

Subject: The Sunny Weekly (27/02/2017)

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27 February 2017

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Sunny Review 上周回顧

1. [The Third College Forum of 2016/17 Term 2: The Critics and the Criticised: My Reflection \(Speaker: Mr. Tsang Tak-sing\) 2016/17 年度下學期第三次書院論壇 \(講者：曾德成先生\)](#)



The College Forum entitled "The Critics and the Criticised: My Reflection" was conducted by Mr. Tsang Tak-sing (曾德成先生), Former

Secretary for Home Affairs of Hong Kong, last Friday. He went through his experience as a journalist and as the Secretary for Home Affairs, and discussed with students how should a person look into the massive information from the media.



We were grateful to have Professor Cheung Tak-sing (張德勝教授), Senior College Tutor and Adjunct Professor from Department of Sociology, moderating the Forum.



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2. Visit to T-Park and Landfill 參觀源·區及堆填區



We all generate different types of waste every day. Where do they go and how are they handled? Close to 30 College students, staff members and their families joined a visit to T-Park (源·區) and the West New Territories Landfill (新界西堆填區) last Saturday to unveil the secret. They were amazed by the state-of-the-art sludge incineration and self-sustaining operation systems in T-Park, which reduce the volume of sludge by 90 per cent and thus substantially reduce the loading on landfills, as well as generate electricity during the incineration process to meet on-site operational needs.



After T-Park, the participants witnessed how the waste collected from different regions of Hong Kong was transported to the landfill by trucks and barges. They also learned about the strict regulations on the noise, wastewater and odour emission from the landfill in order to minimize its disturbance to neighbouring areas. After so much said, it is important for everyone to understand the importance of waste reduction. Follow the tips [here](#) and act now!



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3. Relaxation through music 音樂放鬆分享會



Music can change moods, sooth nerves and energize our life. A group of Sunnies enjoyed a relaxing evening at a music workshop conducted by Professor Roger Y.N. Chung (鍾一諾教授), Assistant Professor, School of Public Health and Primary Care at The Lounge in House of Sunny Living last Tuesday. The participants not only relieved stress by listening to Prof. Chung's song, but they also got to know more about how Prof. Chung pursued his interest in music outside his academic life and how to balance between his interest and his professional career.



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4. Sham Shui Po Community Tour



Sham Shui Po, a hidden gem in city, is a culturally diverse area with a predominantly working-class population of over 380,000. It witnessed the growth and transformation of Hong Kong from a small fishing village into an entrepot, and then a financial hub. To

enhance the understanding of international and exchange students about Sham Shui Po, the International Team organized “Sham Shui Po Community Tour” on 26th Feb. The team members took them for a visit and explain the historical background of the district. Tasting the delicious local food also let the students get familiarized with the local culture and residents daily life in a more casual way!



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5. Dinner Gathering for College LLB students



A group of College LLB students joined the dinner gathering held on last Thursday, 23rd Feb. The dinner aimed to offer opportunities for our college students to learn more about the careers in the legal profession and to meet some legal members outside of class in an informal atmosphere. It was an evening of casual conversations on how to plan for the future as a legal practitioner. Special thanks must be given to Mr. John K.H. Lee (李劍雄律師), Affiliated College Fellow and practicing solicitor of Lee & Wu, Solicitors, Mr. Peter T.W. Yam (任達榮先生), Affiliated College Fellow and Former Deputy Commissioner of Hong Kong Police and Mr. Ho Kim-hung (何劍雄律師), CUHK alumnus and practicing solicitor of Rowdget W. Young & Co for joining us out of their busy schedule.

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6. Walking Campaign



To encourage our students to exercise more and live a healthy lifestyle, the College took part in the Walking Campaign held by University’s Committee on Health Promotion and Protection this year on 24th Feb. Professor Rance P.L. Lee (李沛良教授), College Master joined the other University senior management members to kick-start the event at University Station Piazza.

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7. Pressure-Relieving Evenings with Yoga



Neck pain, shoulder pain, back pain, headache are all so common. When is the last time you feel your breathing and body movement? Yoga Class brings attention back to our own body and relieves stress through breathing exercises, meditation and stretching. How far

the participants can bend their bodies is not the utmost concern. What should be counted is time and room for giving themselves the inner peace at the end of a busy day.

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College Activities 書院活動

1. 語文文化桌: 廿一世紀的土豆遇上十七世紀的土豆



在廿一世紀, 我們都看過很多穿梭時空的小說、電影, 總覺得回到過去會出現不少碰撞與火花。但這些小說、電影的題材, 都離不開「人」這個重要元素。我們有沒有想過, 假若不是「人」, 而是「植物」穿梭了時空, 回到過去, 它的結局又會是怎樣?

講者: 梁樹風博士 (中國語言及文學系講師, 秉持「時還讀我書」的理念, 在塵網中醉心耕讀。)

日期: 3月21日(星期二)

時間: 晚上 6:30 至 8:30

地點: 伍宜孫書院教職員飯堂

語言: 粵語

按金: \$50 (準時出席可獲退回全部按金)

報名:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2899660>

截止日期: 3月15日(星期三)

*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。

查詢: 曾煒婷小姐 (valentinatsang@cuhk.edu.hk / 3943 3988)

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2. 2017 Summer Programme Introduction Session 2017 暑期活動巡禮

The College is going to organize a series of summer programmes to help you expand horizon, embrace foreign cultures, polish language skills or serve the needy. Students joining the programmes in the past will share their experiences while introduction of programmes will be made. To make your summer vacation fruitful, come to the introduction session to learn more about our summer programmes and also the details of the funding schemes that you may apply.

2017 Summer Programmes include:

- Professional Learning Scheme in Shanghai 上海專業研習計劃
- Yan Chak Service-Learning Programme: Service-Learning Trip to Yunnan
- 陝西歷史文化之旅
- 第十三屆小衛星學者計劃——中俄友誼之旅
- Spanish Language and Cultural Tour
- Summer Overseas Language Programme 2016-17 - The University of Western Australia

Date: 7th Mar 2017 (Tue)

Time: 6:30pm

Venue: College Theatre, Wu Yee Sun College

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2949756>

Registration deadline: 10:00pm, 5th Mar 2017 (Sun)

Enquiries: Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942) or Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935).

