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Sunny Review

1. College Forum “Mental Wellness In CUHK” and Student Sharing for Self-Motivation Fund for Sunny Living



Ms. Harriet H. Y. CHONG (莊曉怡女士), Student Development Counsellor from Wellness and Counselling Centre, Office of Student Affairs, conducted a forum entitled “Mental Wellness in CUHK” on 23th Sep 2022 (Friday). She shared with students about different kinds of mental illnesses they might suffer from and introduced the self-help mental health materials available online, as well as wellness promotion programmes in CUHK. Students also completed an online survey to better understand their mental wellness and gained better knowledge on how to seek support from CUHK whenever needed.





At the Forum, we also invited successful applicants of Self-Motivation Fund for Sunny Living, Eunice Y. C WONG 王恩隨同學 (Year 4/ Psychology), Kin-shun TONG 湯堅信同學 (Year 4 / Physical Education, Exercise Science and Health) and Sara CHAK 翟韡珊同學 (Year 3 / M.B., Ch.B.) to share their insights and experiences with fellow students. Students are encouraged to exercise their potential through different learning opportunities.

We are grateful to have Professor Ming-kay POON (潘銘基教授), College Associate Master and Dean of General Education for moderating the sharing.

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2. CUHK Art Fair



In order to let freshmen to gain a better understanding about different student bodies in the University, CUHK Art Fair was held at the University Mall from 21 September 2022 to 23 September 2022. Some of the College student bodies (including Dessert Society, Rotaract Club and Drama Society) also organized booths to promote themselves and provide chances for freshmen to get to know them more. College Associate Master Professor Kam-fai WONG (黃錦輝教授) and Professor Ming-kay POON (潘銘基教授) and also College Dean of Students Professor Kelvin K.F. TSOI (蔡錦輝教授) visited the booths to show support to College students and also shared the joy with them. We look forward to seeing more students to join our College student bodies!

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College Activities

1. Fitness Training Workshops – HIIT & Core Training

FITNESS TRAINING WORKSHOPS (2022-2023 TERM 1)

高強度間歇訓練(HIIT) [初級]
High Intensity Interval Training (HIIT) [For Beginners]

CLASS 1
DATE : 11, 18, 25 OCT (TUE)
TIME : 8 - 9 PM

- ✓ 強化心肺功能 [STRENGTHEN CARDIOPULMONARY FUNCTION]
- ✓ 提升運動能力 [IMPROVE ATHLETIC PERFORMANCE]
- ✓ 刺激新陳代謝 [STIMULATE METABOLISM]
- ✓ 燃燒脂肪 [BURN FAT]
- ✓ 後燃效應 [AFTER BURN EFFECT]

Venue: College Gymnasium
Quota: 12 (per class)
Instructor: Mr. Ryan CHAN

Deposit : \$200 (per workshop)
(refundable upon completing all lessons)

CLASS 2
DATE : 8, 15, 22 NOV (TUE)
TIME : 8 - 9 PM

核心肌群 [初級]
Core training [For Beginners]

- ✓ 保護脊椎 [PROTECT SPINE]
- ✓ 維持軀幹穩定性 [MAINTAIN TRUNK STABILITY]
- ✓ 維持正確姿態 [MAINTAIN THE POSTURE]
- ✓ 提升運動能力 [IMPROVE ATHLETIC PERFORMANCE]
- ✓ 減低受傷機會 [REDUCE THE CHANCE OF INJURY]

PE MARKS : 4

Enquires
Ms. Quzerie Chiu
quzchiu@cuhk.edu.hk
7 394 25738

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

The College will organize fitness training workshops this semester to help you to get rid of excess body fat and firm your muscles. JOIN us now!!!

High Intensity Interval Training (HIIT) [For Beginners]

Date : 11, 18, 25 Oct 2022

Time : 8:00 – 9:00 pm

- ✓ Strengthen cardiopulmonary function
- ✓ Improve athletic performance
- ✓ Stimulate metabolism
- ✓ Burn fat
- ✓ After burn effect

Core Training [For Beginners]

Date : 8, 15, 22 Nov 2022

Time : 8:00 – 9:00 pm

- ✓ Protect spine
- ✓ Maintain trunk stability
- ✓ Maintain the posture
- ✓ Improve athletic performance
- ✓ Reduce the chance of injury

Venue: College Gymnasium

Quota: 12 / workshop

Instructor: Mr. Ryan CHAN

Deposit : \$200 / workshop (refundable upon completing all lessons)

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13655160>

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

Enquiries:

Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

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2. Sports Association Presents : Free-throw Shoot 罰系籃球



<以下內容由體育學會撰寫，並經書院傳送。The following message is drafted by College Sports Association>

鍾意自我挑戰
鍾意打籃球
咁就留意下我哋呢個活動啦

罰系籃球

日期: 27/9/2022 (星期二)

時間: 17:00 - 20:00

地點: 逸夫體育館

人數: 60 名 (宜孫同學優先)

費用: \$20 訂金

報名連結: <https://forms.gle/D3sRGTXCYceEEeth6>

- * 所有參加者都可以獲得 4 分 PE 分
- * 頭三名仲會有大獎!
- * 有興趣參加嘅同學記得填 Google form 啦

有任何疑問歡迎大家搵返我地

IG inbox: @wys.sports.asso

聯絡人: Julia Yung (98658149)

Are you interested in basketball?
Or do you want to challenge yourself?
If so, you must join our event!

Free-throw Shoot

Date: 27/9/2022 (Tuesday)

Time: 17:00 - 20:00

Venue: Shaw GYM

Quota: 60 participants

Fee: \$20 deposit

Application Link: <https://forms.gle/D3sRGTXCYceEEeth6>

*A gift would be presented to the top 3 scorers

*You would be rewarded 4 marks in the PE course if you join.

