

The Sunny Weekly

24 October 2016

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Sunny Review 上周回顧

1. 《小王子的領悟》讀書會 Reading Club



On last Tuesday evening, more than 30 Sunnies joined the Reading Club conducted by Professor Chow Po-chung (周保松教授), College Fellow and Associate Professor from the Department of Government & Public Administration at our newly renovated activity room - “The Lounge” in the House of Sunny Living (如日坊). Prof. Chow shared his new book 《小王子的領悟》 with the Sunnies, guided them to think about the meaning of life and encouraged students to pursue their dreams.



2. CUHK Sports Scholarship Scheme - Welcoming Party



College students Law Tin-wai (羅天偉同學, IBBA/1), Yuen Wing-nam (袁穎藍同學, BSSC/1) and Cheria C.S. Heng (幸卓思同學 PESH/4), receiving sports scholarships from CUHK attended the Sports Scholarship Scheme Welcoming Party held in the University Gymnasium last Thursday. Our College Master, Professor Rance P.L. Lee (李沛良教授), College Member and Lecturer of Physical Education Unit, Mr. Nelson K.T. Lam (林國棠先生) and Dr. Lau Kwok-on (劉國安博士), were invited to join the occasion to share the joyful moment with the scholarship recipients.

During the event, the recipients of the Scholarship 2016 were introduced and the University Team uniforms were presented to them. The athletes also took oath at the occasion to show their determination in taking part in the competitions in a spirit of sportsmanship.

3. "WYS Toastmasters Club's How to Present Like a Pro" workshop



Fellow Sunnies learnt public speaking skills and had great fun in WYS Toastmasters Club's "How to Present Like a Pro" workshop held on last Monday. We were very much grateful to have invited Mr. Ricky M.S. Cheng (鄭文珊先生), Executive Vice President of United Board for Christian Higher Education and experienced Toastmaster, to share with the participants on how Toastmasters Club changed his career and life. Mr. Cheng also acted as the language evaluator and helped participants make improvement on public speaking.

You are most welcome to join the next meeting to improve your communication and leadership skills with us! Stay tuned!



4. c!ab 電影放映會 - 秒速 5 厘米



上星期書院同學與創意實驗室 (c!ab) 合力籌辦電影放映會，與一眾書院及中大同學於書院演藝廳，欣賞同樣由近期大熱動畫《你的名字》導演新海誠執導的前作《秒速 5 厘米》。即使颱風將至，仍有近六十位同學參與，縱然因天氣不穩，需要取消原定在放映會後舉行的研討會，但一眾參加者仍十分享受活動。

如希望獲得更多關於 c!ab 的最新資訊，可瀏覽其 [Facebook 專頁](#) 及 [網頁](#)。

5. Good Morning with Breakfast Provided by Resident Association 宿生會派早餐



Resident Association Yirius (宜琅星) prepared all residents with a good morning last Thursday by giving out warm breakfast! Aren't they sweet and make you feel like at home? Interested in getting updates of their activities? "Like" their Facebook page (<https://www.facebook.com/yirusians/>) and stay tuned!

College Activities 書院活動

1. Drama Society - First Time Joining CUHK Drama Competition <The content is drafted by Drama Society 以下內容由宜孫劇社撰寫>

Support our Drama Society for their first production and competition!



Date: 2nd Nov (Wed)
Time: 19:00
Venue: Sir Run Run Shaw Hall
Language: Cantonese
Fee: - Students: \$40
-Staff & College Members: \$80
Registration: <https://goo.gl/forms/PK3jR3vQpCeUv3O83>

*THE DRAMA WILL BE CONDUCTED IN CANTONESE

BREAKING NEWS: HONG KONG PROPERTY DEVELOPERS JOINED EFFORT TO DONATE A HOUSE FOR EVERY HONG KONG CITIZEN.

In an age where every common man works towards a flat as their ultimate life goal, how will a new house change their life, for better or worse? How will an estate agent seek out his new life goal? How will a pair of lovers deal with the inevitable change in their relationship? Join us to explore this now world, where freedom might be our ultimate demise.

突發新聞：四大地產商將即日宣布，每一名香港居民都能獲得一層住宅。在每人都以「上車」作為人生目標的世代，「上車」後下一站又是如何？終日工作的地產經紀的生活還有何意義？一對一零後小情侶從此就過著美滿的婚姻生活？

2. 書院綠色小組活動：西貢海下灣文化生態遊 WYS Green Team Activity: Cultural and Eco-tour to Hoi Ha Wan, Sai Kung



海下灣？點止海岸公園咁簡單！校園環境委員會聯同綠色小組為你呈獻「西貢海下灣文化生態遊」，行程及探討項目包括：

- 客家人遷徙香港的歷史、客家村落、經濟活動及其文化習俗
- 海下灣的生態環境（包括河口生態、紅樹林、風水林及海岸公園）
- 發展（房屋建設）與保育的矛盾

Hoi Ha Wan is not limited to the famous Marine Park! Are you interested in the following topics?