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3. Mentorship Programme 師友計劃—Now Open for Application 現正接受報名 (Deadline Extended 截止日期已延長至 27/02/2017)

Mentorship Programme aims at enriching students' **social networking, people skills** and **career development**

Mentees can gain a wider exposure from experienced mentors, hence:

- identify needs and goals for personal development
- broaden horizons in real-life workplace
- extend personal network for future development
- brainstorm and act on new ideas together with mentors

We adopted a “**Group-to-Group Mentor-mentee**” model to match mentors and mentees from diversified backgrounds, in order to bring in more creative insights! Despite different point of views you may share, you can learn from mentors’ professional experiences and life stories which give you an alternate view to evaluate the issue. With a **two-year programme period**, mentors and mentees also enjoy sufficient time to establish closer bonding and pursue new goals together.

You can spend time with mentors on:

Self-initiated Activities	Cross-group Activities	College Activities
Picnic, movie appreciation, family gatherings, summer internship, professional conference are all feasible examples!	Two or more groups can organize activities together, such as <i>hiking, barbeque, cooking party, handicrafts class</i> . College can provide logistic assistance for large-scale activities.	<i>523 Banquet, green, arts, exchange or other appropriate College activities</i> - Invite mentors to take a glimpse of your university life!

Application

- Year 2 & Year 3 full-time WYS undergraduate students can apply via <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2524550> **on or before 27th Feb, 2017**.
- Selected students are **required** to attend events as follows:
 - Briefing for Mentees: 3rd Mar, 11:30-12:30
 - “Meet Your Mentor” - Mentorship Gathering: 11th Mar, 16:00-17:30

More Details: <http://www.wys.cuhk.edu.hk/mentorship.php>

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

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4. Join our Social English Workshops! 社交英語工作坊 - **Deadline this Wed**

SOCIAL ENGLISH WORKSHOPS

Do you know the meaning of these famous movie quotes?
 "Go ahead, make my day."
 "If you build it, they will come."
 "Here's looking at you kid."
 "Show me the money!"


If you want to learn more about:
 Popular Culture, Social Networking, Fluency in Speech, Accents and Dialect, Informal Language and Idioms

Join our Social English Workshops!

Instructor: Dr. Christelle Davis
 (College Member and Lecturer, English Language Teaching Unit)

Date: 3, 10, 17 March 2017 (Friday)
 Time: 11:30am – 1:00pm
 Venue: W112, Wu Yee Sun College
 Deposit: \$100 (Refundable upon completing at least 2 sessions)

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



Do you know the meaning of these famous movie quotes?

"Go ahead, make my day."

"If you build it, they will come."

"Here's looking at you kid."

"Show me the money!"

If you want to learn more about:

Popular Culture, Social Networking, Fluency in Speech, Accents and Dialect, Informal Language and Idioms

Join our Social English Workshops!

Instructor: Dr. Christelle Davis

Dr. Christelle Davis is a Lecturer at the English Language Teaching Unit. She obtained her PhD from the University of Sydney. Originally from Australia, Dr. Davis has lived and taught in South Korea and Japan before moving to Hong Kong in 2014. Her professional interests include Creative Writing, Literature, Academic Writing and Cultural Studies.

Date: 3, 10, 17 March 2017 (Friday)

Time: 11:30am – 1:00pm

Venue: W112, Wu Yee Sun College

Registration:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2717341>

Deadline: 1st March

Deposit: \$100 (Refundable upon completing at least 2 sessions)

* 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)

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5. 伍宜孫書院學生宿舍夜話 Hostel Night Talk of Wu Yee Sun College (conducted in Cantonese)



書院將舉辦學生宿舍夜話，並歡迎書院宿生、走讀生，以及所有中大員生參加（伍宜孫書院員生優先），詳情如下：

題目：屢敗屢戰的開心保育人 Happy Conservationists Against Great Odds

講者：香港天文台前台長林超英教授

日期：2017年3月1日(三)

時間：7:30 – 8:30pm

地點：伍宜孫書院 UG 層演藝廳

語言：廣東話

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2806962>

查詢：曾煒婷小姐 (valentinatsang@cuhk.edu.hk / 3943 3988)

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6. International Cultural Festival---German Movie Night - **Deadline Extended to 10am, 1 Mar**



One more movie to enjoy for the International Cultural Festival --- German Movie Night on 2nd Mar night! This time we are bringing you a bittersweet taste: a 2003 German tragicomedy film, "Good bye, Lenin!", which is directed by Wolfgang Becker. After the fall of Berlin Wall, a young German protester Alex tried to protect his mother from a fatal shock by concealing the fact that her beloved nation of East Germany had disappeared. Get ready for laughter, tears and deep thoughts.

Event Details

Date: Thur, 2nd Mar 2017

Time: 6:30 - 8:30pm

Venue: The Lounge, House of Sunny Living (right above the college gym room)

Instructor: Dr. Stephan Hyeonjun STILLER

Program Content:

Watch German Movie "Good bye Lenin!"

Small Chat

Light refreshment provided

Registration:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2796813>

Registration deadline: **10:00am, 1st Mar 2017**

Enquiries:

Kathy(kathyfong@cuhk.edu.hk / 3943 3942)

Katie (katieyu@cuhk.edu.hk / 3943 3935)

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7. Landscape Painting Workshop

The poster is for a Landscape Painting Workshop. It has a light blue background. At the top, the title 'LANDSCAPE PAINTING WORKSHOP' is in large, bold, blue letters. To the right is a circular logo. Below the title, the instructor is 'Mr. Pradip Nath (English Language Teaching Unit)'. The date is 'Friday, 5 April 2017', time is '6:30pm-9:00pm', venue is 'W112', and deposit is '\$50 (Refundable upon completion of activity)'. A QR code is on the right. At the bottom, it says 'Enquiries: Valentina Tsang (valentinatsang@cuhk.edu.hk/3943 3988)'. On the right side, there is a small image of a student's painting of a waterfall, with the caption 'Student's painting - Wong Pu Yan (Nursing / Year 4)'.