*Please fill in the Google Form if you want to join

Feel free to contact us for any inquiry

IG inbox: @wys.sports.asso

Contact person: Julia Yung (98658149)

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3. 語文文化桌: 老師夢和作家夢

語文文化桌: 老師夢和作家夢

「老師的生活，像一部黑白的電視！」他說，
我既不同意，也不想如此。我想做老師，同時渴慕色彩，
從中再加一個作家夢，會不會太貪心？
我想擁有豐富多彩的畫面和意義。
深信這場交流，能讓我有更多一段難忘而富色彩的美好回憶。

報名: 

日期: 2022年11月1日(星期二)
時間: 晚上 6:30 至 8:30
地點: 伍宜孫書院教職員飯堂
語言: 粵語
按金: \$50 (準時出席可獲退回全部按金)
截止日期: 10月18日(星期二)

講者: 蒲葦
歷任中學中史、中文、文學科主任，
教育專欄作者、教參書編者。編著作品包括
《總有您鼓勵》、《師生有情》、
《我要做中文老師》、《寂寞非我所願》、
《一本正經學成語》系列等。

印刷: Miss Jacqueline Lam (jacquelinlam@cuhk.edu.hk / 3943 9774)

「老師的生活，像一部黑白的電視！」他說。

我既不同意，也不想如此。我想做老師，同時渴慕色彩。從中再加一個作家夢，會不會太貪心？我想擁有豐富多彩的畫面和意義。深信這場交流，能讓我有更多一段難忘而富色彩的美好回憶。

講者: 蒲葦老師

講者簡介: 歷任中學中史、中文、文學科主任，教育專欄作者、教參書編者。編著作品包括《總有您鼓勵》、《師生有情》、《我要做中文老師》、《寂寞非我所願》、《一本正經學成語》系列等。

日期: 2022年11月1日(星期二)

時間: 晚上 6:30 至 8:30

地點: 伍宜孫書院教職員飯堂

語言: 粵語

人數: 上限 20 人

按金: 港幣\$50 (只收現金，完成活動後退回)

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13655311>

截止日期: 10月18日

*名額有限，先到先得。(報名次序以遞交按金先後次序為準，請於辦公時間內將按金交至書院辦公室。)

查詢: Miss Jacqueline Lam (jacquelinlam@cuhk.edu.hk / 3943 9774)

4. CUHK Blood Donation Campaign 2022

All WYS members aged between 16 and 66, weighing 41KG or above and in good health are welcome to join. A blood donation station will operate at WYS College on **5th October 2022 (Wed)**.

Please drink sufficient water, consume food within four hours before donation, get adequate rest the night before and do not wear clothing with tight sleeves for blood donation.

Date: 5th October 2022 (Wed)

Time: 11:30 am – 6:30 pm

Venue: College Gallery, G/F, WYS College

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13655506>



Information on pre-donation health screening

(Blood Donation Registration Form sample – ([English Version](#) | [Chinese Version](#)))

For every donation, donors (new or repeated) have to fill in Blood Donation Registration Form and respond to health history enquiry, which consists of a questionnaire followed by a private interview with our nurse. The purpose is to assess your current and past health conditions for donation eligibility

****Please note that the following Precautionary Measures in Response to COVID-19 are now in force:**

- Member of public who had **contracted COVID-19** and was **symptomatic**, should be **deferred for 14 days after complete recovery**;
- Member of public who had **contracted COVID-19** and was **asymptomatic**, should be **deferred for 14 days after the date of the last positive test result**;

- Member of public who had close contact with a confirmed / suspected COVID-19 case, should be deferred for 14 days.
[English Version](#) | [Chinese Version](#)
- Member of public who has receive COVID-19 vaccine should be deferred from blood donation for 7 days.
[English Version](#) | [Chinese Version](#)

Enclosed please also find the Info to Donors and Info on Travelling History, Residence Abroad.

Handy tips are also available at Facebook Page of Hong Kong Red Cross Blood Transfusion Service:
<https://www.facebook.com/BloodForLifeHKRCBTS/posts/3194015213961229>

There will be various donation spots set up across CUHK campus from 3rd to 26th October 2022. For more details, please refer to www.osa.cuhk.edu.hk/news.

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5. Sunny Living Week 2022

Sunny Living Week 又返嚟喇! 打響頭炮我哋有 Sunny Rowing Race，讓你與 Buddy 一起參與挑戰，贏取豐富獎品! Café Mabel 會教大家用全素材料整無花果撻，一起實踐低碳及健康生活。獲 Self-Motivation Fund 資助嘅同學亦會教大家整土耳其馬賽克燈，帶給你一個療癒的晚上。環保達人 Kiki 仲會利用咖啡店回收嘅咖啡渣教大家整磨沙皂。陽光市集當日更會雲集心靈手作、綠色及體育攤位，大家絕對不容錯過! 壓軸活動當然唔少得校園環境委員會主席鄒桂昌教授帶領嘅生態文化遊。

活動有動又有靜，實有一款會啱你，快啲 mark 低日子參加啦!

Sunny Living Week is back again. We will have Sunny Rowing Race to kick start the week! Pair up with your buddy to participate in the rowing challenge and win the grand prizes. Café Caterer, Mabel, will teach us how to make Vegan Fig Tart to allow us to stay healthy and fit. We will also have Turkish Mosaic Lamp Workshop to calm your mind and Coffee Scrubbing Soap Workshop to support sustainability. Don't miss the activity booths and organic farm at Sunny Market! Last but not least, Prof. CHAU, Kwai-cheong from Campus Environmental Committee will lead us an eco-cultural tour at Kuk Po.

What are you waiting for? Mark your diary and join us!

Date & Time	Activity
17/10 (Mon) 6:00pm - 8:00pm	Sunny Rowing Race (Details & Registration)
18/10 (Tue) 6:30pm - 8:30pm	Vegan Fig Tart Baking Workshop (Details & Registration)
19/10 (Wed) 6:30pm - 8:30pm	Turkish Mosaic Lamp Workshop (Details & Registration)
20/10 (Thu) Class A : 5:30pm - 7:00pm Class B : 7:15pm - 8:45pm	Coffee Scrubbing Soap Workshop (Details & Registration)
21/10 (Fri) 11:00am - 2:00pm	Bulk Buy Shop (Green Team) Darts Game (Sports Association) Organic Farm No registration is required for the above booths!

	<p>Scented Wax Tablet Making Workshop (Please register here)</p> <p>DIY Cactus Planting Workshop (Green Team) -- Stay tuned for the registration details!</p>
<p>29/10 (Sat) 8:30am – 2:00pm</p>	<p>Eco-cultural Tour: Hakka Culture @ Kuk Po (Details & Registration)</p>



Enquiries:
Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

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6. English through Nature and Bird Watching



English through Nature & Bird Watching

Tour Consultant : Mr. Richard Lewthwaite

Mai Po Nature Reserve is located on the north-western corner of Hong Kong, it is as known as a birdwatcher's paradise. Late October is usually a very good time to see a wide variety of birds such as Black-faced Spoonbills and other globally endangered bird species at Mai Po. Come and join us to gain tips on identifying the birds and recognize the importance of nature conservation.