- Hakka migration and Hakka village in Hong Kong – its history, setting, economic activities, culture and traditions
- Ecology in Hoi Ha Wan (including estuary ecology, mangrove, fung shui woods and marine park)
- Conflicts between development (housing construction)

and conservation

日期 **Date:** 12/11/2016 (星期六 Saturday)

活動時間 **Time:** 2:00pm – 5:00pm

集合地點及時間 **Gathering Time and Location:**

1:20pm @ 伍宜孫書院大堂 College Gallery, Wu Yee Sun College

1:25pm @ 大學港鐵站 University MTR Station

領隊 **Leader :**

校園環境委員會主席鄒桂昌教授

Professor Chau Kwai-cheong, Chairman of Campus Environment Committee

報名 **Enrollment** (名額有限, 先到先得 **First-come First-served**) :

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2289982>

查詢 **Enquiry:**

Andy (3943 3941 / andy_cheung@cuhk.edu.hk)

3. Drama Performance: Water Margin (水滸)

Date & Time: 2nd Nov (Wed) 16:30

3rd Nov (Thu) 17:30

Venue: Shaw College Theatre

Language: Cantonese

Production: Hong Kong Theatre Works (香港戲劇工程)

Application: Please submit \$50 refundable deposit to Dean of Students' Office on or before 31st Oct.

Description of The Play (Chinese Only)

《水滸》改編自中國古典四大文學名著之一的《水滸傳》。《水滸傳》是以白話寫成的章回小說，內容講述北宋末年，山東梁山泊以宋江為首的一百零八名綠林好漢，落草為寇，替天行道。《水滸》舞台劇旨在為今天香港的觀眾介紹這部經典名著，除了演譯最膾炙人口的《水滸》故事之外，也給觀眾了解北宋盛極而衰的歷史背景。劇中五名演員分飾書中最具代表性的人物如魯智深、林冲、楊志、晁蓋、宋江、武松、潘金蓮、吳用、李逵、朱仝、雷橫、燕青、李師師與宋徽宗等數十名角色。表演採取中國傳統「說書」與布萊希特「史詩劇場」風格，兼備敘述、演譯、評論的效果，是結合小說與舞台的一個跨媒體之作。

4. Green Team Night Talk on Organic Farming 綠色小組耕種教室



傳聞中的書院天台耕種，Green Team 現在為你揭開神秘面紗！歡迎所有對耕種有興趣的同學參加！

日期：
10月25日（星期二）

時間：
8:00pm

地點：
W116

講者：
校園環境委員會主席鄒桂昌教授

Walk-in 即可!!!

5. College Anniversary Celebration Series - The Order of Wu Yee Sun 院慶活動系列—伍宜孫的密令

<The content is drafted by College Anniversary Celebration Organizing Committee and WYSSA>

<以下內容由院慶及體育學會籌委撰寫>



Attention please 🙋🙋🙋🙋🙋

伍宜孫嘅年度盛事——環校跑又嚟啦！為咗響應今年院慶主題《伍宜孫的密令》，我哋增設咗個神秘大獎 - Special Costume Award，呢個獎將會由院長揀出最獨特嘅跑手。你可以做哈利波特，着住隱形斗篷衝過終點，你亦都可以扮佛地魔，唔駛抖氣咁完成比賽。或者你可以同個 FD 合作，一個做蘋果，一個筆 ugh...唔講咁多啦，比賽資料如下：

Date : 04-11-2015 (Friday)

Time : 11:30-13:00

Quota : 300 participants

Route : Wu Yee Sun College (Lobby) →Residence 3,4 →

United Road → New Asia College bus station → Friend Lodge
→ Chih Hsing Hall (return) → Mong Man Wai Building →
New Asia College Bus Station → United Road → Residence 3,4
(垃圾房位置) → Wu Yee Sun College
(Total length: 2.1km)

Application Deadline: 28-10-2016
Contact: 5540 3304 (Woody)

Sign up now: <https://goo.gl/gqbpnQ>



【院慶一六 伍宜孫的密令】

☀️ Sunny Fest and The Order of Wu Yee Sun ☀️

■ 第二道密令：大笪地招攤
職銜：大笪地攤主／老闆／事頭
行動日期：11月10日
任務時限：18:30 - 22:30
駐守地點：伍宜孫書院
職責：擺攤、守攤、收攤（找錢、收錢、數錢）
成本（中大生）：不帶電 80 元／帶電 100 元
成本（校外人士）：不帶電 150 元／帶電 180 元
押金：100 元（活動當天發還）
酬勞：回憶無價，擺攤有市
接令限期：10月21日或之前
通關密碼：<https://goo.gl/wq61js>