The primary aim of the workshop is to help participants observe and enjoy nature's beauty while painting a landscape. The workshop will consist of a short talk and discussion on the subject of painting, followed by a guided painting session. The materials needed will be supplied by the College.

Instructor: Mr. Pradip Nath (English Language Teaching Unit)

Date: 5 April 2017 (Friday)

Time: 6:30pm - 9:00pm

Venue: W112, Wu Yee Sun College

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

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2601913>

Deadline: 29 March 2017

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

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

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8. International Cultural Festival - Spanish Cooking Class



Have you eaten a lot of meat and oily crisps in the Chinese New Year Holiday and want to get rid of the extra pounds? Come and join our Spanish Cooking Class to learn how to cook Mediterranean dishes healthily. You can better understand the Spanish culture as well!

Instructor: Miss Maria Consuelo VEGA LEON (Department of Linguistics and Modern Languages)

Date : 14 March 2017

Time : 6:30-8:30pm

Venue : College Student Canteen

Quota : 40

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

Deadline : 9 March 2017

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

Registration:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2585802>

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

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9. International Cultural Festival - Salsa Dance night



Salsa is a kind of Latin dance, which is fun and good for health. By listening to music and moving your body, you can wipe away your daily stress.

Instructor: Miss Maria Consuelo VEGA LEON (Department of Linguistics and Modern Languages)

Date :

Class B : 16 Mar 2017 (Thu) (application deadline : 10 Mar 2017)

Time : 7:00-8:00pm

Venue : Multi-purpose Sports Room in WYS House of Sunny Living (伍宜孫書院如日坊 - 多用途活動室)

Quota : 10 /per class

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

Registration:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2585379>

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

****Participants please wear sport shoes**

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

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College Announcements 宣佈事項

1. New College Member 新增書院成員

The following CUHK staff member has recently joined Wu Yee Sun College as a teacher affiliate. Warm welcome from all the Sunnies!



Professor Benoit MAYER
MPS (Science Po Paris); Maitrise (Paris I); LLM (Lyon II); LLM (McG.); PhD (NU Singapore)

Professor Benoit Mayer served as Associate Professor at the University of Wuhan before joining CUHK in 2016. He is also a Research Associate at McGill University's Hans & Tamar Oppenheimer Chair in Public International Law, a Senior Research Fellow at the Centre for International Sustainable Development Law (CISDL), an Associate Member at the National University of Singapore's Asia-Pacific Centre for Environmental Law, and a Research Fellow at the Earth System Governance project. He is the Managing Editor of the Chinese Journal of Environmental Law.

His publications include three books and more than 60 journal articles and book chapters on the international governance of climate change. His critical outlook on the concept of climate migration and his analysis of the interactions between climate change and general international law have had a growing impact on the study of international climate change law.

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2. Student Counselling & Disciplinary Committee - Next Meeting Date (3 March)

The 13th Meeting of the Student Counselling & Disciplinary Committee will be held on 3rd March 2017 (Friday) at 2:30pm. Students can approach the corresponding student members through the College Student Union if there are any suggestions or comments related to counselling and disciplinary matters.

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3. Scholarships for Academic Excellence 2016/17 年度學業優異獎學金

Master's List 院長嘉許狀
To acknowledge Top College students of each academic programme of each class, with year GPA not less than 3.5 in 2016/17 academic year
頒發予各學系及年級最優秀的書院學生, 其2016/17學年平均積點不少於3.5

HK\$10,000 Academic Excellence Scholarship 學業優異獎學金
Students with excellent academic performance - Highest Year GPA in each faculty (with not less than 3.4)
學業成績優異的書院學生 - 各學院獲最高學年平均積點及不少於3.4之學生

Quota 名額: 25
Faculty of Arts 文學院 3名 Faculty of Law 法律學院 2名
Faculty of Business Administration 工商管理學院 4名 Faculty of Medicine 醫學院 4名
Faculty of Education 教育學院 2名 Faculty of Science 理學院 3名
Faculty of Engineering 工程學院 3名 Faculty of Social Science 社會科學院 4名

HK\$5,000 Academic Improvement Award 學業成績進步獎
To recognize top 3 College students who have shown the greatest Improvement in terms of Term 1 and Term 2 GPA of 2016/17 academic year.
學業成績於2016/17學年內第一學期及第二學期有顯著進步的首三名書院學生

Application to the above scholarship is not required. Scholarship recipients will be notified in August and will be presented in the College Inauguration Ceremony in Sep 2017.
學生無需申請, 書院將於2017年8月通知各得獎同學, 並於2017年9月在書院開學禮上頒發有關獎項。
For Details 詳情:
書院網頁 > 書院生活及支援 > 獎助學金與經濟援助 > 各類型 > 學業成績獎
College Website > College Life & Support > Scholarships and Financial Aid > Sort by Type > Scholarships for Academic Excellence

查詢 Enquiries:
Miss Yolinda Wong 3943 3932 /
Ms Carol Cheng 3943 3936

To recognize college students with outstanding academic performance, the College is pleased to offer:-

Master's List - Honor Award

To acknowledge Top College student of each academic programme of each class, with year GPA not less than 3.5 in 2016/17 academic year
Quota: One student from each programme of each class will be awarded

Academic Excellence Scholarship - HK\$10,000 (Selection Criteria, Quota and Award Amount UPDATED)

To acknowledge students with excellent academic performance - Highest 2016/17 Year GPA in each Faculty (with not less than 3.4)
Quota: 25 [Arts(3), Business Administration(4), Education(2), Engineering(3), Law(2), Medicine(4), Science(3), Social Science(4)]

Academic Improvement Award - HK\$5,000

To recognize Top 3 College students who have shown the greatest improvement in terms of Term 1 & Term 2 GPA of 2016/17 academic year
Quota: 3

Application to the above scholarship is NOT required. Scholarship recipients will be notified in August and awards will be presented in the College Inauguration Assembly in Sep 2017.

For more details about eligibilities, please go to

<http://www.wys.cuhk.edu.hk/scholarships.php>

(College Life & Support > Scholarships & Financial Aid > Sort by Type > Scholarships for Academic Excellence)

Enquiries: Ms. Carol Cheng (carolcheng@cuhk.edu.hk / 3943 3936) or Miss Yolinda Wong (yolindawong@cuhk.edu.hk / 3943 3932)

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4. Your Participation in Waste Audit Trial Scheme: "All Users' Efforts" Stage 廢物審計試驗計劃: 「全民減廢」階段 -- 你的參與!