Date: 27 October 2022 (Thursday)
Activity Time: 10:00am - 3:00pm
Gathering time and location:
 10:00am@College Gallery /
 10:15am@University MTR Station Exit A

Location: Mai Po Transportation will be arranged for round trip
Deposit: \$100 (Refundable upon completion of the activity)
Deadline: 13 October 2022
Quota: 7

Registration:



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

Enquiries: Miss Jacqueline Lam (jacquelinelam@cuhk.edu.hk / 3943 9774)

Mai Po Nature Reserve is located on the north-western corner of Hong Kong, it is as known as a birdwatcher's paradise. Late October is usually a very good time to see a wide variety of birds such as Black-faced Spoonbills and other globally endangered bird species at Mai Po. Come and join us to gain tips on identifying the birds and recognize the importance of nature conservation.

Instructor: Mr. LEWTHWAITE, Richard

LEWTHWAITE, Richard is a former English Language Teaching Unit instructor. He is also an active birdwatcher in Hong Kong and, prior to Covid, enjoyed going on regular birdwatching trips to China, especially Guangdong and Hainan. He is editor of the annual Hong Kong Bird Report, one of the co-authors of "The Avifauna of Hong Kong", and has written papers on a variety of birds including the avifauna of Hainan, waterbirds of southwest Guangdong, forest birds of Southeast China, and owls and nightjars of Hong Kong.

Date: 27th Oct 2022 (Thu)

Activity Time: 10:00a.m. - 3:00p.m.

Gathering time and location: 10:00am@College Gallery /
 10:15am@University MTR Station Exit A

Location: Mai Po

Language: English

Quota: 7

Fee: \$100 deposit (Deposit will be refunded upon completion of the activity)

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13654643>

Deadline: 13th Oct 2022 (Thu)

*Please submit the deposit in CASH to the College Office within office hours after filling in the webform for seat reservation. First-come-first-served, time of deposit payment will be the determinant.

Enquiries: Miss Jacqueline Lam (jacquelinelam@cuhk.edu.hk / 3943 9774)

7. No Air Con Night 香港無冷氣夜 (7th Oct 2022)



It is a territory-wide energy saving event organized by Green Sense (環保觸覺) to promote the wise use of air conditioning. You are encouraged to support this event by **turning off the air con at home / in the student hostels when the outdoor temperature is lower than 27°C** during the aforesaid period whenever appropriate/feasible. Let's take action together and reduce our carbon emission with the smart use of air-conditioning!

GO GREEN! BE SUNNY!

Turning off the Air Con ~ Cooling the Earth

關掉冷氣，為地球降溫

Details: <https://www.noaircon.com/>

8. Yoga Class 2022/23 Term 1



Stretch your body • Increase your flexibility • Improve your mobility

Date: Sep 19, 26,
Oct 3, 10, 24, 31
Nov 7, 14 (Mondays) 2022

Time: Class A - 7:00pm to 8:00pm
Class B - 8:00pm to 9:00pm

Venue: W112-114

Quota: 14 (per class)

Instructor: Ms. CHAN, Mayan

PE Marks: 4 (upon completion of at least 7 lessons)

Fee: \$300 (\$200 will be refunded upon completing at least 7 lessons)
[College member - \$200]

Application:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13652273>

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

Enquiries:

Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

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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) :

Sep 6, 13, 20
Nov 1, 29
Time: 7:00 pm - 9:00 pm

Date (Every Tue) :

Oct 11, 18, 25
Nov 8, 15, 22
Time: 7:00 pm - 8:00 pm

Venue: College Gymnasium
Instructor: Mr. CHAN, Ryan

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

Enquiries: Ms. Queenie Chu (queeniechu@cuhk.edu.hk/ 3943 9768)

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10. Fitness Room User Introductory Course 2022-23 健身室使用者課程 2022-23



Fitness Room User Introductory Course
健身室使用者課程

Instructor 導師:
Mr. Ryan Chan

Date: 27/09/2022 (Tuesday)
Time: 7:00pm - 9:00pm
Venue: College Gym
Quota: 15 (first come, first served)
Eligibility: College Students & Staff

日期: 27/09/2022 (星期二)
時間: 7:00 - 9:00pm
地點: 學院健身室
名額: 15 (先到先得)
資格: 16 歲或當業學生及教職員

Registration 報名:
<http://bitly.ws/t7mP>

*Year 1 students may obtain the CUHK Fitness Room User Card from PE lessons.
一年級同學可從體育科中獲中大健身室使用者卡

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 (116/E, former University Guest House) before the class starts.
- Please dress in appropriate clothing and wear sports shoes.
- Please bring along ID card (Student: 18K520 / Staff: 18K530) 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：

- 請於課程開始前，在體育館(116/E, 前大學賓館)集合。
- 請穿著合適服裝及運動鞋。
- 請帶備中級或高級身份證明(學生: 18K520 / 職員: 18K530) 用於申請中大健身室使用者卡或證書，請攜帶準確的費用，不找錢。

查詢 Enquiries: Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

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: 27th Sep 2022 (Tue)

Time: 7:00 pm - 9:00 pm

Venue: College Gym

Quota: 15 (first come, first served)

Instructor: Mr. CHAN, Ryan

Application: <http://bitly.ws/t7mP>

Application Deadline: 20th Sep 2022 (Tue)

*Year 1 students may obtain the CUHK Fitness Room User Card from PE lessons.

Enquiries:

Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

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11. Mini-pupillage Scheme for students from Faculty of Law



The College is collaborating with Pantheon Chambers to offer a Mini-pupillage Scheme which is designed for students from Faculty of Law. During the 3-month period, students will be asked to conduct practical tasks, such as case summaries, legal research, shadow barristers, meet with clients, and attend court hearings (observation, taking notes). This could be both in person and remotely.

If students impress during the 3-month period, and Pantheon wish to retain students as mini-pupils within the pool (and students wish to stay on), students may be contacted beyond the end of the 3-month period for additional work. Following completion of the scheme, feedback and reference letter (upon request) will be provided for all students.

- **Application:**
https://docs.google.com/forms/d/e/1FAIpQLSecs0w3ANTvJChbdLbtrzocD3B7JLI2kUzE_2fDX5ZN-4wUHg/viewform
- **Application Deadline:** 4th Nov 2022 (Fri) at 11:59pm (HKT)

Enquiries: Ms. Sukie Cheung (sukie@pantheonchambers.com / 2105 8000)

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College Announcements

1. Application for Deferment of Tuition and Hostel Fees of Term 1, 2022/23 申請緩繳學費及宿費事宜

Please be reminded that the deadline for the fee payment of Term 1, 2022/23 is 30th Sep (Fri). A late charge of \$200 will be levied upon belated payment.