☀️ 9th Anniversary ☀️ Sunny Fest and The Order of Wu Yee Sun

■ The Second Order: Run a stall in Sunny Fest
Title: DA BOSS of the stall
Mission Period: 10 November
Mission Time: 18:30 - 22:30
Location: WYS College
Duty: Pay some, gain much and enjoy the most!
Cost (CUHK students): Without electricity: HKD80/ With electricity: HKD100
Cost (non-CUHK): Without electricity: HKD150/ With electricity: HKD180
Deposit : HKD100 (Return on 10 Nov)
Deadline to accept the order: 21 October
To accept the order, please click: <https://goo.gl/wq61js>



【院慶一六 伍宜孫的密令】

☀️ Sunny Fest and The Order of Wu Yee Sun ☀️

■ 第三道密令：523 人宴迎賓
職銜：座上客
行動日期：11月9日
進場時間：18:00 - 18:30
賞味期限：18:30 - 22:00
駐守地點：伍宜孫書院學生膳堂
職責：邊飲邊食邊聽 Dear Jane (有得掙壽包 sor 😞)
單人飯票：100 元／張
團購飯票：90 元／張（10 張起）
酬勞：回憶無價，食飽有……
接令限期：10月24日或之前
通關密碼：<https://goo.gl/forms/dxMSsDAUji4mdaOY2>

☀️ 9th Anniversary ☀️ Sunny Fest and The Order of Wu Yee Sun

■ The Third Order: Be Our Guests at 523 Banquet
Title: Our honorable guests
Mission Date: 9 November
Reception: 18:00 - 18:30
Banquet: 18:30 - 22:30
Location: College Canteen, Wu Yee Sun College
Duty: Eat and drink and listen to Dear Jane
Price: HKD 100 per head
Group Buy: For group of 10 or more, HKD 90 per head

Deadline to accept the order: 24 October
To accept the order, please click:
<https://goo.gl/forms/dxMSsDAUji4mdaOY2>



【院慶一六 伍宜孫的密令】
☀️ Sunny Fest and The Order of Wu Yee Sun ☀️

「有實力，點解唔 show 畀人睇？」（宜孫飛蛾，2016）冇錯，我地第四道密令就係招 Sunny Fest 大笪地嘅 performers 喇！

📌 第四道密令：大笪地表演者招募
職銜：下一個 Ed Sheeran
行動日期：11 月 10 日
任務時限：18:30 - 22:30
駐守地點：伍宜孫書院
職責：拋頭露面，賣力表演
酬勞：掌聲鼓勵
接令限期：10 月 21 日或之前
通關密碼：<https://goo.gl/forms/oQl7SsGxvzm2CHNl3>

歡迎有志參與伍宜孫院慶的一眾人士接下密令，成為#大笪地 藝人，一齊為宜孫施展魔法。🌟🌟🌟🌟
據說 #伍宜孫的密令 🌟🌟 陸續有嚟，大家記住密切關注伍宜孫書院院慶一六嘅消息啦！🌟

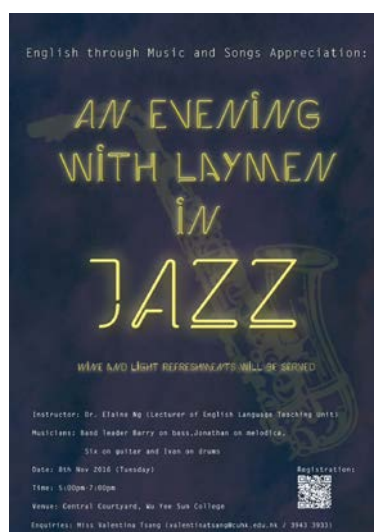
☀️ 9th Anniversary ☀️ Sunny Fest and The Order of Wu Yee Sun

Wu Yee Sun's got talent! If you think you are one of the talented, then our fourth order is all for you! We are looking for performers at SunnyFest!

📌 The Fourth Order: Be the performers at SunnyFest!
Title: The next Ed Sheeran
Mission Period: 10 November
Mission Time: 18:30 - 22:30
Location: WYS College
Duty: Entertain everyone by all means
Deadline to accept the order: 21 October
To accept the order, please click
<https://goo.gl/forms/oQl7SsGxvzm2CHNl3>

If you are interested in joining us by being one of the #SunnyFest artists to celebrate, don't hesitate and accept this order!" Want to know what are the following orders? Stay tuned...

6. English through Music and Songs Appreciation: An Evening with Laymen in Jazz



To many, jazz is often regarded as a sophisticated and high-end form of art, exclusive to only the few who know how to appreciate the genre. "Laymen in Jazz" has been playing jazz standards and performing regularly for some years with the aim of reaching out to a wider audience in the local jazz scene. They believe that jazz should not be exclusive and that it is possible for everyone to understand and appreciate the beauty of this particular genre. The group performing for the evening will comprise of five musicians, including band leader Barry on bass, Jonathan on melodica, Six on guitar, Ivan on drums, and Elaine, the guest vocalist for the evening. Song selection will include *It's Only a Paper Moon*, *Stella by Starlight*, *It Could Happen to You* and *Fly Me to the Moon* – all poetic and lyrical. Come chill-out after work and classes, and enjoy a relaxed evening with Laymen in Jazz by the sunset at Wu Yee Sun College.

