

Sunny Review 上周回顧

- [1. College Forum: From Social Innovation to Innovation Technology 從社創到創科](#)
(Speaker: Mr. Man-Fu Ngai 魏文富先生)
- [2. The second College Roundtable Dinner of 2022/23 第二場書院圓桌晚宴 2022/23](#)
- [3. Hostel Night Talk – Soft Skills in Commercial Workplace](#)
- [4. English through Nature and Bird Watching](#)



College Activities 書院活動

- [1. College Photo Day for 2022/23 Graduating Class – Photo-taking Schedule](#)
- [2. 語文文化桌 - 香港文學：從石板街到廟街](#)
- [3. Fitness Training Workshops – Circuit Training](#)
- [4. Fitness Consultation Sessions 健身訓練諮詢 <Updated>](#)

College Announcements 宣佈事項

- [1. Meeting of Student Hostels Committee – Next Meeting Date 1st Mar <New>](#)
- [2. Rowing Team Tryout 書院划艇隊招攬](#)
- [3. Awards for Creativity, Student Development and Talents 2022/23 - Now Open for Application](#)
- [4. Campus Arrangement](#)
- [5. Opening Hour of Non-resident Hall](#)
- [6. Join Rance Lee Mentorship programme](#)
- [7. Student Pastoral Care](#)
- [8. WYS's Got Talents – Photography, Poster Design, MC and a lot more!](#)
- [9. Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募](#)

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

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

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

- [1. Open for Enrollment - Outward Bound Undergraduate Programme 2022/23](#)
- [2. Call for Submission: Vice-Chancellor's Cup of Student Entrepreneurship \(VCCE\) Boot Camp 2023](#)
- [3. Constitution and Basic Law Promotion Funding Scheme for Tertiary Institutions 2023](#)
- [4. University of British Columbia Vancouver Summer Program \(VSP\) 2023](#)
- [5. Friends of the Arts Scheme \(FTA\) 2022-23](#)
- [6. ILC Services for Students](#)
- [7. UrHeard is launched!](#)
- [8. Multicultural Counselling Service for Non-Local Students](#)

Sunny Review

1. College Forum: From Social Innovation to Innovation Technology 從社創到創科 (Speaker: Mr. Man-Fu Ngai 魏文富先生)



The third College Forum of this semester, titled 'From Social Innovation to Innovation Technology 從社創到創科' was conducted by Mr. Man-Fu Ngai (魏文富先生), Chairman of Fullness Christian Vocational Training Centre, on 17th February. Mr. Ngai shared with students about his past experience in course selection and entrepreneurship. He encouraged students dare to try, to discover more potential talents, as well as knowing how to plan their lives and make good use of their abilities to care for the disadvantaged.

We were grateful to have Mr. Sai-Yung Lau (劉世鏞先生), Overseer of the College, for moderating the Forum.

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

2. The second College Roundtable Dinner of 2022/23 第二場書院圓桌晚宴 2022/23 (Hosted by: Prof. Ming-kay POON 潘銘基教授 and Dr. Lancelot W.H. MUI 梅維浩博士)



The second College Roundtable Dinner was held on 15th February in College Staff Canteen. We were grateful to have Prof. Ming-Kay POON (潘銘基教授), Associate Master & Dean of General Education, and Dr. Lancelot W.H. MUI (梅維浩博士), Associate Dean of General Education, for hosting the dinner. Prof. Poon and Dr. Mui shared their University life and encouraged students to participate more in College activities to maximize their campus life. Students also shared their academic and hostel life, internship experience and their future planning.

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

3. Hostel Night Talk – Soft Skills in Commercial Workplace



We are delighted to have Mr. Jacky Tsang, a CUHK alumnus and financial management professional to present a hostel night talk on his extensive experiences in financial services industry, and more importantly the people skills, time management skills and social networking.

Mr. Tsang emphasized on endless learning, particularly in the era of digital intelligence advancement. To better equip oneself, making plans and prioritizing various tasks according to their importance are essential skills. Participants enjoyed the sharing and raised a lot of questions about their struggles and thoughts of career development. Mr. Tsang shared various down-to-earth tips not only about exceeding expectations and creativity, but also managing stress and developing other advantageous habits along the journey.