準備應付政府即將開展的廢物徵費計劃，大學成功申請環境及自然保育基金的資助，展開校內廢物徵費和廢物審計的試驗計劃，內容包括：追蹤參與計劃的單位所產生的廢物，估算廢物的徵費額及定期進行廢物審計等。透過了解廢物的組成，優化廢物管理的策略，有助進一步減廢。

伍宜孫書院為參與校內廢物徵費和廢物審計的試驗計劃的單位之一。計劃現進入「全民減廢」階段，期望透過推廣宣傳及教育工作，鼓勵每位書院成員為減廢出力。

In preparation for the government's upcoming waste charging scheme, CUHK has successfully applied for the sponsorship from the Environment and Conservation Fund to implement a trial scheme on internal waste charging and waste auditing, which includes: tracking of waste generated from participating units, estimating waste charges and conducting regular waste audits. We aim to enhance our waste management strategies through the identification of the waste composition in our waste stream, thus, to assist us to reduce waste further.

Wu Yee Sun College is one of the CUHK units participating in the waste audit trial scheme. The trial is now in the stage of "Reducing Waste Disposal through All Users' Efforts". We hope to have the input from every College member in waste reduction through promotion and education!

中大廢物管理政策和指引 - 6R 原則 (節錄) CUHK Waste Management Policy and Guidelines - 6R Principles (extract)

反思 Rethink

- 自省消費習慣；**購買前再三考慮**，並記錄廢棄物，想想是否能更有效地使用它們。
Review consumption practices; **think twice before buying** and take note of materials discarded to explore ways to use them more efficiently.

拒絕 Refuse

- **避免不必要的購買行為**，並放棄購買低質量/低耐用性、有毒或用途有限的物品。
Avoid making unnecessary purchases and forgo buying items with low quality/durability, toxic content or limited usefulness.

減少使用 Reduce

- 需要印刷時，鼓勵**縮小列印及雙面打印**，及在印刷前**先預覽列印**，確認打印範圍，減少浪費紙張。
If printing is needed, in order to reduce wastage of paper, it is encouraged **to adopt reduced and double-sided printing** and to **use print preview** to confirm the print area before printing.
- 選擇**包裝最少**的物品
Go for items with **minimal packaging**.
- 在用餐或組織活動時**不要訂購過多的食物**，份量過剩請叫「**少飯**」，避免造成浪費。
Avoid food waste when dining or organizing events **by not ordering excessive food**. Ask for '**Less Rice**' if the food portion is excessive.
- 舉辦活動時**避免使用即棄的餐具**，購買外賣時可**自備器皿**。
Avoid using disposable utensils and cutlery in your events. **Bring your own container** for takeaway food.
- 通過**選擇毒性較少或無毒的替代品**，減少有毒物質的使用。
Reduce the use of toxic materials via **choosing less toxic or non-toxic alternatives**.

重用 Reuse

- 把不需要的東西**轉贈**予有需要人士。轉贈物可放於再生園的小屋內。
Donate unwanted items to others who can make use of them. Can Place them in the huts at Yard of Environmental Sustainability (YES).
- 支持大學的「**Bring Your Own**」活動(如：水樽、食物盒、餐具)，以減少廢物的產生和棄置。
Support CUHK's '**Bring Your Own**' campaign (e.g. bottle, food container, cutlery) to help reducing waste generation and disposal.
- 「**自備水樽**」並使用飲水機補充食水，以取代購買一次性的瓶裝水。[請參閱大學的飲水機地圖，了解飲水機的位置]
Instead of purchasing single-serving bottled water, 'bring your own bottle' and refill it at water dispensers. [Please refer to the University's Water Dispensers Map for the locations of water dispensers]

維修 Repair

- 在更換物品前嘗試請合資格的技工進行**修理**。
Attempt to **repair items** by qualified technician before replacing them, whenever possible.

循環再造 Recycle

- 把可回收的物品**放入正確的回收設施**內，確保回收的物品不受污染。(一件污染物可令回收桶內的回收物不能循環再造)
Place recyclables into the correct recycling facilities. Ensure the recyclables are free from contamination (one piece of contaminated item can lead to other recyclables inside the recycle bin no longer recyclable).
- 在大學食堂/餐廳**妥善分類廚餘**，用以校內堆肥。
Support on-site composting at university canteens/restaurants **by separating food waste properly**.

校園規劃及可持續發展處網頁有更多綠色小貼士，一齊行動吧!

Check out more green tips at the website of **CUHK Campus Planning and Sustainability Office** and act now!

<http://www.cuhk.edu.hk/sustainability/en/resources/green-tips.html>

Go Green! Be Sunny!

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5. Wu Yee Sun College -The Most Popular Canteen Staff Polling (2016-17 Term 2) 伍宜孫書院飯堂最受歡迎員工選舉



Thank you very much for voting the Most Popular Canteen Staff in the past. Since the establishment of the Polling, the catering services have been improved largely. Another round of voting will be conducted in March. Please be reminded to give a vote. Let's work together to improve the catering service of College canteen.

多謝大家對書院最受歡迎飯堂員工選舉的支持，伍宜孫書院自舉辦此選舉後，飯堂服務質素不斷提升。書院於三月份繼續舉辦最受歡迎飯堂員工選舉，希望大家踴躍投票，為改善飯堂質素出一分力。

Please click onto the link below to vote for the most popular canteen staff.

(Each student/staff can vote for three canteen staff at most)

請登入以下連結投票選出你心目中最受歡迎飯堂員工(每個同學/教職員最多可投三位飯堂員工)

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2845175>

Voting period 投票日期 : 1st March to 31st March 2017

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6. Say Cheers 口腔健康標語海報創作比賽 Oral Health Poster and Slogan Making Contest - **Deadline this Tue**



為加強同學對口腔衛生的意識，伍宜孫書院現正舉辦口腔健康標語海報創作比賽。比賽設冠、亞、季軍各一名及優異獎，得獎者可獲贈書券以作鼓勵。得獎海報亦會張貼於書院宿舍及大學保健處內，進一步推廣口腔健康的消息。

With a view to raising the awareness of students on Oral Health, Wu Yee Sun College is organizing a Poster and Slogan Making Contest on Oral Health. 1st Prize, 2nd Prize, 3rd Prize and consolation prize with book coupons will be awarded to winners as tokens of appreciation. The winning posters will be put up at Hostel in the College and University Health Service (UHS) to further promote the importance of oral health.

