatherings etc.

**Funding Support:** HK\$3,000 per annum for each group

Please scan QR code for enrollment.

**Enquiries:** Miss Florence Tsui (3943-9767 / florencetsui@cuhk.edu.hk)

With the initiation of our CUHK alumnus Mr. Sai-Yung Lau and the generous funding support of our CUHK alumni Mr. Albert Wu and Mr. Philip Li, this programme has been restructured.

The group-to-group mentor-mentee model, which is comprised of senior mentors, alumni mentors and student mentees, will be adopted. With the support of alumni mentors, a new element of this programme, it is believed that the bonding within a group or among WYS members will be stronger.

This programme aims to promote *a multi-functional social networking* for

- Providing practical advice and assistance
- Sharing information and interests
- Nurturing close friendship and emotional support

This programme offers a lifelong membership for all the participants. It is now open for enrollment. Should you be interested in it, please click this [link](#) to register.

For details, please check out College website

<https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/>

For enquiries, please contact Miss Florence Tsui at 3943-9767 or e-mail [florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk)

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## 10. “Meet the Dean” Hours 輔導長時間

“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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## 11. 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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## 12. 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 Support**
- **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:**

Miss Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk) / 3943 3934)  
 Ms. Sammy Kwan ([sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) / 3943 9775)

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

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



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

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

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

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# College Funding & Awards Schemes

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

The infographic is titled "Self-Motivation Fund for Health and Well-being Activities". It features a QR code in the top right corner labeled "Application & Guidelines". The main text describes the fund's purpose: "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." It is divided into two sections: "Health and well-being Activities" and "Qualification Courses for Health and Well-being Instructors".

Category	Max. funding amount	Examples
Health and well-being Activities	\$1500 OR Up to 60% of application fee & course fee (whichever is lower)	Healthy Cooking Class Course about Nutrition / Chinese Medicine Mindfulness Workshop Mental Health First Aid Course
Qualification Courses for Health and Well-being Instructors	\$3000 OR Up to 60% of course fee (whichever is lower)	Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course Art/Music Therapy Instructor Course

Contact information: 伍宜孫書院 WU YEE SUN COLLEGE. Enquiries: Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988).

*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".

**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

 伍宜孫書院  
WU YEE SUN COLLEGE

Enquiries:  
MS ELSUS YEUNG ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk) / 3943 3934)

*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

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

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

Grab the chance, be creative!

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

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

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

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

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

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



The poster features the Wu Yee Sun College logo 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 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 gift box, and a person with a table of food. Below the illustration, there are five bullet points with 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 is labeled 'More details:'. At the bottom, it says '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](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

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## 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.

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
Summer	May 1 - Oct 31	Dec 1 - Apr 30

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

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## 8. Internationalization Activity Fund



If you are interested in organizing activities to promote cross-cultural integration, we support you to kick-start your plan!

The **Internationalization Activity Fund** aims to support students or student bodies to organize college- or hostel-level extracurricular activities which promote internationalization and inter-cultural exchange opportunities among members of the WYS community.

### Eligibility

1. All registered WYS student associations will be eligible for applying for financial support from the Fund.
2. Local and non-local student bodies/students are also encouraged to apply for the funding to organize activities for promoting campus integration and cohesion.
3. At least 70% participants should be local undergraduate students.

### Examples

- Experience of Clothing, Dining, Living & Transport in Hong Kong
- Hong Kong Sightseeing Tram Tour
- Thanksgiving Festival Celebration
- Korean Night

**Funding Amount:** Maximum \$20,000

**Guidelines & Application:** <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=internationalization-activity-fund-2>

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## Other Activities & Announcements

1. AIESEC x Xccelerate | Code Up! IT Training & Exchange Program Series  
Secure an Overseas Internship in a technological firm in 8 weeks

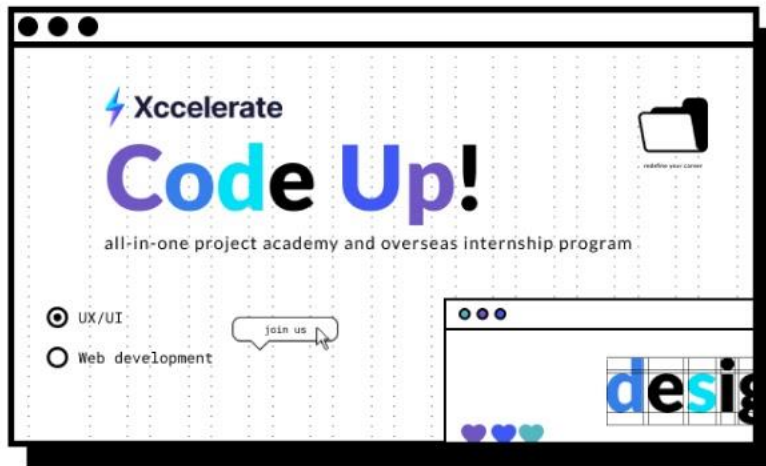
## Becoming a Global Tech Talent?