College students who wish to defer tuition and/or hostel fees of Term 1, 2022/23 due to financial difficulties must complete the [application form](#) and submit it together with supporting documents by email to reginacheung@cuhk.edu.hk or in person to College Office (G03, East Block) by 27th Sep (Tue).

Late applications and incomplete forms will not be processed.

Enquiries: Miss Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)

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2. Temporary Closure of College Gym

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

Sep		
Sep 27 (Tue)	7 pm - 8 pm	Fitness Room User Introductory Course
Oct		
Oct 11, 18, 25 (Tue)	8 pm - 9 pm	Fitness Training Workshop
Nov		
Nov 8, 15, 22 (Tue)	8 pm - 9 pm	Fitness Training Workshop

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3. College Student Grant/Loan 2022/23 – Application Now Open (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2022/23. There will be two rounds of applications: the September round is open to Non-Freshmen ONLY while the January round will be open to Freshmen ONLY. Students who have financial difficulties are reminded to first apply for Government financial aid ([Tertiary Student Financial Scheme](#)).

Application now opens for non-freshmen **until 3rd October 2022 (Mon)**. Please [download](#) the application form and submit the completed form with supporting documents via email to Miss Regina Cheung (reginacheung@cuhk.edu.hk) or in person to the College Office (G03, G/F, East Block) before the deadline.

Enquiries:

Miss Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)

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4. College Hostel Grant 2022/23 – Application Now Open

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2022/23 will be maximum \$4,656 per year.

Application now opens **until 11th October 2022 (Tue)**. 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 Miss Regina Cheung (reginacheung@cuhk.edu.hk) or in person to the College Office (G03, G/F, East Block) before the deadline.

Enquiries:

Miss Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)

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5. Opening Hour of Non-resident Hall

Opening Hour of Non-resident Hall

Commuter students, though not living on campus, can still enjoy their campus life at their second home - the full sea-view Non-Resident Hall where they interact with fellow students and participate in various hall activities. Check out the details [HERE](#) and enrich your College life.

	Non-resident Hall (West Block)	Non-resident Hall (East Block)
Opening Hour	Monday – Sunday (9:00-22:30)	Monday- Thursday (13:00-17:00) Friday (12:00-17:00)
Access	Access by Students’ CU Link	Committee Members of Non-resident Association will be there to greet you!

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6. Campus Arrangement in Term 1, 2022/23

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 into the College. Unauthorized persons or illegal residents will jeopardize the accuracy of contact tracing. In order to protect your own health, violations will result in disciplinary actions.**

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.

Students under medical surveillance with amber code status under the government’s [enhanced vaccine pass function](#) are not permitted to use the sports facilities.

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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7. Admission Scholarships 2022/23

伍宜孫書院
WU YEE SUN COLLEGE

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

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

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

申請日期 Application Period | 2022. 09. 08 - 10. 06

查詢 Enquiries | Miss Regina Cheung (3943 5773 / reginacheung@cuhk.edu.hk)

The "Sunny" Award

Eligibility:

- College Local or Non-local freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility
- Placed Wu Yee Sun College as their 1st College Preference

Award amount is HK\$10,000/ \$15,000.

[Online Application](#) opens until 6th October, 2022.



Admission Scholarship for
Outstanding Artistic Achievements
藝術傑出入學獎學金
HK\$8,000

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

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



申請日期 Application Period | 2022. 09. 08 - 10. 06

查詢 Enquiries | Miss Regina Cheung (3943 9773 / reginacheung@cuhk.edu.hk)

Admission Scholarship for Outstanding Artistic Achievements

Eligibility:

- College Local or Non-local freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music
- Placed Wu Yee Sun College as their 1st College Preference

Award amount is HK\$8,000.

[Online Application](#) opens until 6th October, 2022.

Enquiries:

Miss Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)

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8. College Team Tryout 2022-23 Term 1 書院院隊選拔(2022-23 上學期)



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

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！書院現正招募籃球、足球、排球、游泳及田徑院隊隊員，快來發揮你的運動天賦！

Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's Basketball	Sept., 14 (Wed)	6:00 – 8:00 p.m.	New Asia College Charles Leung Gym.	Mr. Kakit Hui 3943 3986 kakithui@cuhk.edu.hk
Women's Basketball	Sept., 14 (Wed)	6:00 – 8:00 p.m.	New Asia College Charles Leung Gym.	
Men's Soccer	Sept., 13 (Tue)	6:00 – 8:00 p.m.	Sir Philip Haddon- Cave Sports Field	Mr. Nelson Lam 3943 3987 nelsonlam@cuhk.edu.hk
Men's Volleyball	Sept., 15 (Thur)	6:00 – 8:00 p.m.	Yeung Ming Biu Indoor Sports Center.	Mr. Nelson Lam 3943 3987 nelsonlam@cuhk.edu.hk
Women's Volleyball	Sept., 15 (Thur)	6:00 – 8:00 p.m.	Yeung Ming Biu Indoor Sports Center.	
Men's Rowing	Sept., 20 (Tue)	7:00 – 8:30 p.m.	Grand Stand,	Mr. Kakit Hui

	Sept., 22 (Thur)	7:00 – 8:30 p.m.	Sir Philip Haddon-Cave Sports Field	3943 3986 kakithui@cuhk.edu.hk
Women's Rowing	Sept., 26 (Mon)	6:30 – 8:30 p.m.	Grand Stand,	
	Sept., 29 (Thur)	6:30 – 8:30 p.m.	Sir Philip Haddon-Cave Sports Field	
Men's & Women's Athletic	Please contact Mr. Kakit Hui to arrange tryouts according to Track & Field Events before 17/10			Mr. Kakit Hui 3943 3986 kakithui@cuhk.edu.hk

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9. Grab this chance to join the newly revamped Rance Lee Mentorship programme

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 restructured as Rance Lee Mentorship Programme in Honour of Prof. Rance Lee, the Founding Master of WU Yee Sun College, since the year 1986, established in 2007.

Outlets **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 advice for career development, investment and study etc.

Programme Details

Eligibility: WYS students

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

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

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

Please scan QR code for enrollment.

Organizer: Mrs. Florence Tsui (3943 3987) / florence@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.

We are excited to share that a number of alumni mentors from various industries, namely **banks, insurances, education, medical care, architecture, start-ups** and so forth will join hand with senior mentor to play a role in this programme.

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

Funding support at HK\$3,000 per annum for each group will be provided to facilitate the group activities. This programme offers a lifelong membership for all the participants. It is now open for all WYS students to enroll.