Elaine's biography

Dr. Elaine Ng is a lecturer in the English Language Teaching Unit (ELTU) at the Chinese University of Hong Kong. She holds a PhD from the University of Sydney (USYD) and started her career in Australia. She is passionate about teaching and genuinely enjoys working with her students. Outside of teaching, Elaine also loves music, particularly in the genres of soul and jazz. As a pianist with a classical background, she is currently training to be a jazz vocalist and keyboardist and hopes to someday be an all-round amateur musician in the local music scene.

Date: 8th November 2016 (Tuesday)

Time: 5:00pm-7:00pm

Venue: Central Courtyard, Wu Yee Sun College

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2214519>

Wine and light refreshments will be served.

**Only those who are aged 18 or above are allowed to drink Wine*

Enquiries: Miss Valentina Tsang (valentinatsang@cuhk.edu.hk / 3943 3988)

7. English through Nature and Bird Watching



Long Valley is a large and diverse area of farmland near Sheung Shui which was saved from being destroyed by the construction of a railway line thanks to a campaign led by Hong Kong Bird Watching Society members in 2001. Parts of Long Valley are now managed for birds and birdwatchers by Hong Kong Bird Watching Society staff and volunteers and the site is one of the best in Hong Kong for birdwatching. Waterbirds and farmland birds have quickly adjusted to the bird-friendly environment and are far more approachable than anywhere else in Hong Kong.

Instructor: Mr. Richard Lewthwaite

Richard Lewthwaite is a part-time English Language Teaching Unit instructor. He is also an active birdwatcher in Hong Kong and also enjoys going on birdwatching trips to China, especially Guangdong and Hainan. He is one of the co-authors of "The Avifauna of Hong Kong" and has written papers on a variety of birds including owls and nightjars of Hong Kong, waterbirds of Guangdong and forest birds of Southeast China.

Date: Saturday, 5th November 2016

Activity Time: 3:30pm - 6:00pm

Gathering time and location: 2:45pm@College Gallery

3:00pm@University MTR Station Exit A

Location: Long Valley, Sheung Shui (Shuttle bus will be arranged for round trip)

Quota: 10

Deposit: \$50 (Refundable upon completion of the activity)

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2122101>

Application Deadline: 28th October 2016

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

Enquiries: Miss Valentina Tsang (valentinatsang@cuhk.edu.hk /3943 3988)

8. 身、心、靈靜坐教室 Meditation for Mind, Body & Spirit



我們認為，活在繁華的都市裡，每一個人都應該學習靜坐，以令自己能擁有片刻寧靜，就像寧靜可令一杯混濁的水慢慢回復清澈一樣，你選擇學習「身、心、靈靜坐」是為你自己的心靈送上一份最佳的禮物！

內容簡介：

- 許多人希望擁有冷靜、平和及優質的人生，但不知如何獲得
- 許多人希望擁有清明、敏銳快捷的思考，但不知如何獲得
- 許多人希望擁有健康、正面的思維，但不知如何獲得

身、心、靈靜坐法就是以上種種的答案。

靜坐？好神秘啊！

是的，如果你未曾深入了解的話。

「身、心、靈靜坐教室」旨在助你將被煩囂生活導至混濁的心靈平復，令你更清明、更專注、身心更健康！

導師：周東妮博士 (Dr. Kanny Chou)

日期：2016年11月17日及24日（逢星期四，共兩堂）
時間：晚上7:00至9:00
地點：The Lounge, House of Sunny Living (伍宜孫書院如日坊)
按金：港幣\$50 (出席兩堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1956317>
截止日期：11月11日

查詢：Miss Valentina Tsang (valentinatsang@cuhk.edu.hk/3943 3988)

9. clab 招莊活動

<內容由創意實驗室幹事會撰寫>

【喂喂喂！clab 招莊啦！】

想知道 clab 要做啲咩、可以做啲咩？嚟 O Night 同傾莊啦！

O Night (BBQ)：21 Sept 18:30 @ clab 門外集合

***報個靚名（以免浪費食物～去綠！）：www.goo.gl/QIr3Wu ***

傾一（木工）：26 Sept 19:30 @ clab
傾二（打邊爐）：6 Oct 18:30 @ clab
傾三（藍染／絲印）：12 Oct 19:30 @ clab
成莊日：28 Oct 19:00 @ clab

* 三次傾莊最少出席兩次 *

有咩問題可以搵 Candice Ng (9201 8285) 嚟！好期待見到你地！想知我地有咩 update？記住 like 埋我地個 Facebook page [WYS clab CUHK](#) 呀！

10. Fitness Consultation Session



The poster for the Fitness Consultation Session features the CUHK logo at the top. Below it, the title 'Fitness Consultation Session' is written in both English and Chinese. A central image shows a fitness instructor interacting with a student. Text on the poster includes: 'Fitness Trainer is at our College Gymnasium!!!', 'Keep-fit plan?' with a silhouette of a person running, 'Proper use of fitness equipment?' with a silhouette of a person using a machine, and 'Consult our Certified Fitness Trainer! Ms. LEUNG Ka Cheuk'. At the bottom, it lists the period (8th Sep - 1st Dec), time (6:30-8:30pm), venue (College Gymnasium), target audience (Wu Yee Sun students and staff), and contact information for Ms. Kitty Lau.