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

4. English through Nature and Bird Watching



We were grateful to have Mr. Richard Lewthwaite, who is a former English Language Teaching Unit instructor and an active birdwatcher, for conducting the English through Nature and Bird Watching field trip in Mai Po for College students. Under the guidance of Mr. Lewthwaite, students learnt how to use binoculars, and also to identify water bird by spotting the characteristics in them, such as Black-faced Spoonbill, Eurasian Wigeon, Mallard, Swinhoe's Egret and Grey Heron etc. Students spent an unforgettable afternoon in nature with Mr. Lewthwaite.

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

College Activities

1. Photo Day for Graduating Students of 2022/23




Photo-Taking Schedule



伍宜孫書院畢業班拍攝日

GRADUATING CLASS

Photo Day

13:00-15:15 學院及學系團體照 Faculty & Departmental Photos	Friday 24 March 2023 中央庭園 Central Courtyard	14:00 畢業班全體照 Group Photos
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Celebratory decorations by departmental societies and college student bodies
 Light refreshments will be reserved at Student Canteen for graduating class
 Enquiries: Erica (ericaleung@cuhk.edu.hk / 3943 3942)

College Photo Day for 2022/23 Graduating Class - Photo-taking Schedule

The College Photo Day for 2022/23 graduating class will be held on Friday, 24 March 2023. The graduates of Wu Yee Sun College are welcome to celebrate this memorable moment together. Please mark your schedule for faculty and departmental photo-taking.

Time: 13:00 – 15:00

Venue: Central Courtyard [Rain plan: Student Canteen]

Remarks: Students should arrive the venue **at least 5 minutes before** the scheduled time and follow the instructions from our photographer. Click [here](#) to view the full photo-taking schedule.

Also, the photographer will stay in College Theatre from 12:00 to 16:00 to take portraits for the graduating students.

We very much look forward to seeing you on this joyful occasion!

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

2. 語文文化桌 - 香港文學：從石板街到廟街

語文文化桌 - 香港文學：從石板街到廟街

文學憑藉地景寄托作者的情思，地景借助文學增添遊賞的趣味。香港文學作家金鈴，漫談文學作品中現存和消失了的香港地標或老建築，發掘別開生面的歷史濃情。是次文化桌以兩本香港的文學作品為例子，漫談文學與地方的關係。

第一部分：漫談文學作品

石板街火車站
剛剛畢業的年輕人，與一位生命停格在二十歲的少女靈魂相遇，在大時代下那微不足道的滅門案，把遺憾、思念、仇怨，層層打開。隨着少女的遭遇，打開了環環相扣的人間傳奇。九段破裂的時間碎片，拼湊出香港百年故事。

「幻滅既濟」
金鈴因為疫症鎖國，被困愁城。就在這時，她來到了「幻滅教室」，展開一連串意想不到的人生旅程。一場「廟街探戈」，寫就一個從絕望到希望的故事。

第二部分：晚膳

共晉晚膳
同學可邊晚膳，邊與講者及其他參加者作交流。

講者：金鈴
香港作家聯會理事，專欄作家，擅寫小說及各式創新旅遊文學作品，至今出版作品50本。
2017年獲選香港書展年度主題作家，作品多次獲選為香港書展及十大好書，連續兩年入選中學生好書龍虎榜。

日期：2023年3月27日 (星期一)
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：3月17日(星期五)

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

報名：[QR Code]

文學憑藉地景寄托作者的情思，地景借助文學增添遊賞的趣味。香港文學作家金鈴，漫談文學作品中現存和消失了的香港地標或老建築，發掘別開生面的歷史濃情。是次文化桌以兩本香港的文學作品為例子，漫談文學與地方的關係。

作品一 石板街火車站

剛剛畢業的年輕人，與一位生命停格在二十歲的少女靈魂相遇，在大時代下那微不足道的滅門案，把遺憾、思念、仇怨，層層打開。一個又一個交匯的靈魂，不是偶然相遇，而是命中註定。魔幻旅程、光影傳奇，真相假象、靈魂覺醒，隨着少女的遭遇，打開了環環相扣的人間傳奇。九段破裂的時間碎片，拼湊出香港百年故事。