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/>

Enquiries:

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

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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 Kelvin K.F. Tsoi (蔡錦輝教授), College Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics
- Ms. Sharon Wong (黃倩影小姐), College Associate Dean of Students and Assistant Lecturer of Independent Learning Centre

Every Sunnie is welcome, email us whenever you want to talk!

Enquiries:

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

Miss KiKi Chan (kikiwokchan@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 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:

Ms. Sammy Kwan (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 for "Application & Guidelines".

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.

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

WU YEE SUN COLLEGE
Inquiries: Ms Michelle Si (michelle1@cwsl.edu.hk / 3943 3933)

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:

Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

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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 application fee & course fee (whichever is lower)

Examples

- Rowing
- Rock-climbing
- Orienteering
- Taekwondo

伍宜孫書院
WU YIP SUN COLLEGE

Enquiries:
Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

*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. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

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3. Self-Motivation Fund for Green Activities

Application & Guidelines : 

Self-Motivation Fund for *Green* Activities

Green Activities

Self-Motivation Fund for Green Activities
encourages students to participate in various
various kinds of these activities that
promote **sustainability** and
environmental consciousness



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

Examples
Eco-cultural Tour
Unzipping Workshops
Forest Bath

Qualification Courses for Instructors of Green Activities



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

Examples
Non-cultural Therapists
Trainer for Organic Farming
Docent Training on Ecotourism


伍宜孫書院
WU YEE SUN COLLEGE
Enquiries:
Ms. Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

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 / 3943 3937)

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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 / 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:

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

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

伍宜孫書院 | Serve to Learn
WU YEE SUN COLLEGE | 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 HKD\$0,000
資助金額: 上限港幣\$0,000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.

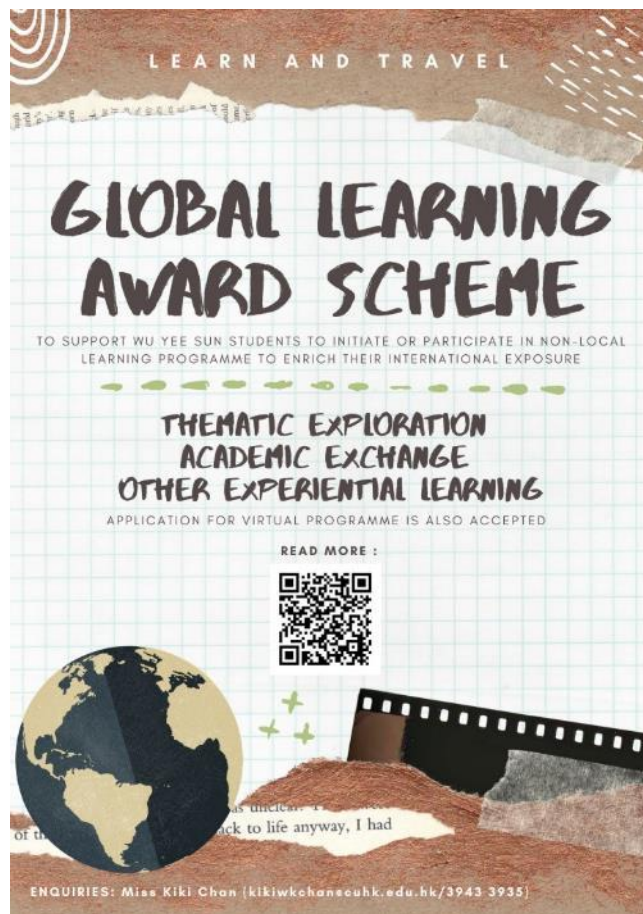
Learn to serve and serve to learn! Please visit the website for more info.

Enquiries:

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

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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
Winter	Nov 1 - Apr 30	May 1 - Oct 31

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13649353>

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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. CUHK Outgoing Exchange Programmes 2023-24



Office of Academic Links
 Tel: (852) 3943 7597 Email: iasp@cuhk.edu.hk
 IG: CUHKOAL Web: www.oal.cuhk.edu.hk/exchange2022



Application Period
 28 September 2022 (9:00 am) - 24 October 2022 (11:59 pm)

Points to note for the application

- Application opens to all CUHK full-time registered undergraduate students and postgraduate students, including first year students, in this selection!
- All applicants have to invite two current full-time teaching staff at CUHK as referees for the application.
- Students who are in their first year of study at CUHK must attend an interview if they are shortlisted.
- Students can only accept one exchange offer for 2023-24 from any CUHK units in this selection.

Highlights of the on-campus outreach activities

Date	Time	Event	Venue
29 Sep (Thu)	12:00 – 14:00	Global Explorer Fair	Foyer, G/F, YIA
	12:30 – 13:30	Global Explorer Briefing I	LT1, G/F, YIA

		(Language: Chinese Cantonese)	
30 Sep (Fri)	11:15 – 11:45	Global Explorer Exhibition I	Outside Lounge, Chung Chi College Chapel
	15:00 – 15:30	Global Explorer Exhibition II	Entrance of Sir Run Run Shaw Hall
12 Oct (Wed)	12:00 – 13:00	Global Explorer Briefing I (Language: English)	LT2, G/F, YIA
14 Oct (Fri)	13:00 – 13:30	Global Explorer Exhibition III	Entrance of Lecture Theatre Shaw Campus
13-24 Oct (Thu – Mon)	14:00 – 17:00	Ask Us Anything	i-Centre, 1/F, YIA

Call for action!

Much appreciated if you could encourage your students to apply for the exchange programmes and take part in the events. Attached are the promotional materials for your easy reference and kindly share with your students as you deem appropriate.

Should you have any enquiry about the programmes, please feel free to contact us on 3943-7597 or email at iasp@cuhk.edu.hk.

Thank you very much for your kind support!

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2. Sunshine At CUHK x Flourishing First Year @ CUHK: Welcome Back + Welcome New – New Start, Fresh Start!

學生事務處 心理健康及輔導中心
Wellness and Counselling Centre
Office of Student Affairs

中大冇晒 x 心盛計劃
Sunshine At CUHK x Flourishing First Year @ CUHK

中大冇晒 FFY@CUHK

新學年，新開始
New Start, Fresh Start

WELCOME BACK AND JOIN US FOR DRINKS
重返校園+迎新活動

心盛飲品車
Tea Truck

中大冇晒煥然一新禮包
Refreshing Kit

日期 Date
2022
29-30/9
(四 THU - 五 FRI)

時間 Time
12:00
-
16:00

地點 Location
文化廣場
CULTURAL SQUARE

請在適當地方飲用
Please consume at appropriate place

自備容器，支持環保
Bring your own container

飲品限每人一杯，派完即止
One drink per person, while supplies last

At the start of the new semester, Sunshine At CUHK x Flourishing First Year @ CUHK (FFY) from Office of Student Affairs have organized a welcoming event on campus.