If you want to keep fit or build up your body, join us in the College's Gymnasium! Fitness consultation sessions are NOW available. You can seek instructor's advice on the use of fitness equipment, body fitness or other health-related issues during the sessions. The details are as follows:

Period: 8th Sep - 1st Dec (**Every Thursday, except Public Holidays**)

Time: Thursday 6:30-8:30pm

Venue: College Gymnasium

Instructor:



Ms. Leung Ka-cheuk

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

Enquiries: Ms. Kitty Lau (kitty_lau@cuhk.edu.hk / 3943 3942)

11. Symposium on Health and Education Sectors Together for Children's Health Today and Tomorrow: An International Dialogue

「兒童健康之當前今後：衛生與教育界的國際對談」研討會

Organized by:



Co-organized by: With the support of:



Date: 12 November 2016 (Sat)

Venue: Yasumoto International Academic Park, the Chinese University of Hong Kong

Target: Teachers, parents, students, social workers, headmasters, nurses, health professionals from Hong Kong

*FREE FOR ADMISSION

Time	Programme
Morning Session	
9:15am - 9:45am	Opening Address
9:45am - 11:15am	<p>Keynote: Health and Education Sectors Together for an effective health promotion and disease prevention for school children: main obstacles, main advantages for the actual Society, main challenges?</p> <ul style="list-style-type: none"> - Professor Didier Jourdan, Professor in Sciences of Education, Blaise Pascal University, Clermont-Ferrand II, France. Vice-president of the Committee specialist in Prevention, Education and Promotion of Health (CSPEPS) - Dr. Souhaïl Latrèche, Head of Health Promotion and Disease Prevention, La Chaux-de-Fonds, Switzerland - Professor Lawrence St Leger, Honorary Professor and Former Dean, Faculty of Medicine, Health, Nursing and Behavioural Science, Deakin University, Australia <p><u>Moderator:</u></p> <ul style="list-style-type: none"> - Professor Albert Lee, Clinical Professor in Public Health and Primary Care and Director of Centre for Health Education and Health Promotion, The Chinese University of Hong Kong
11:15am - 11:45am	Tea break and networking
11:45am - 1:15pm	<p>Plenary Session: Case studies from different countries</p> <p><u>France</u></p> <ul style="list-style-type: none"> - Thierry Weishaupt, International cooperation director, Mutuelle Generale de l'Education Nationale (MGEN) - Principal of French International School in HK (TBC) <p><u>Taiwan</u></p> <ul style="list-style-type: none"> - Professor Fu-Li Chen, Department of Public Health, Fujen University, Taiwan <p><u>Macao</u></p> <ul style="list-style-type: none"> - Dr. Walter Ho King Yan, Faculty of Education, University of Macau <p><u>Hong Kong</u></p> <ul style="list-style-type: none"> - Dr. Robin Cheung Man Bui^{1,2} / Professor Albert Lee¹, ¹Centre for Health Education and Health Promotion, ²Department of Education Policy and Administration of Faculty of Education, The Chinese University of Hong Kong - German Swiss International School in HK (TBC) <p><u>Canada</u> - Liane Comeau, Scientific counsellor, National Institute of Public Health of Québec (INSPQ)</p> <p>Moderator:</p> <ul style="list-style-type: none"> - Professor Didier Jourdan, Blaise Pascal University, Clermont-Ferrand II, France. Vice-president of the Committee specialist in Prevention, Education and Promotion of Health (CSPEPS)
Afternoon Session	
2:15pm - 3:15pm	<p>Plenary Session: Prevention and Promotion of Health for school children</p> <ul style="list-style-type: none"> - How to improve health literacy of school children in cervical cancer prevention and improving uptake rate of HPV vaccination Professor Albert Lee, Clinical Professor in Public Health and Primary Care and Director of Centre for Health Education and Health Promotion, The Chinese University of Hong Kong - How should we prevent childhood infectious diseases? Professor Chun-bong Chow, Honorary Associate Clinical Professor, Centre for Health Education and Health Promotion, The Chinese University of Hong Kong, and Honorary Professor of Department of Paediatrics and Adolescents, University of Hong Kong - Emotional Health Promotion Ms. Mariela Galli, M. Galli & Co, Psychologist and Consultant in health promotion, France
3:15pm - 3:45pm	Tea break and networking
3:45pm - 5:00pm	<p>Parallel Free Paper Sessions: Two parallel sessions to share school based health promotion programmes based on abstracts submitted and invited.</p> <ul style="list-style-type: none"> - Series of short presentations of various programmes (10 minutes each around 4 to 5 presentations) - Designated discussants to comment <p>Open discussion</p>

For updated programme and details, please visit the website: www.chep.cuhk.edu.hk/symposium2016



1. News of College Members 書院成員消息

Professor Chu Ming-chung (朱明中教授), College Fellow and Professor at the Department of Physics, has been appointed a member of the Radiological Protection Advisory Group (放射防護諮詢小組) for a period of three years from 1 Jun 2016.