參加者請把海報，連同你的姓名、學生證號碼及電話號碼，電郵致 valentinatsang@cuhk.edu.hk。請於電郵標題註明「口腔健康標語海報創作比賽」。書院收到作品後，會發出確認電郵予參加者。

Please submit your poster to valentinatsang@cuhk.edu.hk with your name, student ID and telephone number via email. Please mark "Oral Health Poster and Slogan Making Contest" on the subject of the email. The College will issue a confirmation email after receiving the poster.

作品要求 Poster requirement:

標語形式 Slogan: 中英均可 Chinese/English

海報大小 Poster size: A4

稿件格式 File format: JPEG

稿件大小 File size: 不大於 2M, less than 2M

截止日期 Deadline: 28/02/2017

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

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7. Wu Yee Sun Award For The Most Distinguished Graduating Student 2016/17 - Now Open for Application

2016/17 年度伍宜孫最優秀畢業生獎 - 現正公開接受申請



The prestigious **Wu Yee Sun Award For The Most Distinguished Graduating Student 2016/17** is now open to graduating students of 2016/17 for application:-

Eligibilities

- Proactive graduating students of 2016/17 academic year demonstrating the College motto by participating various activities to broaden horizon; and
- Cumulative GPA reaches 3.4 or above or Top 10% of the corresponding department; and
- Have outstanding contribution to the department / college/ university or society

Applicants are required to submit a Personal Statement of not more than 1,000 words (English or Chinese) which illustrates his/her personality & aspirations, as well as achievement in demonstrating college motto. A Letter of Recommendation written by CUHK Teacher is mandatory.

Award Amount

HK\$50,000

Online Application

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2742025>

Application Deadline

12 March 2017

For enquiries, please contact Carol at carolcheng@cuhk.edu.hk / 3943 3936 or Yolinda at yolindawong@cuhk.edu.hk / 3943 3932.

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8. Awards for Creativity, Student Development and Talents 2016/17-Now Open for Application

2016/17 年度創意、學生發展及才藝獎-現已接受申請

To recognize college students who have outstanding achievement in different areas in the academic year, the following awards are now open for application:

#	Name of Award	Award Amount
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1.	Outstanding Student of the Year Award	HK\$8,000
2.	Student Leader of the Year Award	HK\$8,000
3.	Student Leader of the Year Award (for Freshmen)	HK\$8,000
4.	Innovation and Creativity Award	HK\$8,000
5.	Social Services Award*	HK\$8,000
6.	College Services Award	HK\$8,000
7.	Outstanding Student Organization Award	HK\$10,000
8.	Outstanding Athletic Achievements Award*	HK\$10,000/8,000/5,000
9.	Outstanding Artistic Achievements Award	HK\$5,000
10.	Environmental Conservation Award	HK\$8,000
11.	Gestalt Music Scholarship	HK\$3,000
12.	Lam Ding Kwong Scholarship in Social Service	HK\$5,000
13.	Lau Cheung Kwai Lan Service Award for Residential Students	HK\$3,500

Please check out below link for more details about eligibilities. Interested students please submit online application on or before Sunday, 19th March.

<http://www.wys.cuhk.edu.hk/scholarships.php> (College Life & Support à Scholarships & Financial Aid à Sort by Type à Awards for Creativity, Student Development and Talents)

*Please note no selection interview will be arranged for “Outstanding Athletic Achievements Award” and “Social Services Award”. For the rest of the awards, only shortlisted applicants will be notified to attend selection interview.

Enquiries: Ms. Carol Cheng at carolcheng@cuhk.edu.hk / 3943 3936 or Miss Yolinda Wong at yolindawong@cuhk.edu.hk / 3943 3932

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9. Drum Set and other Music Equipment Available for Booking

WYS MUSIC TEAM

Drum Set, microphones, keyboard and amplifier
Available for Booking!

TO BE MEMBER?
SIGN THE FORM!
<https://goo.gl/AMzk0z>

FOR MORE DETAIL?
READ THE GUIDE!
<https://goo.gl/7NsF8j>

Enquiries?
Sonia (3943-3937/ soniayu@cuhk.edu.hk)
Kan (3943-9767/ kanpoon@cuhk.edu.hk)

To promote music atmosphere on campus, the College recently arranged a drum set and other music equipment at College Theatre and made available for booking. You can come for practice, rehearsal or performance! Be a Music Team member and enjoy all the fun!



- Booking Period:** Monday 19:00-22:00; Wednesday 14:00-17:00 (*except public holidays & special situations*)
Other than the time specified above, please consult College Dean of Students' Office **ONE working day prior to the proposed booking time.*
- Registration:** **BEFORE** submitting booking request to College Dean of Students' Office, applicants must
- 1) be Wu Yee Sun College Students;
 - 2) register as a member of Music Team via <https://goo.gl/AMzk0z>;
 - 3) attend a briefing about the proper use of music equipment; and
 - 4) read through the "[Rules & Regulations For Music Equipment](#)" and complete the [booking form](#)
- *For other student bodies' bookings, please follow the rules and procedures stated in the "Rules & Regulations For Music Equipment".*
- Enquiries:** Sonia (3943-3937/ soniayu@cuhk.edu.hk) / Kan (3943-9767/ kanpoon@cuhk.edu.hk)
- Updates:** The upcoming briefing will be held **at 19:00, 27th February at College Theatre.**

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10. 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 Feb - May 2017, the application is now open from 15th Dec 2016 to 18th Apr 2017.

For programmes/activities held in Jun - Sep 2017, application will be open from 19th Apr to 14th Aug 2017.

Check out the following link for more information including eligibility:

http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1481859267ExchangeandTravelGrantandLoan2016172nd.pdf

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

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11. WYS's Got Talents

Are you interested in or excellent at **photography, video-production, art & design, simultaneous interpretation** or being the **Master of Ceremonies**? Or do you have any other talents to showcase?