Come “eat well” and start the brand-new semester with us!

🌟 Refreshing Kit & Tea Truck

Date: 29 to 30 September 2022 (Thu to Fri)

Time: 12:00 to 16:00

Venue: Cultural Square

☆One drink per person, while supplies last. Please consume at appropriate place. ☆

Please come to get free drinks, fortune cookies and souvenirs (includes handmade soaps/ lip balms/ herbal tea bags)from us!

Should you have any enquiries related to this event, please contact sunshine@cuhk.edu.hk.

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3. Wellness and Counselling Centre Office of Student Affairs Promotion of Peer Support Network 2023 (uBuddies & uPals Programme)

The image shows two promotional posters. The left poster is for 'uBuddies Peer Counsellor Recruitment 2023'. It features the uBuddies logo, social media handles (cuhk_ubuddies, treehole_cuhk), a deadline of 05/10/2022, and a QR code. It lists goals like providing peer support and creating service projects. Training content includes 12 hrs Peer Counselling Skills, 12 hrs Mental Health First Aid Standard Course, 3 Days 2 Nights Adventure-based Training Camp, and 4 hrs Practicum & Supervision. Qualifications include CUHK uBuddies Certificate, Mental Health First Aid Certificate, and Record in Student Development portfolio. The right poster is for 'uPals Wellness Promotion Team 2023'. It features the uPals logo, the application period from 29 Aug to 5 Oct 2022, and a QR code. It states that all local and non-local students are welcome. Training (conducted in English) includes an Adventure-based Training Camp, 5 hours Basic Helping Skills Training, 12 hours Mental Health First Aid Standard Course, and 4 hours Wellness Workshops. Service projects involve designing and implementing on-campus service projects. Qualifications include CUHK uPals Certificate, Mental Health First Aid Certificate, and Record in the Student Development Portfolio. Contact information for Ms. Kong (39431804) is provided.

中大朋輩支援網絡 (uBuddies & uPals) 2023 年度成員招募

你希望構建一個健康、正向的中大校園嗎？學生事務處心理健康及輔導中心所舉辦的 [uBuddies 朋輩輔導聯誼網](#) 及 [uPals 心理健康推廣團隊](#) 現正招募新成員！如果你希望支持和幫助感到沮喪和困惑的同學，同時對籌辦活動及推廣心理健康感興趣，就立即報名加入我們吧！截止報名日期為 2022 年 10 月 5 日（三）。

New Member Recruitment for CUHK Peer Support Network 2023 (uBuddies & uPals)

Do you wish to contribute to the wellness of CUHK students? [uBuddies Peer Counselling Network](#) and [uPals Wellness Promotion Team](#) organized by Wellness and Counselling Centre, Office of Student Affairs are now recruiting new members! If you wish to equip yourselves with helping skills to better support your peers, and have an interest in organizing activities and promoting mental wellness, you are most welcome to join us! The application deadline is 5 Oct 2022 (Wed).

追蹤我們的專頁 Follow us on:

Instagram: [cuhk_ubuddies](#) / [treehole_cuhk](#) / [cuhk_upals](#)

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4. Member Recruitment of the I CARE Hong Kong Cultural Tours Project 2022-23



The project aims to cultivate CUHK students to become docents for leading cultural tours to promote the history and culture of Hong Kong. Admitted students will first receive a series of professional training on content research, itinerary design and formulation, story-telling skills, and tour guiding techniques. They will then be engaged in tour route development, site visits, script writing, demonstration tours and mock tours in accordance with the designated themes. Finally, they are allowed to lead real tours serving secondary school students and CUHK members to unveil the hidden side of Hong Kong.

Themes and Districts Covered in 2022-23

Tai Po Market

- Interaction between Railway and the Formation of Market (興奮以外 —— 鐵路墟市百載互動)

Kowloon City

- Development of the Healthcare System in Hong Kong (疫境重生 —— 香港醫療發展再思)

Mong Kok

- Transformation in Hong Kong's Popular Culture (變幻之中 —— 香港流行文化搜奇)

Kwun Tong

- The Revitalisation of Old Urban Districts (新舊交融 —— 老城活化再度出發)

More information of the project can be found on our Centre's [website](#)

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5. Friends of the Arts Scheme (FTA) 2022-23

新一年度 Friends of the Arts 計劃現已接受報名。

「Friends of the Arts」由藝術行政主任辦公室主辦，為中文大學全日制學生提供多元藝術文化教育。除了邀約不同界別的資深藝術工作者舉辦藝術講座、工作坊及分享會外，我們更會定期為大家選取有質素的演出一同欣賞。

年度主題：ARTS Like...文化藝術打卡

對象：香港中文大學全日制學生

費用：\$250 [開學優惠！30/9 前以優惠價 \$200 報名]

名額有限，先到先得

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

查詢

3943 1598 / 3943 7857

CUOAA@cuhk.edu.hk

2022-23 Friends of the Arts Scheme (FTA) is now open for application.

Presented by the Office of the Arts Administrator, the scheme provides diverse arts and cultural programmes for full-time CUHK students. FTA provides an extensive range of arts and cultural activities. We invite experienced artists from different fields regularly to give lectures, workshops and sharing sessions for our members. We will organize arts performances appreciation and activities to our members every month.

Theme of the year : ARTS Like...

Target: Full Time CUHK students

Fee: \$250(Discount registration before 30/9: \$200)

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

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

Enquires

3943 1598 / 3943 7857

CUOAA@cuhk.edu.hk

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6. ILC Services for Students

[Independent Learning Centre \(ILC\)](#) provides a resource rich environment for students to reflect on and engage in their role as Independent Learners. If you are interested in improving your academic and language skills, you can visit the ILC website regularly for the latest updates. Below are some ILC workshop highlights for the academic year 2022-23:

1. **University Study Skills Series**
2. **Writing Success Series**
3. **Job Preparation Series**
4. **CRE/ JRE Series**
5. **Exam Preparation Series**

If one-to-one meeting with ILC teachers is preferred, you can also book a 30-minute consultation session via <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>

Other learning resources on various topics in both English and Chinese are also available at <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>

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7. New features in Sunshine@CUHK Mobile App!

下載及使用「中大有晴」App 即獲得豐富禮品！

Download, use Sunshine At CUHK App and win fantastic gifts!

