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Sunny Review

- [1. College Forum: Climate Crisis 氣候危機 \(Speaker : Mr. Chi-ming Shun 岑智明先生\)](#)



The third College Forum of this semester, entitled 'Climate Crisis 氣候危機' was conducted by Mr. Chi-ming SHUN (岑智明先生), Former Director, Hong Kong Observatory, last Friday. Mr. Shun discussed with students the impact of climate change on the planet and our city, and had a walkthrough with the audience his observation of the rapid decline on the situation and urged the audience to take action in protecting the environment.



We were grateful to have Professor Ming-chung CHU (朱明中教授), Department of Physics and College Fellow, Wu Yee Sun College, for moderating the Forum.

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College Activities

1. Halloween Night



Resident Tutors and Resident Association jointly present Halloween Activity with treats and decorations to celebrate the spooky season.

Date: 26 October 2022 (Wednesday)

Time: 20:00-22:00

Venue: College Gallery and Central Courtyard

All are welcome!

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2. 文學散步

文學散步

我們將會在中上環漫步，細看藏身於城市角落的歷史痕跡，並尋找寫作材料，即居見或簡單作品，且一起閱讀彼此的作品，以及分享對寫作和閱讀的想法。

導師：趙曉彤老師
中大中文系畢業，現全職寫作，已出版《織》、《步》、《翔：雀陸香港》、《一》四本書，專欄見《明報》。

報名連結：

日期：2022年11月19日(星期六)
活動時間：下午1:00至5:30
地點：中上環(冰塊口街、商業匯達、商業匯達中心、太平山側等)
集合時間及地點：
下午1:00@學院餐廳/
下午1:15@港鐵大學站A出口
語言：粵語/普通話
按金：\$100(只收現金，完成活動後退回)
截止日期：11月3日
名額：15人

*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 (jacquelinelam@cuhk.edu.hk / 3943 9774)

今次係書院第一次舉辦文學散步活動，希望同學可以透過導師嘅導賞同實地考察，親身觀察及感受文學現場嘅氛圍，從而加深對不同文學作家嘅認識，以及對作品嘅感悟。

導師：趙曉彤老師

導師簡介：中大中文系畢業，現全職寫作。已出版《織》、《步》、《翔：雀陸香港》、《一》四本書，專欄見《明報》。

日期：2022年11月19日(星期六)

時間：下午1:00至5:30

地點：中上環

語言：粵語/普通話

人數：上限15人

按金：港幣\$100(只收現金，完成活動後退回)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13654961>

截止日期：11月3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 (jacquelinelam@cuhk.edu.hk / 3943 9774)

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3. 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。

講者：蔣葦老師

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 (jacquelinelam@cuhk.edu.hk / 3943 9774)

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4. Fitness Consultation Sessions 健身訓練諮詢



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

Date (Every Tue) :

Nov 1, 29
Time: 7:00 pm - 9:00 pm

Date (Every Tue) :

Oct 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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5. 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. Enlistment of Wu Yee Sun College MALE Resident Tutors 2022-23

Wu Yee Sun College now enlist a male volunteer to serve as a Resident Tutors for the academic year 2022-23. Full-time degree-holding CUHK staff members, full-time postgraduate students and final-year undergraduate students admitting to full-time postgraduate studies in CUHK commencing in the academic year of 2022-23 are welcome to apply.

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13657270> (Deadline: 30 October 2022)

Details: <https://www.wys.cuhk.edu.hk/college-life-support/wardens-and-resident-tutors/>

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2. Fire Drill at Wu Yee Sun College

To familiarize staff and students with the fire alarm system and evacuation procedures, the College and the Security Unit will jointly conduct a fire drill on **Thursday, 27 October 2022 at 9:00pm**. The fire drill will take about 30 minutes.

Please take note of the following during the exercise:

- The fire alarm will sound for about 5 minutes.

- Students, staff and visitors in the College Building are requested to leave immediately using the nearest staircase and evacuate to the **Assembly Point (Outdoor Area of Residence 3)**.
- DO NOT use lifts.
- Lock your hostel room doors.
- Resident Tutors and College staff will conduct a headcount and confirm when the drill is complete.

All staff and students are invited to join and learn more about fire safety.

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3. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be on leave from 20th to 30th Oct 2022. Professor Ming-kay Poon (潘銘基教授), Associate College Master, has been appointed as the Acting Master of Wu Yee Sun College during this period.