The College is recruiting all sorts of talents to contribute in various College events including the upcoming College Opening and Anniversary Ceremony, College Forum and Assembly...etc. 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: Miss Jane Wu (3943 3934/ janewu@cuhk.edu.hk)

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

"Meet the Dean" Hours

"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) and Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935)

"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, 8th Mar 2017

Time: 12:30 – 2:00pm

Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937) and Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935)

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13. 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**.

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

1. 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!

Upcoming Sports Activities

Stay tuned for further updates!

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

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

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2. 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 "Be Entrepreneurial!" Funding 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: Mr. Kan Poon (3943-9767 / kanpoon@cuhk.edu.hk)

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

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 (<i>whichever is lower</i>)
		#Participating in organized programmes	HK\$8,000 or 80% of particular items (<i>whichever is lower</i>)
Long-term	One to six months	Self-initiated programmes	HK\$15,000 or 100% of particular items (<i>whichever is lower</i>)
		#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 Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk) now if you have any ideas in mind. Know more about the [details](#) and [apply](#) here!

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



服務學習項目資助計劃
Service-learning Project Funding Scheme

想在四年大學生活中策劃一些有意義的服務學習活動?
本計劃可讓你實現理想!
你可以選擇你的服務對象、地點、時間、行程,
實踐由自己一手策劃的服務學習項目。
從服務中學習,從實踐中了解世界!

資助金額
HK\$5,000 - \$80,000

計劃詳情: <http://www.wys.cuhk.edu.hk/index.php/en/student-life/funding-schemes/331-service-learning-project-funding-scheme>
申請辦法: 填妥申請表並附上計劃書及相關文件至書院辦公室
查詢: Katie 余秋萍小姐 (3943 3935 / katieyu@cuhk.edu.hk)

伍宜孫書院 WU YEE SUN COLLEGE TAKE the INITIATIVE to make your service-learning projects come TRUE!

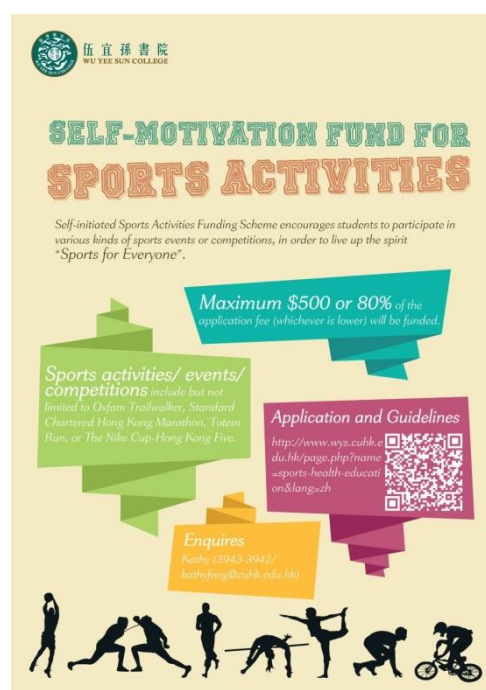
If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College's [Service-learning Project Funding Scheme](#) supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project.

Learn to serve and serve to learn! Please visit the [website](#) for more info.

Enquiries: Katie (katieyu@cuhk.edu.hk / 3943 3935)

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



伍宜孫書院 WU YEE SUN COLLEGE

SELF-MOTIVATION FUND FOR SPORTS ACTIVITIES

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

Maximum \$500 or 80% of the application fee (whichever is lower) will be funded.

Sports activities/ events/ competitions include but not limited to Oxfam Trailwalker, Standard Chartered Hong Kong Marathon, Totem Run, or The Nike Cup-Hong Kong Five.

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

Enquires
Kathy (3943-3942 / kathyfong@cuhk.edu.hk)

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: Kathy (3943-3942/ kathyfong@cuhk.edu.hk)

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6. 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.

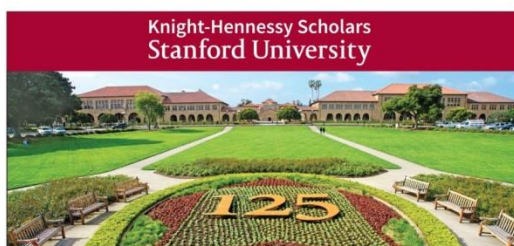
For more info, please visit: <http://www.wys.cuhk.edu.hk/exchange.php?lang=zh&cat=others>

For enquiries, please contact Miss Katie Yu at katieyu@cuhk.edu.hk or 3943 3935

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

1. Knight-Hennessy Scholars Program (tenable at Stanford University) - Information Session



**Knight-Hennessy Scholars
Stanford University**

Each year up to 100 high-achieving students with demonstrated intellect, leadership potential and civic commitment will receive full funding to pursue a graduate education at Stanford.

CUHK Information Session

- Date: 3 March 2017 (Friday)
- Time: 3:00 pm – 4:00 pm
- Location: Cho Yiu Hall, G/F
University Administration Building
The Chinese University of Hong Kong

Register by **28 February 2017** at the online form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2892024>) of the Office of Admissions and Financial Aid, CUHK (<http://www.oafa.cuhk.edu.hk>).

Join us to learn more about the Knight-Hennessy Scholars Program

- Meet the program's faculty director and dean of admission
- Learn about the admission process and criteria
- Get your questions answered

<https://knight-hennessy.stanford.edu>

Starting in fall 2018, Stanford University will offer the **Knight-Hennessy Scholars Program** (<https://knight-hennessy.stanford.edu/>) through which a group of **100 high-achieving students** from around the world with demonstrated leadership and civic commitment will be selected annually. The Scholars will receive **full funding to pursue a wide-ranging graduate education at Stanford**. The Program welcomes applications from those who earned their bachelor's degree in 2013 or later and will enroll in a full-time graduate program at Stanford in 2018 or later. Students still studying for their first degree are eligible to apply as long as they complete their bachelor's degree before enrolling as a graduate student at Stanford. The Program for 2018 Entry will open for application from May to September 2017.