Are you ready to compete in the tech world? Are you ready to upskill and unleash your **next best self**? Are you ready to prepare yourself for **the jobs of tomorrow**? Whether you want to supercharge your career or hone your skills by learning the most **in-demand tech skills** today, the following **beginner-friendly** courses offered by Xccelerate are here to offer you a great deal.

by **AIESEC** x **Xccelerate**



secure an overseas internship in a technological firm in 8 weeks



### Course overview

<b>Date</b>	February - March 2022
<b>Time</b>	7:30p.m. - 9:30p.m. (or 10:30p.m.)
<b>Track</b>	1) Website Development for Absolute Beginners 2) User Experience Designer
<b>Scale</b>	30 students per class
<b>Mode</b>	Hybrid
<b>Venue</b>	Innoport, CUHK (TBC)

\* For detailed course information will be available [here](#).



## Meet your Instructor - Xccelerate

**20k+**

satisfied customers

**91%**

graduates in the tech sector

**28days**

to get hired on average

“Xccelerate is a platform **inspiring millions** of youth to create a better tomorrow and unleash the greatest version of themselves by **empowering them to build the founding stone for their career.**”



Xccelerate

### Guaranteeing an overseas internship?

Possible to embark on my tech career journey within just 8 weeks and successfully land an internship offer? If that's your concern, **take it easy, we've got you covered.** We promise that you will be learning the most in-demand skills with one-on-one personal assistance; also giving you an opportunity to **springboard yourself into the tech field** through our **Global Talent (Internship)** Extension.



## Redefine your career

start small and dream big

take a small step by clicking the button below and kickstart your dream to work in the tech giant.

Find it intriguing? Click on [Apply Now](#) to grab this chance!

Click [here](#) for more information about application instructions and course descriptions. If you have any questions about this programme, please email [chit.wong@aiesec.net](mailto:chit.wong@aiesec.net) or contact Manager of Global Talent, Chit Wong at +852 96769509.

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## AIESEC in CUHK | CSV Innovation Challenge

Are you passionate about a social issue? Do you have some burning ideas in your mind but nowhere to unleash them? Do you want to do something impactful in your community? Grab the chance to join the **Outlier 2022 Smart Living Innovation Challenge** now!

Smart living is not simply about social innovation. It is about the way we live, the way our community functions, the way we interact with others and much more. Smart living can be as small as how you get ready in the morning, to as large as creating sustainable cities. By living smartly, we also bring value to businesses and our communities.

This year AIESEC in Hong Kong is collaborating with **Cyberport** to bring you this exclusive challenge! In this competition, you will undergo design thinking training and work with companies like **Jardine Matheson, Nan Fung Group and Amazon Web Services** to create a user-centric business. Grab the chance to stay on top of recent business trends, pitch to top industry experts, and learn how smart living can have an impact on our daily lives. Winners of the competition can win **cash prizes** of up to **\$15000**, **internship opportunities**, and funding to turn your smart living ideas into a **real business!**

### Details:

- Dates: 12-13th and 19th February
- Format: Semi-remote (Virtual Bootcamp, Physical Finale)
- Eligible: All undergraduate students in Hong Kong, regardless of nationality, academic curriculum and year of study are welcome to join!
- **SIGN UP** for our *virtual info session* on **3 or 4 January at 6 PM** to learn more about the event! \*the content of the two sessions would be the same, choose one that suits your availability.

**Registration link:** <https://bit.ly/OutlierInfoSession>

### Application Details:

**Price:** \$120 (\$80 for early-bird discount)

### Deadline:

- 8 JANUARY 2022 (Early-bird)
- 22 JANUARY 2022 (Main round)

**APPLY HERE:** <https://bit.ly/OutlierAppForm>

### Testimonial from our past winner:



Samyuktha Parameswaran (Outlier 2021 Champion)

*"The CSV Innovation challenge was a case competition unlike any other. This competition has definitely enhanced my interests in youth mental health and allowed me to become passionate about solving pressing, real-world issues thoroughly."*

Connect with other youths and unlock your entrepreneurial spirit. Network with impactful leaders and advance your career development. Sign up now for the **Outlier 2022 Smart Living Innovation Challenge** and make the world a better place for you and me!

