

Wu Yee Sun College
Care and Well-being Fund for Mental Wellness Activities

Guidelines

1. Overview

Care and Well-being Fund for Mental Wellness Activities encourages students to participate in various activities to strengthen your own mental wellness or to enrich your relevant knowledge so as to provide support to your peers.

2. Funding Amount

Type	Examples	Funding Amount per student per course / activity	Maximum Funding Amount per student per academic year* (1 Aug – 31 Jul):
Mental health activities and trainings organized by organization(s) other than College	<ul style="list-style-type: none"> • Meditation • Mindfulness Workshop • Laughter Yoga • Art or Music Therapy Class • Peer Support Workshop • Talk or Symposium on Mental Health • Mental Health First Aid Course 	Maximum \$1500 or 80% of the course / activity fee (whichever is lower)	\$3500

**Activities ended on or before 31 Jul of current academic year will be counted in the funding of current academic year.*

3. Application

- All WYS full-time undergraduate students are eligible to apply.
- Applications are welcome all-year-round.
- Application should be submitted at least 14 days BEFORE the start date of the activity.
- The College will notify applicants their application results within two weeks.

4. Terms and Reimbursement

- Successful applicants should submit a brief report with around 100 words and 3-4 photos within two weeks after completion of the activity. The photos should be taken during the activity. The applicants should be seen in one of these photos.
- Report template can be downloaded at <https://goo.gl/opEk3U>
- The subsidy will be reimbursed upon completion of the activity and submission of report and original receipts.
- The successful applicants may be invited to give a sharing of their activities at College event(s) and/or co-ordinate other health and spiritual well-being activities in the College.

The College reserves the final right of approving any applications.

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