If you are interested in the Knight-Hennessy Scholars Program, please join the upcoming Information Session during which you will:

- Meet the program's faculty director and dean of admission
- Learn about the admission process and criteria
- Get your questions answered

Date: 3 March 2017 (Friday)

Time: 3:00 pm – 4:00 pm

Venue: Cho Yiu Hall, G/F, University Administration Building (UAB), CUHK (Photo indicates the entrance of UAB:

http://www.oafa.cuhk.edu.hk/oafa_media/article/scholarships-financial-aid/UAB.jpg)

Online registration:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2892024>

To reserve a seat for the Information Session, please complete and submit **by 28 February 2017** the online registration form. Confirmation will be sent to you by SMS and email **on 1 March 2017**.

For enquiries about the Information Session, please contact our Oafa at sfas@cuhk.edu.hk or 3943 7204.

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2. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2016/17

CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature aims to encourage and recognize the excellence of research, analysis, and writing by the students of CUHK in the use of primary sources and rare materials held by the Hong Kong Literature Collection of The Chinese University of Hong Kong Library (CUHK Library). Applicants can visit the website of CUHK Library for the information on Hong Kong Literature Collection (香港文學特藏) at http://www.lib.cuhk.edu.hk/tc/collections/spc/theme/hk_lit.

Number and Value of Scholarship

There will be two scholarships of HK\$10,000 each. The scholarship recipients should be able to demonstrate their strong competence in using the Hong Kong Literature Collection for their outstanding research papers on Hong Kong literature and related fields. No award will be granted if there is no suitable candidate.

Eligibility

Applicants must:

- be full-time students taking undergraduate / research postgraduate programmes;
- submit a research paper / thesis / dissertation * on Hong Kong literature and related fields; and
- submit a statement in 500-800 words, written in either English or Chinese, on how to make use of the Hong Kong Literature Collection for the research paper / thesis / dissertation.

* For research paper, thesis and dissertation written in language other than English or Chinese, applicants are required to translate the academic works into either English or Chinese for submission.

Selection Criteria

A panel will meet to review applications and take into account the following during selection:

1. The originality, quality of analysis and interpretation of the research paper.
2. The excellence of writing style and thoroughness of documentation of the paper.
3. The extent and effectiveness of the applicant's use of the Hong Kong Literature Collection in the research.

Application Procedures

Information on the Scholarship and its application form can be downloaded from the website of our Office at <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid > Open for Application).

Completed application form together with all requisite documents should be submitted **in person** to the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park during office hours (Monday – Friday 8:45 a.m. - 1:00 p.m. and 2:00 p.m. - 5:30 p.m. except Public Holidays) **on or before 30 June 2017**. **Late or incomplete applications will NOT be considered**. Please refer to Notes for Applicants attached to the application form for the requisite documents to be submitted by the applicants.

Selection results will be announced by August 2017.

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3. Outward Bound Undergraduate Programme by OSA

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 22 - 28 May (Monday to Sunday) at the Outward Bound Hong Kong training base. The original fee is HK\$7,200. With the sponsorship of the Providence Foundation, students now only have to pay **HK\$1,480 (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 http://www.cuhk.edu.hk/osa/outwardbound_application.doc. Completed application form, together with all necessary documents, should be submitted to the Student Services Centre on 1/F, Benjamin Franklin Centre on or before **28 February 2017 (Tuesday)**.

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

Any enquiry could be directed to Mr. Szeto of the Student Activities Section at 3943 5909 or email to szetofung@eservices.cuhk.edu.hk.

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4. Walk the Hong Kong Spirit 港毅行·港精神



The poster for 'Walk the Hong Kong Spirit' features a green and white color scheme. At the top, it lists the organizers: Hong Kong Economic and Trade Office, Brussels and Hong Kong Professionals And Senior Executives Association. The main title is '「港毅行·港精神」 WALK THE HONG KONG SPIRIT'. Below this, it states '慶祝香港特別行政區成立二十周年' and '代表香港青年 挑戰比利時毅行'. The poster also mentions '獲選者可獲全數資助參加8日海外交流及參賽費用'. The bottom section includes '活動目的 Objectives', '主辦機構 Organisers', '參加資格 Entry Requirements', '甄選及訓練 Selection and Training', and '報名辦法及截止日期 Application'. Logos of supporting organizations like Cathay Pacific, CDS, Hagiöls, DEFAM, and Protrek are at the bottom.

To promote youth exchange between Hong Kong and Europe, the Hong Kong Economic and Trade Office, Brussels and Hong Kong Professionals And Senior Executives Association will support 20 Hong Kong young people to participate in the event of “Walk the Hong Kong Spirit”, on the special occasion of the 20th Anniversary of the Establishment of Hong Kong Special Administrative Region. **The participants will visit Belgium for a 8-day trip and the programme will include the participation in the Oxfam Trailwalker event to be held in Belgium on 26th and 27th August 2017, exchanges with local young people and visits to European and/or Belgian companies and organizations.**

Eligibility:

1. With a valid Hong Kong permanent identity card
2. Born between 1st July 1997 and 30th June 1998, both dates inclusive

Application:

Please submit application at <http://bit.ly/2iYN0vX> on or before 28th Feb, 2017.

More information:

<https://www.facebook.com/walkthehkspirit/?fref=ts>

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5. Summer Subsistence and Travel Loan Scheme 2016/17

The Summer Subsistence and Travel Loan Scheme is to provide interest-free loan to needy full-time local undergraduate students who will participate in academic exchange programmes abroad in summer of current academic year / term time of next academic year or to those who will join other extra-curricular activities or academic training / programmes in summer.

Students should complete and submit online application in CUSIS from 1 February to 15 March 2017. They are also required to submit the supporting documents as specified on Section 12 of the online application form to The Office of Admissions and Financial Aid (OFA) at Room 1206, 12/F, YIA during the period from 15 to 17 March 2017. For application details, students may visit www.oafa.cuhk.edu.hk for more information.

For enquiries, please contact Oafa at 3943 1898 / 3943 7205.

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6. Scholarships for Overseas Studies

The following overseas scholarships are now open for application. Information on the awards and/or application forms could be obtained from www.oafa.cuhk.edu.hk (Scholarships & Financial Aid à Open for Application).