立刻下載或更新「中大有晴」手機應用程式，並設定帳戶，即可換領精美的「種子鉛筆」款式包括：太陽花、幸運草、滿天星、薄荷及聖女果。

使用「中大有晴」App 內「心晴日記」，記錄每天的目標，同時為「心晴盆栽」中的「心之苗」提供養分，使它成長。每次成功培植一盆「心之苗」，即可獲取「微型菜種植套裝」；成功培植3盆心之苗，更可獲得高達\$500的「Spoilt.com.hk 體驗禮券」。

*種子鉛筆款式有限，數量有限，換完即止。

Download or update "Sunshine@CUHK Mobile App" and set up your account today, redeem a mindful gift "Sprout Pencil", including Sunflower, Lucky Clover, Baby's Breath, Mint and Cherry Tomato.

Set a goal in using new feature "Plant the Plant" in Sunshine At CUHK Mobile App, successfully finish one plant by daily entries of Mood diary and receive a gift of Microgreen Growing Kit. Finish all three plants and you are eligible for a \$500 experience coupon from Spoilt.com.hk!

*Sprout Pencils will be distributed while supplies last.



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

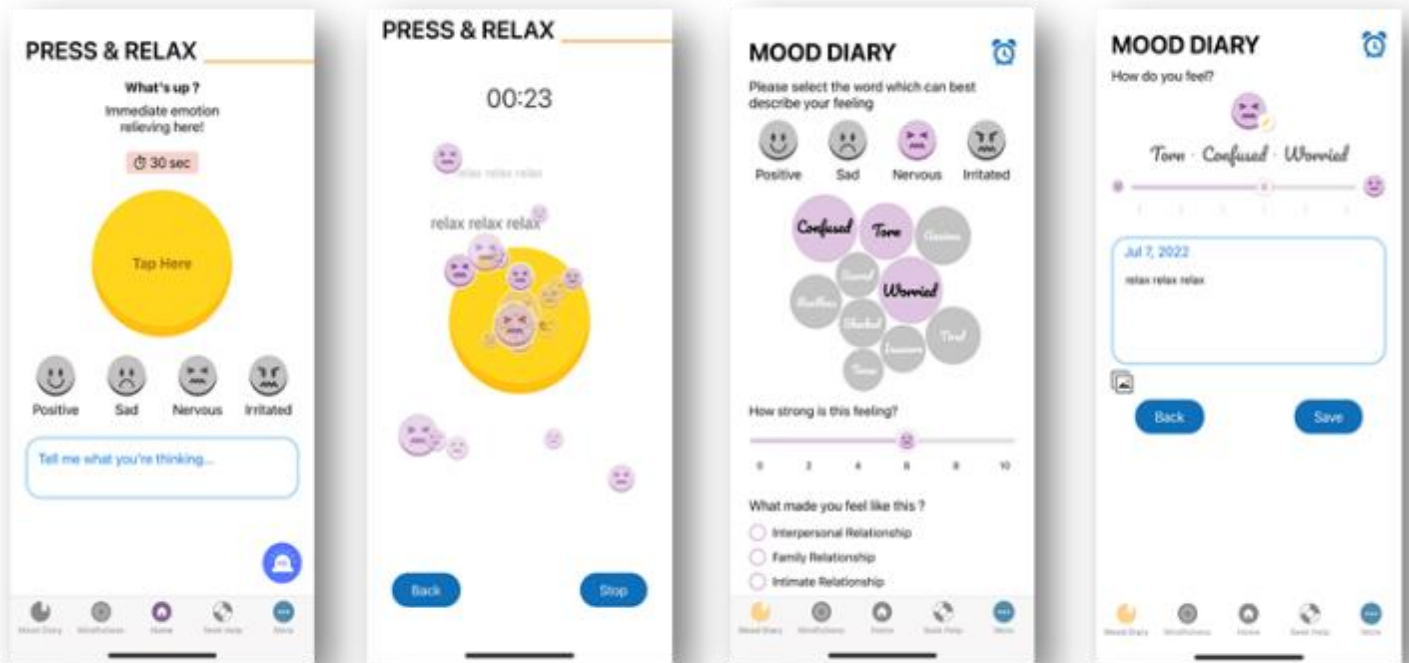
iOS: <https://apps.apple.com/hk/app/sunshine-at-cuhk/id1575498303?l=en>

Android: <https://play.google.com/store/apps/details?id=com.mintasia.sunshine>

Three new features have been added to assist you to relieve and relax your emotions through the senses of *touch, hearing and sight*:-

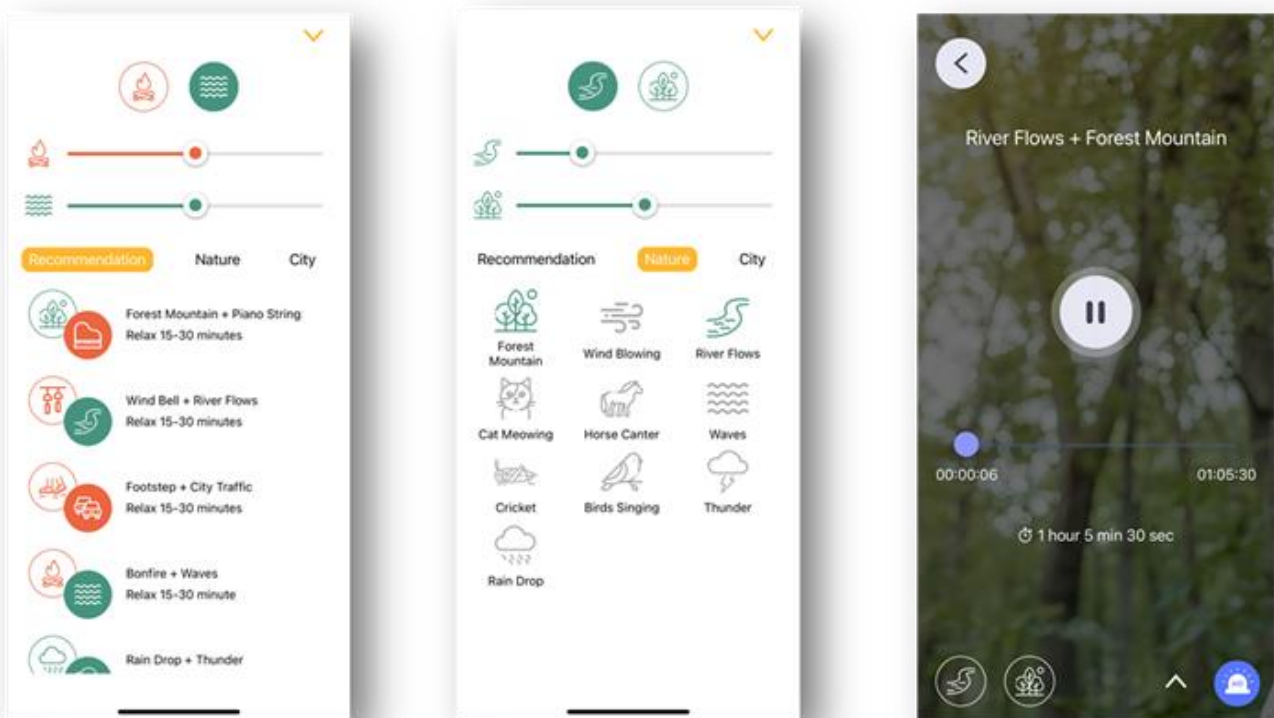
Press & Relax:

The way of instantly expressing your sentiments available at your fingertips. By simulating the poking bubble wraps, the Press & Relax allows you to press and enter your thoughts to vent your emotions immediately.