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4. Temporary Closure of College Gym

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

Oct		
Oct 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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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. Revised 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 **ONLY CUHK Student Visitor** (i.e. CUHK current undergraduate and postgraduate students who do not have a hostel place at Wu Yee Sun College) **will be allowed to enter the hostel floors during visiting hour 10:00am – 11:00pm daily**. Overnight visitors will remain suspended.

Residents and hostel visitors should observe the Student Hostel Regulations, all College precautionary measures against COVID-19 and latest government regulations on physical distancing including the limit on group gathering; as well as following the instructions of Wardens, Resident Tutors and hostel/ security staff on duty. **If necessary, residents and hostel visitors should present their CU Link Card and/or other identification document.** If residents witness suspicious persons in hostel floors, please report to Wardens, Resident Tutors or hostel/ security staff on duty immediately.

College Facilities

1. WYS non-residents can access College until 11:00pm daily. Only residents can access College building after 11:00pm
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. Grab this chance to join the newly revamped Rance Lee Mentorship programme



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](https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/) 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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8. “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 (kikiwkchan@cuhk.edu.hk / 3943 3935)

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9. 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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10. 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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11. 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

Self-Motivation Fund for Health and Well-being Activities

Registration & 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 to open up themselves, experience growth and realize their potential.

Max. funding amount
\$1500
 OR
 Up to 80% of application fee & course fee (whichever is lower)

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

Health and Well-being Activities for Lecturers

Max. funding amount
\$3000
 OR
 Up to 80% of course fee (whichever is lower)

Examples
 Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course
 Art/Music Therapy Instructor Course

伍宜孫書院 WU YEE SUN COLLEGE

Enquiries:
 Ms. Michelle Li (sammykwan@cuhk.edu.hk, No. 2342 3513)

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



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:

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3. Self-Motivation Fund for Green Activities



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. Julia Liu (julialiu@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



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 (kikiwokchan@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. 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

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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

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2. 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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3. New features in Sunshine@CUHK Mobile App!

下載及使用「中大冇晒」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「中大冇晒」手機應用程式，並設定帳戶，即可收獲精美的「種子鉛筆」款式包括：太陽花、幸運草、蒲公英、薄荷及圣女果。

使用「中大冇晒」App 內「心情日記」，記錄每天目標，同時為「心情盆栽」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「微型豪華組合裝」成功培植3盆心之苗，更可獲得高達\$500的「Spotify.com/hk」體驗禮券。

*種子鉛筆款式有限，數量有限，售完即止。

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

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 Spotify.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!

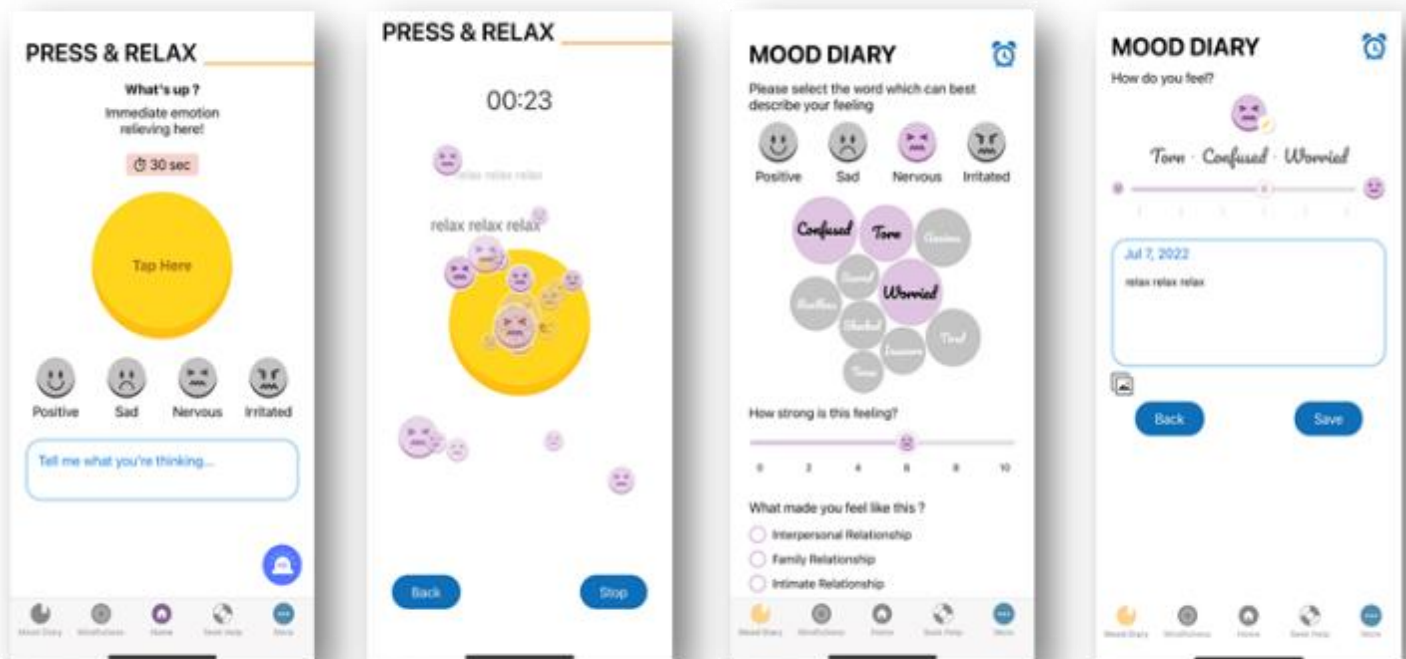
iOS: <https://apps.apple.com/hk/app/sunshine-at-cuhk/id1575498303?l=en>