Professor Albert Lee (李大拔教授), College Fellow and Professor at The Jockey Club School of Public Health and Primary Care, has been re-appointed a member of the Hong Kong Advisory Council on AIDS (香港愛滋病顧問局) for a period of two years from 1 Aug 2016.

Professor Wong Kam-fai (黃錦輝教授), College Associate Master and Professor at the Department of Systems Engineering and Engineering Management, has been re-appointed Associate Dean (External Affairs) of the Faculty of Engineering for a period of three years from 1 Aug 2016.

2. The Most Popular College Canteen Staff Polling 2016-17 Term 1

With a view to enhancing the canteen services and strengthening the communication between canteen staff and students, the College canteen staff has put up their name tags and the College also established "The Most Popular Canteen Staff Award" since 2015-16 Term 2. The Most Popular Canteen Staff Polling will be conducted again in November 2016. Before the voting period, you are encouraged to dine at the College canteen more frequently, observe the performance of the canteen staff or even chat with them like your friends. Do remember the name of the canteen staff who is worthy of your vote. Each student can vote for three canteen staff at most. Stay tuned for the voting details.

3. Online Survey on Wu Yee Sun College Catering Outlets

The Catering Services Committee will commence a meeting soon and the student representatives hope to gather your views on the catering services through an online survey for discussion in the meeting.

伍宜孫書院膳食委員會將於短期內召開會議，學生代表希望於 2016 年 10 月 30 日或以前收集同學對膳堂服務質素的意見，以便在會上提出及討論。

<https://docs.google.com/forms/d/e/1FAIpQLSdFCaVjChAF1YntPCjWMFbq0zXxcyOjeBqKFrYAKG7YEz663g/viewform>

Survey deadline 問卷調查截止日期: 30 October 2016

Enquiries 查詢:

Miss Sammi Lo 羅芯宜同學 (sammisyl@gmail.com)

Miss Amy Lam 伍慧琳同學 (slcssamy@gmail.com)

4. Get the updates of College and Student Bodies' activities

The latest updates of activities and announcements from College and student bodies can be accessed at below. Please follow/subscribe the page! Explore and enjoy your College life!

College Website: <http://www.wys.cuhk.edu.hk/>

College Official Facebook Page: <https://www.facebook.com/WuYeeSunCollege/?fref=ts>

伍宜孫書院學生交流 Group : <https://www.facebook.com/groups/154554771349617/>

Contacts of Other Student Bodies: <http://www.wys.cuhk.edu.hk/student-organizations.php>

5. Wu Yee Sun College Sports Teams Tryouts (1st term, 2016-2017)



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！書院現正招募田徑院隊隊員，快來發揮你的運動天賦！
If you are a professional sports player or are simply keen on doing sports, do not miss the College Team try-outs. The College is now recruiting athletes for the **athletic teams**. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

6. "Meet the Dean" Hours & Lunch Gathering 輔導長時間及午餐聚會

"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. The session is hosted by Professor Annisa C.H. Lee (李賴俊卿教授), College Dean of Students and Associate Professor of School of Journalism & Communication, Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor of Department of Chinese Language and Literature, and Dr. Lancelot W.H. Mui (梅維浩博士), College Associate Dean of Students and Lecturer of The Jockey Club School of Public Health and Primary Care. Every Sunnie is welcome!

Date: Every Wednesday

Time: 2:30 - 3:30pm

Venue: Dean of Students Office, Room UG09, Wu Yee Sun College

Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

"Meet the Dean" Lunch Gathering will be held every other Wednesday. Individual students or representatives of student organizations are all welcome to register for the Gathering. Please email Sonia before the *closest Monday noon to register for the event.
*remarks: registration has to be made on the previous working day if the closest Monday is public holiday

Upcoming gathering

Date: Wednesday, 2nd Nov 2016

Time: 12:30 - 2:00pm

Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

7. Exchange and Travel Grant/Loan 2016/17

College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities/exchanges may apply for Exchange and Travel Grant/ Loan.

There are different rounds of applications. For programmes/ activities held in **Oct 2016 - Jan 2017**, the application is open from **15th Aug to 14th Dec 2016**.

For programmes/ activities held in **Feb - May 2017**, application will be open from **15th Dec 2016 to 18th Apr 2017**.