作品二 「幻滅既濟」

金鈴因為疫症鎖國，被困愁城。就在這時，她來到了「幻滅教室」，展開一連串意想不到的人生旅程。一場「廟街探戈」，寫就一個從絕望到希望的故事。廟街昔日有「平民夜總會」之稱，榕樹頭附近空地，有江湖賣藝歌舞表演，街頭遊樂文化百看不厭。其藝術風潮，如何連繫上同樣是平民舞蹈 阿根廷探戈？

講者：金鈴女士

講者簡介：金鈴，香港作家聯會理事，英國皇家攝影學會會員，專欄作家，擅寫小說及各式創新旅遊文學作品，至今出版作品 50 本。2017 年獲選香港書展年度主題作家，2015 年榮膺第五屆「全港時尚專業女性」大獎。

熱衷推動旅遊文學，曾任中學及大學客席講師，出席多間電視台電台節目。作品多次獲提名香港書獎及十大好書，連續兩年入選中學生好書龍虎榜。足跡遍及全球超過 120 個城市，接受傳媒訪問近 50 次，並出席各大專院校活動及公開講座逾 100 次。

日期：3 月 27 日 (星期一)

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)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660363>

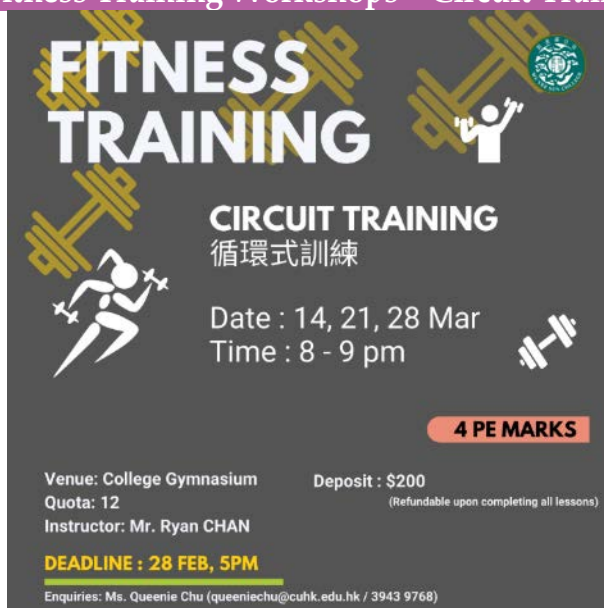
截止日期：3 月 17 日

*名額有限，先到先得。報名次序以遞交按金先後次序為準，請將按金交至書院辦公室(G03)。

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

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

3. Fitness Training Workshops - Circuit Training



FITNESS TRAINING

CIRCUIT TRAINING
循環式訓練

Date : 14, 21, 28 Mar
Time : 8 - 9 pm

4 PE MARKS

Venue: College Gymnasium
Quota: 12
Instructor: Mr. Ryan CHAN

Deposit : \$200
(Refundable upon completing all lessons)

DEADLINE : 28 FEB, 5PM

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

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

循環式訓練 Circuit Training

Date : 14, 21, 28 Mar

Time : 8 - 9 pm

- ✓ 全身肌群訓練 (Total Body Training)
- ✓ 提升心肺功能 (Improve Cardiorespiratory Endurance)
- ✓ 提升運動表現 (Improve Athletic Performance)
- ✓ 燃燒脂肪 (Effective Fat Burning)
- ✓ 後燃效應 (After Burn Effects)

Venue: College Gymnasium
Quota: 12 / workshop
PE Mark: 4
Instructor: Mr. Ryan CHAN
Deposit : \$200 / workshop (Refundable upon completing all lessons)

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13661143>

Interested students please fill in the webform AND submit deposit to College Office on or before 5:00pm, 28 Feb (First-come-first-served. Time of deposit payment will be the determinant)