For postgraduate studies

No.	Name of Scholarship	Closing Date for Application
1.	The Japan Society of Hong Kong Scholarship 2017	10 February 2017 (by 5:00pm)
2.	University of Bristol Post-Graduate Scholarship 2017/18	28 February 2017
3.	Master of Applied Positive Psychology Scholarship 2017/18 (Tenable at the University of Pennsylvania)	1 March 2017
4.	Dan David Prize – Scholarship Applications 2017	10 March 2017
5.	The University of Birmingham Hong Kong Postgraduate Scholarships 2017	31 March 2017
6.	CEU MSc in Finance Scholarship 2017	1 April 2017
7.	China Oxford Scholarship Fund 2017/18	15 April 2017

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7. Fuji Xerox (Hong Kong) Limited/HKMA Leadership and Management Seminar Series 2017

The poster for the HKMA Leadership and Management Seminar Series 2017 features a blue background with white and yellow text. At the top, it identifies the event as '2017 領導管理系列 研討會' on Friday, March 17, 2017. A portrait of Mr. Paulo Pong is shown on the left. The main text discusses the challenges of entrepreneurship and innovation. Key details include the date, time, and venue. A blue box highlights '3 小時' (3 hours) for the seminar. Fees are listed for HKMA members (\$480) and non-members (\$680). A special offer of 5 complimentary seats for students is mentioned. The bottom of the poster lists various sponsors and partners, including Fuji Xerox, CLP, FedEx, and others.

Guest of Honour: Mr Paulo Pong, Founder and Managing Director, Altaya Group (大亞洋酒董事總經理及創辦人龐建貽先生)

Date: Friday, 17 March 2017

Time: 3:30 am – 5:00 pm

Venue: CYMA Charity Fund Management Development Centre, Room 201, 2/F, PICO Tower, 66 Gloucester Road, Wanchai, Hong Kong

Language: Cantonese

5 complimentary seats will be offered for our students. Interested students please complete application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2810115> on or before 28th Feb, 2017.

Enquiries: Miss Jane Wu (3943-3934 / janewu@cuhk.edu.hk)

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8. Student Residency Bursary Scheme 2016/17 (for students who reside in hostel for the second term only)

To be eligible to apply for the CUHK Student Residence Bursary, 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 an average monthly household income of roughly less than \$20,000 (during 1st Apr 2015 to 31st Mar 2016); and
- (4) not be able to benefit from Community Care Fund (CCF) hostel subsidy or receive less than \$1,000 per semester under the CCF hostel subsidy.

The value of bursary will be maximum \$1,000 per term. Eligible students who live in hostel for the second term only should submit their online application via CUSIS from 9th January – 28th Feb 2017. Applicants are required to print out Section 8 of the online application form and submit together with supporting documents to the College Office on or before 28th Feb 2017. Students who reside in hostel for whole year and have submitted their applications in the first term need not submit their application again. For more details, please visit <http://www.oafa.cuhk.edu.hk>

For enquiries, please contact the Office of Admissions and Financial Aid at 3943 1898.

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9. 網上心理健康計劃－《心導遊》

(由香港中文大學心理學系舉辦)

此為香港中文大學心理學系多元文化及全人健康研究室之研究項目
由良物及衛生局《輔導衛生研究基金》資助 (研究編號: 12120/11)



預防抑鬱症及
焦慮症的網上研究計劃

本計劃的參加者必須符合以下條件*:

1. 年滿十八歲或大學生
2. 能夠閱讀及理解廣東話
3. 具高風險會患上抑鬱症或焦慮症
4. 未曾獲診患上抑鬱症、躁狂抑鬱症、廣泛焦慮症、
精神分裂症譜系疾患或有自殺傾向人士

*此項合資者須於香港中文大學進行簡單的見面評估

網上登記:
<http://www.psy.cuhk.edu.hk/tourheart/>

首180名合資格參加者，於完成課程及課後各階段評估後，均可獲得\$100，最高合共\$300之答謝金。(答謝金將為現金或同等金額的現金券)

如有查詢，歡迎於辦公時間致電多元文化及全人健康研究室研究助理 黃小姐 3943-4189 或電郵 swywong@psy.cuhk.edu.hk



簡介:

在忙碌的都市生活中，你有覺得疲累、心情低落，或是不安、焦慮嗎？工作上的責任和重擔，有令你感到負荷不來嗎？你覺得沒有時間，但又想為到自己既心理健康做些什麼？《心導遊》是一個為期八至十個星期的網上心理健康研究計劃。目的旨在提升大眾生活質素及心理健康，並預防廣泛性焦慮症及抑鬱症。在心導遊這個旅程之中，我們會從旁輔助你。希望你在過程之中，學習、練習、以及反思，並預備好去面對充滿未知、驚喜以及挑戰的人生。

詳細內容：

i) 對象：18 歲以上，能閱讀及理解廣東話，能閱讀及理解廣東話，具高風險會患上抑鬱症或焦慮症，而未曾確診患上抑鬱症、躁狂抑鬱症、廣泛焦慮症、精神分裂症譜系疾患或有自殺傾向的人士參加。

ii) 《心導遊》包括了三個不同的課程：思緒遊、靜觀遊、知識遊。合資格的人士將會被隨機分派到以上三個課程的其中一個，每個課程為期約六個星期。參加者只需每星期花約半小時，就能提升自己的心理健康或對心理健康的認識。

iii) 參加者需於課前、第六節課後、完成課程後三個月及九個月後於網上填寫有關精神健康的問卷以檢討計劃成效。

iv) 為鼓勵參與，首 180 名完成課程及課後各階段評估的參加者，可獲得港幣\$100，最高合共\$300 的答謝金（答謝金將為現金或同等金額的現金券）。答謝金將於會面評估後派發。

有興趣參加的人士，可於網上登記（<http://www.psy.cuhk.edu.hk/tourheart/>），並填寫一份簡單問卷。我們將會預約初步合資格的參加者到香港中文大學進行簡單的會面評估，以確定符合參加條件。

如有查詢，歡迎於辦公時間致電多元文化及全人健康研究室研究助理 黃小姐 3943-4189 或電郵 swywong@psy.cuhk.edu.hk。

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