Check out the following link for more information including eligibility:

http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1469415873ExchangeandTravelGrantandLoan2015164th_2.pdf

For enquiries, please contact Ms. Carol Cheng at carolcheng@cuhk.edu.hk or Miss Yolinda Wong at yolindawong@cuhk.edu.hk

8. Student Pastoral Care

It is not uncommon for college students like all of you to encounter various academic, emotional, interpersonal or family concerns and difficulties when you adjust to university life or pursue personal growth. You may wish to know the below ways that you can seek support or advice from the College and the University when you face problems:

- 1) You are welcome to speak with our College Dean of Students when you have problems that need resolving. Please call **3943 3942** for arrangement.
- 2) You may also approach the University's Student Counselling and Development Service at **3943 7208** for help.
- 3) A 24-hour Emotional Support Hotline is also launched 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. The hotline number is **5400 2055**.

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

1. Mingle Fund (English only)

Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College. The Fund supports self-initiated activities with participation of both local and international/ incoming exchange students. Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

For more info, please visit: <http://www.wys.cuhk.edu.hk/exchange.php?lang=zh&cat=others>

For enquiries, please contact Ms. Kitty Lau at kitty_lau@cuhk.edu.hk or 3943 3942.

2. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃



Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports events or competitions, in order to live up the spirit "Sports for Everyone".

The College will subsidize the **application fee** of sports events/ competitions/ activities organized by organization(s) OTHER THAN College. *Oxfam Trailwalker, Standard Chartered Hong Kong Marathon, Totem Run, or The Nike Cup-Hong Kong Five* are some of the examples.

Funding Amount: \$500 or 80% of application fee (whichever is lower)

Guidelines: <http://www.wys.cuhk.edu.hk/page.php?name=sports-health-education>

Application: Please submit application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1935668> at least 14 working days BEFORE the start date of the activity. We will notify applicants the results within two weeks.

Enquiries: Kitty (3943-3942/ kitty_lau@cuhk.edu.hk)

3. Global Learning Award Scheme (Winter Round) 寰宇學習獎勵計劃 (冬季)

If you are planning to expand your academic wisdom with support from the scheme, ACT NOW!

The scheme supports Wu Yee Sun College students to take part in or self-initiate academic programmes, such as academic conferences, competitions, field trips and language programmes outside Hong Kong. Last academic year, the scheme has supported students to South India, Belgium, Inner-Mongolia and so on!

Students successfully selected by the Scheme will be awarded the Global Learning Award. The maximum award amount varies for programmes of different length and nature.

	Programme Length	Programme nature	Maximum Award amount
Short-term	Shorter than one month	Self-initiated programmes	HK\$8,000 or 100% of particular items (whichever is lower)
		#Participating in organized programmes	HK\$8,000 or 80% of particular items (whichever is lower)
Long-term	One to six months	Self-initiated programmes	HK\$15,000 or 100% of particular items (whichever is lower)
		#Participating in organized programmes	

#Programmes organized by the College and Term-long Exchange Programmes will not be considered for this scheme.

The sooner you submit your application, the quicker to receive feedbacks, and more time to improve the contents. Comment from College Exchange Committee members on proposal of self-initiated programmes could be sought by special request. The request shall be made at least month before application deadline together with submission of the completed proposal, budget plan and application form.

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 st – Apr 30 th	May 1 st – Oct 31 st
Summer	May 1 st – Oct 31 st	Nov 1 st – Apr 30 th

#application documents shall be submitted to DOS Office by the last working day within the application period.

Contact Ms. Kitty Lau (3943 3942/ kitty_lau@cuhk.edu.hk) now if you have any ideas in mind. Know more about the [details](#) and [apply here!](#)

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

Life begins at the end of your comfort zone!

A **SMALL** change can make a **BIG** difference!

If you are planning for any short-term projects containing elements of Creativity, Entrepreneurial Spirit or Social Responsibility, apply for Be Entrepreneurial! Scheme.

To provide more support to students, the maximum funding amount has been raised to \$20,000!!!



Maximum Funding Amount: HK\$20,000

Eligibility

- ✓ All WYS undergraduate students
- ✓ Individual and Group projects (*the group must comprise of at least 50% WYS students, other 50% may be students from other Colleges*)
- ✓ Applications are welcome all year round.

What are you waiting for? Click [HERE](#) to find out more information!

Enquiries: Miss Sonia Yu (soniyu@cuhk.edu.hk / 3943 3937)

5. 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 Jane Wu (janewu@cuhk.edu.hk / 3943 3934)

6. Sports for Life Award Scheme 體育運動參與獎勵計劃

Wanna move your body and get a prize in the same time?!

Sports for Life Award Scheme aims at motivating students to take part in more College's sports activities and exercising regularly for a healthy life. Students can earn award points for participating in College's sports activities and gain prizes!

How to join? You will be enrolled into the Scheme after joining your first sports activity!

What are the prizes? 30 points for Sports Towel & 40 points for Water Bottle

How to redeem prizes? Prize redemption will be arranged every semester! Please follow the College news!