For more information, please visit our website [outlier.aiesec.hk](https://outlier.aiesec.hk). Hope to see you there!

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### 3. "Grasp the Chance!" Alumnus Jackie Si Tou to share tips for getting United Nations jobs

A promotional poster for a career seminar. The background is a dark blue chalkboard with a white lightbulb drawing. The text is in Chinese and English. At the top left is the logo of the Alumni Affairs Office of The Chinese University of Hong Kong. The main title is '入職聯合國的獨門秘笈' (Secrets to Getting a Job in the United Nations). Below it is 'Career Opportunities in the United Nations'. The date and time are 'Jan 25, 2022 (TUE) 6 - 7pm (HKT)'. There is a circular portrait of Jackie Si Tou, Associate Statistician at the United Nations Economic Commission for Europe. A QR code is in the bottom right corner with the text '網上報名 Register Online'.

香港中文大學校友會聯會  
Alumni Affairs Office  
The Chinese University of Hong Kong

入職聯合國的獨門秘笈  
Career Opportunities in the United Nations

Jan 25, 2022 (TUE)  
6 - 7pm (HKT)

司徒偉傑校友 (Jackie Si Tou)  
聯合國歐洲經濟委員會統計主任  
Associate Statistician, United Nations Economic Commission for Europe

網上報名  
Register Online

Working for United Nations as Associate Statistician at UN Economic Commission for Europe, **Alumnus Jackie Si Tou** (09/New Asia College/Physics; 11/Graduate School/Economics) will be the speaker of the coming online talk about the special career opportunity for young people to enter United Nations – “**Young Professionals Programme**”\*.

**\*Applicants should be 32 years old or younger in the year of examination**

As a Physics graduate, Jackie later chose Economics as his post-graduate studies. He worked for the HKSAR Government with good salary after graduation, but then switched to join the multinational organization "United Nations" and set foot in Rwanda, Incheon, and now in Geneva. Jackie will share the reasons and experiences of the various changes he had made in his career, and introduce the recruitment process as well as the requirements of the "Young Professionals Programme", hoping to provide tips for CUHKers to develop their own career paths with global vision.

Want to receive more practical career advice? [Register now](#) (Chinese Only) and keep posted on the **CUHK Young Alumni Career Day 2022** to be held on February 26 (Saturday)!

Details of the talk :

Date	January 25, 2022 (Tuesday) 【HK Time; GMT+8】
Time	6pm – 7pm 【HK Time; GMT+8】
Format	Zoom
Language	Cantonese
Registration Form	<a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13644732">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13644732</a> Successful registrants will receive a confirmation email (Chinese Only)

Please contact us at [alumni@cuhk.edu.hk](mailto:alumni@cuhk.edu.hk) should you have any enquiries.

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#### 4. Photography x Meditation Workshop 禪攝影工作坊

'ZEN ART DAILY' x 'MAKEZEN' SERIES

## PHOTOGRAPHY X MEDITATION WORKSHOP

To experience Mindfulness from Photography  
Mindfulness is to feel and present the moment without judgement

Time (Venue):  
 Class A: 19 February 2022 (Sat) 10am-1pm (Sir Run Run Shaw Hall)  
 Class B: 19 February 2022 (Sat) 2pm-5pm (Sir Run Run Shaw Hall)  
 Class C: 21 February 2022 (Mon) 10am-1pm (Shaw College)  
 Class D: 21 February 2022 (Mon) 2pm-5pm (Shaw College)

Target: CUHK Students, Staff & Alumni  
 Quota: 4 classes, 40 persons per class  
 Fee: \$100 (Refundable upon completion of programme for undergraduate students)

Online Application

Deadline: 26 January 2022 (Wed)

Enquiries: Ms. Ada Tsui, Shaw College (adatsui@cuhk.edu.hk / 3943 1549)

主辦單位 Organizers: 香港中文大學崇基書院 Shaw College, The Chinese University of Hong Kong  
 香港中文大學藝術行政主任辦公室 The Office of the Arts Administrator The Chinese University of Hong Kong  
 心聆 CUHK pmusic breathe  
 捐助機構 Funder: 陳廷驊基金會 The D. H. Chau Foundation