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

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

4. Fitness Consultation Sessions 健身訓練諮詢



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

Date (Tuesdays):
Mar 7, Apr 4, 11, 18
Time: 7:00 - 9:00pm

Date (Tuesdays):
Feb 21
Mar 14, 21, 28
Time: 7:00 - 8:00pm

Venue: College Gymnasium

Instructor: Mr. Ryan CHAN

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

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

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

College Announcements

1. Meeting of Student Hostels Committee - Next Meeting Date 1st Mar

The upcoming meeting of Student Hostels Committee will be held on 1st Mar (Wed) at 10:30am. College students can approach the corresponding student members through the College Student Union (wysseec.cuhk@gmail.com), Resident Association (yeedylic.wys@gmail.com) and Non-Resident Association (Wyspegasun@gmail.com) if there are any suggestions or comments. Thank you for your valuable input.

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

2. Rowing Team Tryout 書院划艇隊招攬



Rowing Team Tryout 書院划艇隊招攬

書院划艇隊現正招募成員，歡迎同學加入，有興趣請聯絡 Jacky Chan (9603 6843)

College Rowing Team is recruiting team members, interested students please contact Jacky Chan (9603 6843)

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

3. Awards for Creativity, Student Development and Talents 2022/23 - Now Open for Application

To recognize the talents and contributions of College students in different areas, the following awards are now open for application:



The poster is titled "Awards for Creativity, Student Development and Talents 2022/23" and lists various awards with their respective values. It includes a QR code and contact information for Miss Regina Cheung.

To-do-list	
Apply for the following awards from 6 February to 5 March 2023	
<input type="checkbox"/> 學院服務獎 College Services Award	\$7,000/5,000
<input type="checkbox"/> 環保貢獻獎 Environmental Conservation Award	\$7,000/5,000
<input type="checkbox"/> 華韻樂望音樂獎學金 Gestalt Music Scholarship	\$4,000
<input type="checkbox"/> 創新創意獎 Innovation and Creativity Award	\$7,000/5,000
<input type="checkbox"/> 林錫光社會服務獎學金 Lam Ding Kwong Scholarship in Social Service	\$5,000
<input type="checkbox"/> 劉強桂蘭宿生服務獎 Lau Cheung Kwai Lan Service Award for Residential Students	\$3,500
<input type="checkbox"/> 歐城寶華傑出社會服務獎學金 Lau Yiu Po Wah Scholarship for Outstanding Social Services	\$10,000
<input type="checkbox"/> 藝術傑出獎 Outstanding Artistic Achievements Award	\$5,000
<input type="checkbox"/> 傑出運動表現獎 Outstanding Athletic Achievements Award	\$10,000/8,000/ 5,000
<input type="checkbox"/> 年度傑出學生獎 Outstanding Student of the Year Award	Max \$10,000
<input type="checkbox"/> 傑出學生團體獎 Outstanding Student Organization [^] Award	Max \$20,000 for use as organization's operational fund
<input type="checkbox"/> 社會服務獎 Social Services Award	\$7,000/5,000
<input type="checkbox"/> 年度學生領袖獎 Student Leader of the Year Award	Max \$10,000
<input type="checkbox"/> 年度學生領袖獎(新生) Student Leader of the Year Award (for Freshman)	Max \$10,000

Find more information on College Website > College Life & Support > Scholarships and Financial Aid > Sort by Type > Awards for Creativity, Student Development and Talents
 SQR: Miss Regina Cheung | reginacheung@cuhk.edu.hk | 3943 9773

Please note no selection interview will be arranged for "Outstanding Athletic Achievements Award" and "Social Services Award". For the rest of the awards, only eligible and shortlisted applicants will be invited to selection interviews, and be notified via their CUHK email accounts within 14 days after the close of application. Shortlisted applicants are required to reply their availability before stipulated deadline.

Applicants of "Outstanding Student of the Year Award" and "Student Leader of the Year Award" are required to submit a self-introduction video of not more than 3 minutes.