Upcoming Sports Activities

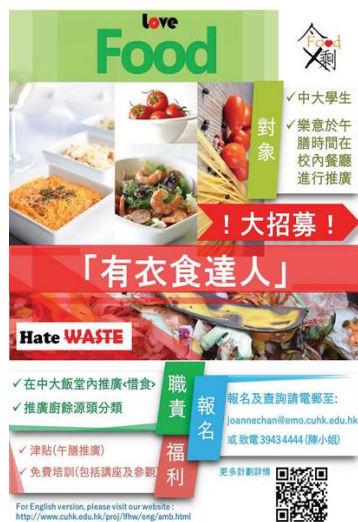
College Anniversary Celebration x WYSSA – Round Campus Run: 15 marks

Check your accumulated points at <http://bit.ly/WYSSportsForLife!!>

Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

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

1. Love Food Hate Waste – Save Food Ambassador Training Programme 「有衣食達人」計劃



The EMO Environmental Sustainability Team is now recruiting **Save Food Ambassador (有衣食達人)** to promote food cherishing culture in CUHK. It is one of the major activities under Love Food Hate Waste @ CUHK Campaign.

With visits and seminars on food cherishing and food waste reduction, students will have a deeper understanding and knowledge on food waste issues. Trained ambassadors will be involved in canteen promotion (with allowances) in CUHK canteens during lunch hour.

Enrollment/Enquiries:

Miss Joanne Chan

(Tel: 3943 4444 / joannechan@emo.cuhk.edu.hk)

2. Talk: Investment in the Post-QE Era 講座：後量化寬鬆的理財



With the mode of investment becoming more diverse than ever, it is important for students to pick up the essentials in investment for a better future. CW Chu College is honoured to have **Mr. Arthur Shek (石鏡泉先生)**, a founder of the Hong Kong Economic Times (HKET), to host a night talk on this topic **this Wednesday night, 26 Oct 2016**.

Whether you understand what 'quantitative easing (QE) 量化寬鬆' means, this talk is not to be missed! Please refer to the poster for details and register through the link provided.

Registration: <https://goo.gl/kAZt2H>

3. Talk: Are We Alone in the Universe?



Are we alone in the universe? This is a big question that scientists have been trying to answer.

CW Chu College invited **Professor Yuk Yung (翁玉林教授)**, Smith Family Professor of Planetary Science, and Jet Propulsion Laboratory Senior Research Scientist of The California Institute of Technology (Caltech), to host a night talk on this topic **next Monday, 31 Oct 2016**.

Please refer to the poster for details and register through the link provided.

Registration: <https://goo.gl/q1acOI>

4. Student Residence Bursary Scheme 2016/17

This scheme aims to help those needy students who are not able to benefit substantially from the Community Care Fund (CCF) hostel subsidy, applicants must:

1. be local full-time undergraduate students;
2. be registered residents of the hostel and have resided in hostel for at least 75% of the time of the semester;
3. have average monthly household income roughly less than \$20,000 (during 1 April 2015 to 31 March 2016); and
4. be not able to benefit from CCF hostel subsidy or receive less than \$1,000 per semester under the CCF hostel subsidy

Amount of Bursary

1. for eligible needy students who are not able to benefit from CCF hostel subsidy, the value of each bursary will be \$1,000 per semester
2. for eligible needy students who receive less than \$1,000 per semester under CCF hostel subsidy, the value of each bursary will be the difference between \$1,000 and the approved amount of CCF hostel subsidy
3. the maximum amount of bursary for residents of all types of shared rooms will be the same.

Application Procedure

1. By online application via CUSIS (MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "Student Residence Bursary" during application period from **5 Sep to 31 Oct 2016**. For students who live in hostel for the 2nd term only, they should submit their applications during **9 January to 28 February 2017**.
2. Applicants should print out Section 8 of the online application form and submit together with the supporting documents to the College on or before the application deadline.

5. CUHK Scholarship for Remarkable Endeavour for Admission 2016/17

This scholarship is designated for the students with special educational needs (SEN) in recognition of their extra efforts made to pursue higher education at CUHK. The SEN students should have at least one of the following conditions that affect their ability to learn:

- Specific learning disabilities
- Visual impairment
- Intellectual disabilities
- Hearing impairment
- Autism spectrum disorders
- Speech and language impairment
- Attention deficit / hyperactivity disorders
- Others proven special educational needs
- Physical disabilities

Value of the Scholarship

There are a maximum of 10 non-renewable scholarships of HK\$10,000 each.

Application Procedures

Interested students can download application form from Office of Admissions and Financial Aid (OFA) at www.oafa.cuhk.edu.hk (Scholarships & Financial Aid > Open for Application) and submit the forms together with supporting documents IN PERSON to OFA, Room 1202, 12/F, YIA during office hours **on or before 27th October 2016**.

For enquiries, please contact Ms. Angel Au at 3943 7209 or sfas@cuhk.edu.hk