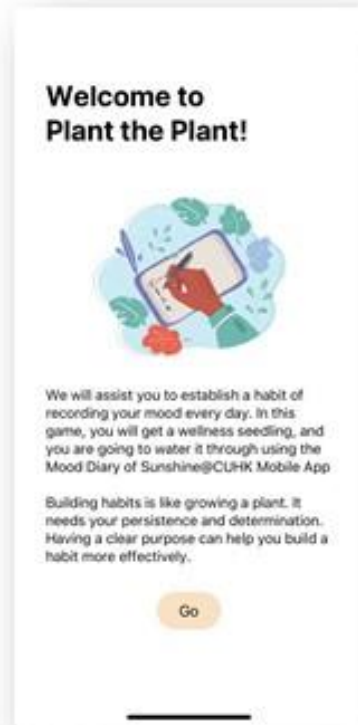
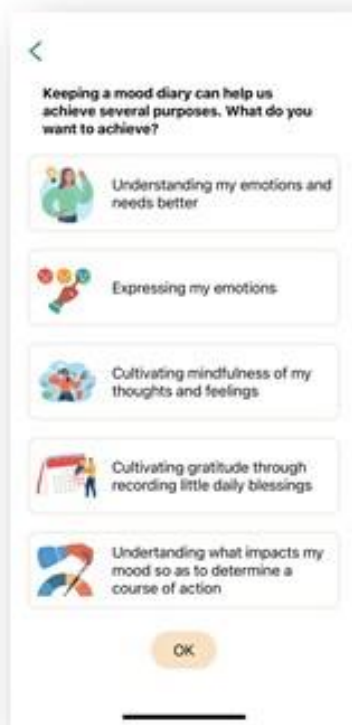
Mix & Listen:

Healing sound is unique to everyone. The Mix & Listen is a collection of diverse sound effects that allows mixing your personal soundtrack which helps you improve concentration and relaxation.



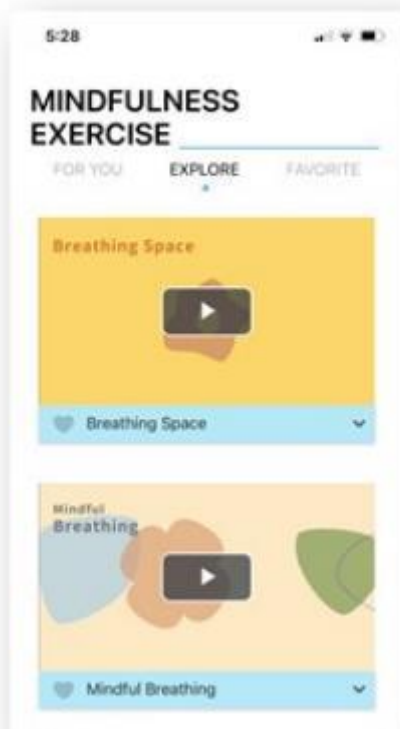
Plant the Plant:

Plant the Plant assists you in building a habit in a more fun way. Use the “Mood Diary” to write a daily diary to provide nutrients for the seedlings to level up and complete tasks to get various gifts.



Mindfulness Exercises:

2 newly produced mindfulness clips on *Breathing Space* and *Mindful Breathing* are uploaded to bring your awareness to your current thoughts and sensations through a 5-minutes breathing exercise, and to pay attention to the sensations of our body while breathing.



Update or download the app now and use the latest features of "Sunshine@CUHK Mobile App" to get a mindful gift, "Sprout Pencil" from us*.

Apart from the welcoming gift, Sunshine At CUHK is going to launch *a series of social media challenges!* Please invite your students to stay tuned in our FB & IG to participate in the social media challenges and they may be able to win prestigious gifts# from us!

FB: <https://www.facebook.com/SunshineatCUHK/>

IG: <https://www.instagram.com/sunshineatcuhk/>

*Gifts will be available while stock lasts.

Gifts will be given out to winners with greatest efforts shown in their posts selected by Sunshine Team.

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8. UrHeard is launched!

The Office of Student Affairs has newly launched the mobile app "UrHeard" to support peer networking among CUHK students. With this mobile app, students can connect with a network of peer listeners from different academic disciplines with rich U-life experience, and consult their advice on a wide range of topics including academic study, university life planning, personal wellness and future development.

Through the initiative, it is hoped that an inviting space can be created for students to interact, support and learn from each other, maintaining the proximity among students in the campus community under the new normal.

The beta version of UrHeard mobile app is now available on:

App Store (iOS users): <https://apple.co/3LTLDJW>



UrHeard

UrHeard 由香港中文大學學生事務處開發，為學生提供線上平台，諮詢大學生活及學習上的問題，透過經驗交流建立朋輩支援網絡。主要功能：- 搜尋相關背景及領域的朋輩聆聽者 - 線上對話 - 有用資源 香港中文大學學生事務處網站：

<https://www.osa.cuhk.edu.hk/> UrHeard is developed by the Office of Student Affairs, The Chinese University of Hong Kong. It provides students with an online platform to seek advice...

Google Play (Android users): <https://bit.ly/35tq7u>



UrHeard - Apps on Google Play

A peer support network providing CUHK students with directions for solutions

Students who have any enquiries regarding the “UrHeard” mobile app, please contact the Office of Student Affairs at lces@cuhk.edu.hk for more information.

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9. 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.sjcskh.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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10. Community Resources for Emotional Support

<Samaritan Befrienders HK>

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

[24-hour Hotline: 2389 2222](#)

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

[Suicide Crisis Intervention Centre: 2341 7227 for appointment](#)

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

[Family Helpline: 2319 1177](#)

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

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