Selection Panel & Process:

- A selection panel normally consists of two to three Committee Members from College Scholarships & Financial Aid Committee (Sunny Sports Committee for "Outstanding Athletic Achievements Award").
- Applicants will be assessed holistically based on their information submitted on the application form and interview performance.
- Selection panels will consider the number of awards a student applied in the same round of applications.
- GPA is not a deciding factor unless otherwise specified.
- The decisions made by the selection panels shall be final.

More about eligibilities:

<https://wys.cuhk.edu.hk/college-life-support/scholarships/>
 (Sort by Type > Awards for Creativity, Student Development and Talents)

Application Deadline: 5th Mar 2023 (Sun)

Enquiries:

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

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

4. Campus Arrangement

We would like 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. If students have taken a COVID-19 test, please stay at home until the test result is available.
2. 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; 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 may access College Gymnasium by their CU Link or authorized guest cards during 9:00am to 10:30pm on Monday to Saturday (Closed on Sunday and Public Holidays). Users must observe the current regulations of using the gym.

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.

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.

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

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!

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

6. Join 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 (kikiwkchan@cuhk.edu.hk / 3943 3935)

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

7. Student Pastoral Care

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

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

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

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

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

8. 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)

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

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

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

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

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

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

College Funding & Awards Schemes

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

Self-Motivation Fund for Health and Well-being Activities

Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities in order to strengthen your physical health and mental wellness.

Health and Well-being Activities

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

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

Qualification Courses for Health and Well-being Instructors

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

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

Wu Yee Sun College
Contact Us: enquiries@wys.edu.hk / (852) 2911 1111

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)

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

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:

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

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

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

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)

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

4. Mingle Fund



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

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

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

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

Enquiries:

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

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

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



Grab the chance, be creative!

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

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

Online application is now available, simply submit your application through one click

- <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638278>

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

Enquiries:

Ms. Julia Liu (juliali@cuhk.edu.hk) / 3943 9775)

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

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)

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

7. Global Learning Award Scheme



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

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

Round	Applying for trips taken during (for trips overlapping both rounds, <u>first date</u> of the trip shall determine the application period)	Application period
Summer	May 1 - Oct 31	Nov 1 - Apr 30

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13658106>

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

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>

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

Other Activities & Announcements

1. Open for Enrollment - Outward Bound Undergraduate Programme 2022/23



Open for Enrollment - Outward Bound Undergraduate Programme 2022/23

Outward bound training has always been an exciting and memorable experience to enhance leadership and unlock personal potential. The annual Outward Bound Undergraduate Programme is now open for application. Undergraduates from all disciplines are welcome to join.

The Programme of this year will be held from 27 May – 2 June, 2023 (Saturday - Friday) at the Outward Bound Hong Kong training base. The original fee is HK\$8,400. With the sponsorship of the Providence Foundation and Outward Bound Hong Kong, students now only have to pay **HK\$930 (insurance included)** for a 7-day outward bound training. An additional bonus of HK\$300 would be sponsored to each awardee if the specific requirement is met.

Programme details and application form can be downloaded at <https://www.osa.cuhk.edu.hk/wp-content/uploads/2023/01/Application-Form-2023.pdf>. Completed application form, together with all necessary documents, should be submitted to Ms. Cherry Mok via email (cherrymok@cuhk.edu.hk) on or before **24 February 2023 (Friday)**.

Grasp this opportunity to unleash your power and grow through the challenging and marvelous outward bound adventure!

Any enquiry could be directed to Ms. Cherry Mok of the Student Experience and Development Section at 3943 7216 or email to cherrymok@cuhk.edu.hk.

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

2. Call for Submission: Vice-Chancellor's Cup of Student Entrepreneurship (VCCE) Boot Camp 2023



Have you got an innovative idea in mind? Does your business plan have a chance of success? You are cordially invited to participate in the Vice-Chancellor's Cup of Student Entrepreneurship (VCCE) Boot Camp 2023, organised by CUHK Office of Research and Knowledge Transfer Services (ORKTS) and Center for Entrepreneurship (CfE).

The two-day VCCE Boot Camp includes training workshops, site visit, professional consultations, and presentation practice to equip you for the final presentation and pursuit of your entrepreneurial dream!