## 從攝影體驗禪修

用心感受，呈現原貌，接受而不判斷，這就是禪

時間 (地點) :

A 班：2022 年 2 月 19 日 (六) 10am-1pm (邵逸夫堂)

B 班：2022 年 2 月 19 日 (六) 2pm-5pm (邵逸夫堂)

C 班：2022 年 2 月 21 日 (一) 10am-1pm (逸夫書院)

D 班：2022 年 2 月 21 日 (一) 2pm-5pm (逸夫書院)

對象：中大學生、教職員及校友

名額：每班 40 人 (共 4 班)

費用：\$100 (本科生完成活動後可獲全數退款)

網上報名：<https://bit.ly/3eAemUI>

截止日期：2022 年 1 月 26 日 (星期三)

查詢：徐小姐 (adatsui@cuhk.edu.hk / 3943 1549)

To experience Mindfulness from Photography

Mindfulness is to feel and present the moment without judgement

Time (Venue) :

Class A: 19 February 2022 (Sat) 10am-1pm (Sir Run Run Shaw Hall)

Class B: 19 February 2022 (Sat) 2pm-5pm (Sir Run Run Shaw Hall)

Class C: 21 February 2022 (Mon) 10am-1pm (Shaw College)

Class D: 21 February 2022 (Mon) 2pm-5pm (Shaw College)

Target: CUHK Students, Staff & Alumni

Quota: 4 classes, 40 persons per class

Fee: \$100 (Refundable upon completion of programme for undergraduate students)

Online Application: <https://bit.ly/3eAemUI>

Application Deadline: 26 January 2022 (Wed)

Enquiries : Ms. Ada Tsui, Shaw College (adatsui@cuhk.edu.hk / 3943 1549)

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## 5. The GREEN Hackathon and Innovation Night 2022



**Registration for the GREEN Hackathon and Innovation Night (26th February) is now open!**

The GREEN Hackathon and Innovation Night 2022 is organised by GREEN Hospitality and funded by the Innovation and Technology Commission\*. This event is a unique space for innovators, hospitality employees, and youth to collaborate and create practical solutions for the environmental challenges faced by the Hospitality industry. The theme this year is "Circularity in Hospitality - Transform Waste into Innovative Marketable Products & Solutions". Teams will be encouraged to focus on creating solutions either on Food, Textile or Packaging innovation. If you are a creative person and are interested in these topics, come and join us!

Winning prizes include exciting internship opportunities for university students at The Mills Fabrica, a cash prize and more. The Hackathon will also be a professional opportunity to meet and be mentored by hospitality, innovation and social impact experts and a chance to showcase your ideas to investors and representatives of start-up incubators.

[REGISTER HERE](#) as part of a team or as an individual to take part in the GREEN Hackathon and Innovation Night 2022.

We look forward to seeing all you fellow changemakers there!

Best regards,

The GREEN Hospitality Team

*\*Events are subject to change without prior notice*

*\*\*Acknowledgment & Disclaimer: This event is funded by the Innovation & Technology Commission of the HKSAR.*

*Any opinions, findings, conclusions, or recommendations expressed in this material/event (or by members of the project team) do not reflect the views of the Government of the Hong Kong Special Administrative Region, the Innovation and Technology Commission, or the Vetting Committee of the General Support Programme of the Innovation and Technology Fund.*

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## 6. Sunshine@ CUHK Mobile App



The Sunshine@CUHK Mobile App is now available to download for free!

iOS: <https://apple.co/3qKoTDK>

Android: <https://bit.ly/3wS5JNt>

The mobile app is a wellbeing app where students would be engaged in various mental wellness related exercises and counselling hotline/services on the go. Key features include *Mood Diary* and *Mindfulness Exercise*. Students could have a more systematic view of their emotions and mood trends by recording their moods in the Mood Diary. Another feature, Mindfulness Exercise, assists students to face the emotional ups and downs with an opening and accepting attitude.

What's more, *Seek Help* and *Aid Button* provide lists of major community resources for students to seek help both within and outside CUHK including community online counselling services and 24-hours counselling hotlines, all-at-a-glance and just a click away.

If you wish to learn more, please refer to the attached poster for more information.

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## 7. 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](http://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.

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## 8. 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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## 9. 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).