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*:-

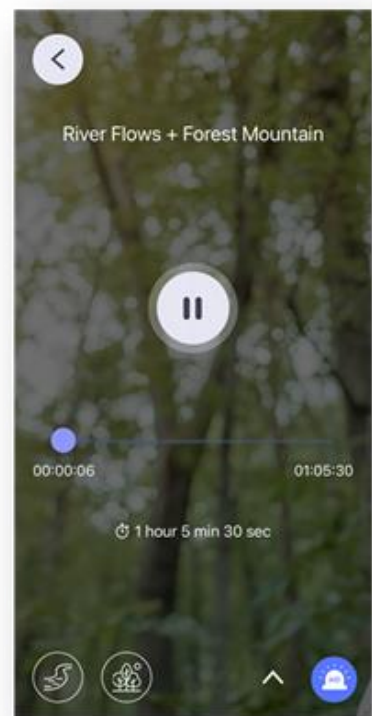
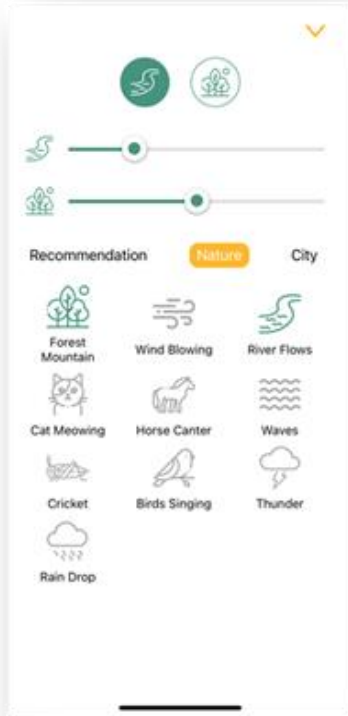
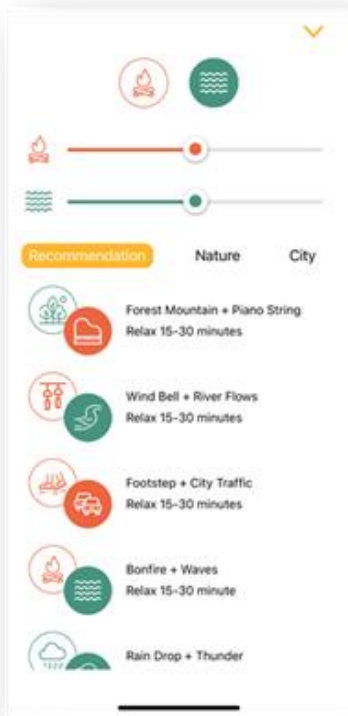
Press & Relax:

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.



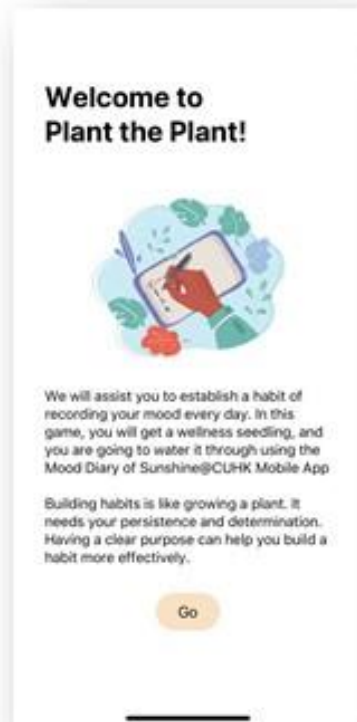
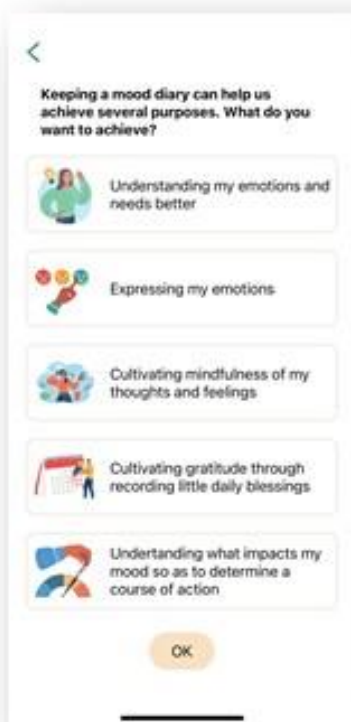
Mix & Listen:

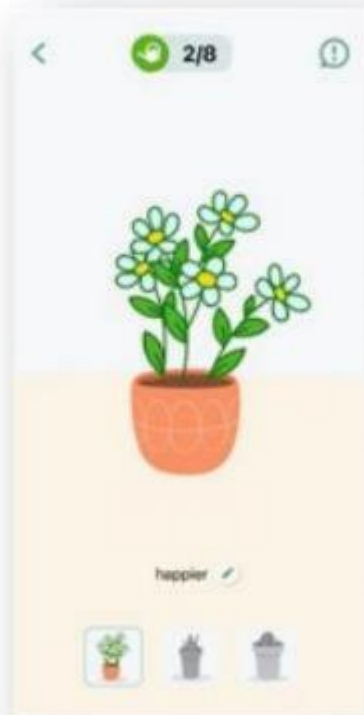
Healing sound is unique to everyone. The Mix & Listen is a collection of diverse sound effects that allows mixing your personal soundtrack which helps you improve concentration and relaxation.



Plant the Plant:

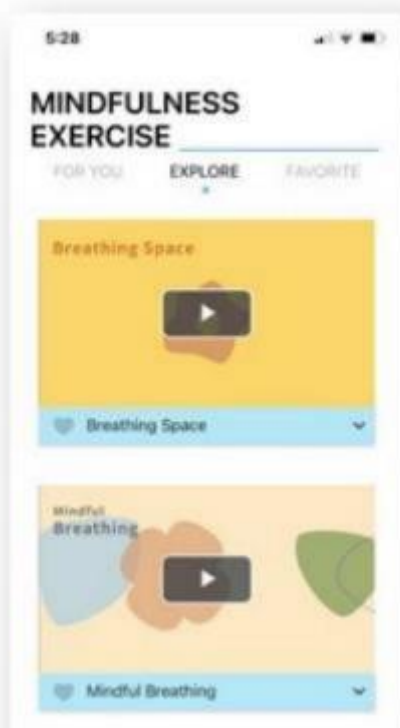
Plant the Plant assists you in building a habit in a more fun way. Use the “Mood Diary” to write a daily diary to provide nutrients for the seedlings to level up and complete tasks to get various gifts.





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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4. 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>

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

	<p>UrHeard - Apps on Google Play A peer support network providing CUHK students with directions for solutions</p>
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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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5. Multicultural Counselling Service for Non-local Students



To strengthen support to non-local students, WACC has extended the program to provide Multicultural Counselling Service to non-local students. Local students with extensive exposure to cultural experiences outside Hong Kong are also eligible (e.g. with international school backgrounds, or ethnic minorities born in Hong Kong).

The off-campus counselling service will be conducted by native Putonghua/ English speaking counsellors from an external counselling service provider (St. John's Cathedral Counselling Service <https://www.sjcshk.com/>). Counselling sessions could be conducted in languages including English, Putonghua and other languages such as German, Hindi, Indonesian, Japanese, Korean, Maithili, Marwadi, Nepali, Spanish, Tagalog and Urdu.

Details of the service are as follows:

- **Target:** CUHK full-time non-local students, including exchange students
- **Service:** 6 counselling sessions (may be extended according to service needs and availability)
- **Service Period:** From October 2022 to December 2023
- **Service Provider:** St John's Cathedral Counselling Service (<https://www.sjccs.hk/about/>)
- **Service Location:** Central (with easy access from Central MTR Station (Exit A1))
- **Charge:** Free of charge

For more details, please visit: <https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service> and attached poster. Students' self-referral, as well as referrals from units, are both welcome. Please visit <https://www2.osa.cuhk.edu.hk/wacc/en-GB/resources/for-staff/operational-guidelines> for referral form.

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6. 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.