If you are CUHK student (UG/PG & FT/PT) in any disciplines or alumni, you can sign up on your own or with your team. Winning individuals/teams may receive up to HK\$60,000 for developing your business ideas and represent CUHK to participate in other regional, national, and/or international entrepreneurship competitions.

Any viable for-profit or non-profit business ideas are welcome!

Eligibility

- Individual and team enrolment are accepted
- For team enrolment, up to five members per team with at least one CUHK student (UG/PG & FT/PT) in any disciplines or alumni

Prizes & Project Development Fund

- Champion: HK\$ 10,000
- 1st Runner-up: HK\$ 8,000
- 2nd Runner-up: HK\$ 5,000
- Up to HK\$ 50,000 Project Development Fund for per winning team. Only current CUHK student (UG/PG & FT/PT) is eligible to receive the fund.

DEADLINE for submission: 5:00 PM (HKT), 24 February 2023 (Friday).

More details are available at www.cuhkvcce.com

If you have further questions, please feel free to contact Mr. Liang Wu at 3943 9524 or email to vcce@cuhk.edu.hk. Thank you.

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

3. Constitution and Basic Law Promotion Funding Scheme for Tertiary Institutions 2023

The *Constitution and Basic Law Promotion Funding Scheme for Tertiary Institutions 2023* is now open for application. The Funding Scheme supports worthwhile projects which promote the Constitution and Basic Law among students and staff of local tertiary institutions. If you are interested in applying for the Scheme, please note

that the soft copies of the guidelines and application forms are accessible from the following links.

(English Version)

<https://cbleportal.edb.edcity.hk/index.php?class=index&func=cate&cateid=31&selectlangtype=3>

(Traditional Chinese Version)

<https://cbleportal.edb.edcity.hk/index.php?class=index&func=cate&cateid=31&selectlangtype=2>

(Simplified Chinese Version)

<https://cbleportal.edb.edcity.hk/index.php?class=index&func=cate&cateid=31&selectlangtype=1>

The application deadline is **1 March 2023**. For enquiries on the Funding Scheme, please feel free to contact Mr Jimmy CHAN via phone at 3509 7399 or e-mail at eohe@edb.gov.hk. Thank you!

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

4. University of British Columbia Vancouver Summer Program (VSP) 2023

The **UBC Vancouver Summer Program (VSP)** is an opportunity for undergraduate students to study at the University of British Columbia in Summer 2023. It is a four-week, academic but non-credit, residential program at UBC. The VSP is not an internship program nor a practicum experience but rather two courses in which, depending on the course package, students may do a number of activities related to their program including attending workshops, doing cases, simulations, or labs or doing site visits.

VSP 2023 offers two four-week programs:

June Session: June 2 – July 2, 2023

Application deadline: February 18, 2023

July Session: July 14 – August 14, 2023

Application deadline: April 1, 2023

Our June – July and July – August sessions will be an in-person program and the [program cost](#) will be \$5,625 CAD per student for 2023. Students will need to arrange their own airfares here and bring additional funds for meals and personal spending such as optional tours.

There are over 70 [course packages](#) in a range of disciplines. Please note not all packages are available in both sessions so please review the 2023 options carefully.

Students can apply [online](#) for this session. The [application requirements](#) for students to apply for our program can be found on our website.

All students receive grades for their course work and class participation. Please note that UBC does not grant credit for the VSP courses and therefore no UBC transcripts are given. We do however issue certificates of completion and

grades letters which your home institution may consider giving credit at your discretion. We would be happy to provide the syllabi and sample grades letters to the appropriate office.

This summer, we invite students to experience firsthand why Vancouver is consistently ranked one of the best places in the world to live. While in Vancouver, they will study at North America's most international University and connect with other globally-minded students. We look forward to welcoming students from The Chinese University of Hong Kong again at UBC this summer!

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

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

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

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>

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

7. 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</p> <p>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</p> <p>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.

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

8. 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.

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

9. Community Resources for Emotional Support

<Samaritan Befrienders HK>

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

24-hour Hotline: 2389 2222

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

Suicide Crisis Intervention Centre: 2341 7227 for appointment

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

Family Helpline: 2319 1177

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

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

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