If you have problems viewing CHINESE words in this email, please right click the mouse and choose Encoding and then Unicode (UTF-8).

You can also contact Mr. Kan Poon at kanpoon@cuhk.edu.hk or 3943 9767 for technical support.



# Sunny Review 上周回顧

- 1. <u>Hostel Night Talk by Professor Lam Chiu-ying, Former Director</u> of Hong Kong Observatory
- 2. International Cultural Festival---German Movie Night
- 3. Strive for the Teams Inter-collegiate Competition 為團隊而奮 鬥一院際比賽
- 4. WYS x NIKE+ Training Club Strengthen Your Body 肌力訓練
- 5. clab X Exploration Theatre Drama Performance
- 6. <u>College students awarded in SDPA Prize Presentation</u> <u>Ceremony</u>

# College Activities 書院活動

- 1. 陝西歷史文化之旅 <New>
- 2. 第十三屆哈爾濱工業大學小衛星學者計劃一中俄友誼之旅 <New>
- 3. Spanish Language & Cultural Tour <New>
- 4. 仁澤服務學習計劃:雲南服務學習之旅 <New>
- 5. <u>Summer Overseas Language Programme 2016-17 The University of Western Australia (UWA) < New > </u>
- 6. 「紅葉。攝影。生態旅遊」及攝影比賽 Eco-tourism on Red Leaves and Photography Competition < New >
- 7. 語文文化桌: 廿一世紀的土豆遇上十七世紀的土豆
- 8. Landscape Painting Workshop
- 9. International Cultural Festival Spanish Cooking Class -

## Deadline this Thur

10. <u>International Cultural Festival - Salsa Dance night - Deadline</u> this Fri

## 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
- 2. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃
- 3. Global Learning Award Scheme (Summer Round) 寰宇學習獎勵 計劃 (夏季)
- 4. Service-learning Project Funding Schem 服務學習項目資助計劃
- 5. <u>Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃</u>
- 6. Mingle Fund (English only)

#### College Announcements 宣佈事項

- 1. <u>clab College Folder Design Competition</u> <u>創意實驗室 書院文件</u> 夾設計比賽 <New>
- 2. <u>Locker Application for 2017 Summer 書院儲物箱申請 (2017 年暑</u>期) <New>
- 3. <u>Wu Yee Sun Award For The Most Distinguished Graduating Student 2016/17 Now Open for Application</u> Application close on 12 March

<u>2016/17 年度伍宜孫最優秀畢業生獎 - 現正公開接受申請 - 3 月 12 日</u> 截止申請

- 4. <u>Scholarships for Academic Excellence 2016/17 年度學業優異獎學</u> 金
- 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
- 6. <u>Awards for Creativity, Student Development and Talents</u> 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

- 7. Drum Set and other Music Equipment Available for Booking
- 8. Exchange and Travel Grant/Loan 2016/17
- 9. WYS's Got Talents
- 10. "Meet the Dean" Hours & Lunch Gathering 輔導長時間及午餐 聚會
- 11. Student Pastoral Care

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

- 1. HCMS Scholarship 2016/17 Presentation Seminar on "My Way, My Say: Defining & Achieving Career Success" <New>
- 2. <u>CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2016/17</u>
- 3. Summer Subsistence and Travel Loan Scheme 2016/17
- 4. Scholarships for Overseas Studies
- 5. 網上心理健康計劃-《心導遊》





1. Hostel Night Talk by Professor Lam Chiu-ying, Former Director of Hong Kong Observatory



The College is honoured to have invited Professor Lam Chiu-ying (林超英教授), Former Director of Hong Kong Observatory (香港天文台前台長) and Adjunct Professor at the Department of Geography and Resource Management (地理與資源管理學系客座教授), to give a hostel night talk on the topic "Happy Conservationists Against Great Odds 屢敗屢戰的開心保育人" in the evening of 1st Mar.





College Master Professor Rance P.L. Lee (李沛良教授), Chairman of College Student Hostels Committee and Warden of Student Hostel West Block Professor Pun Kong-pang (潘江鵬教授), Chairman of College Campus Environment Committee Professor Chau Kwai-cheong (鄒桂昌教授), Associate Dean of Students Dr. Lancelot W.H. Mui (梅維浩博士), and College Secretary and Warden of Student Hostel East Block Ms. Sandy P.S. Lee (李珮珊女士) attended the talk together with close to 30 College students, staff members and friends. Professor Lam shared with participants the enlightenment he experienced from birdwatching, and how he developed his sense of understanding, and ultimately his passion for the nature from there. Despite the difficulties and challenges faced, his positive attitude keeps him going, making him happy with what he can achieve and not frustrated by what he can fail in. At the end of the talk, the College was proud to present two batches of cherry tomatoes planted by Green Team at the Rooftop Garden as a token of appreciation to Professor Lam!





## (Back to top)

#### 2. International Cultural Festival---German Movie Night



Students enjoyed a famous German movie called "Good bye Lenin!" in the Lounge at 2<sup>nd</sup> Mar night and Dr. Stephan Hyeonjun Stiller was the moderator of the event. Professor Annisa C.H. Lee (李賴俊卿教授), College Dean of Students and Dr. Lancelot W.H. Mui (梅維 浩博士), Associate Dean of Students were also present. After watching the movie, participants gained more insight of the life of Germans during the reunification of East Germany and West Germany.

# (Back to top)

## 3. Strive for the Teams - Inter-collegiate Competition 為團隊而奮鬥一院際比賽

The Inter-collegiate Competitions of Badminton, Table Tennis and Tennis were completed in the past weekends. Although our College teams have not advanced further, the tremendous effort they paid and strong team spirit are much appreciated. We are very proud of their perseverance and passion!





Photo Credit: Sunzine (Back to top)

4. WYS x NIKE+ Training Club - Strengthen Your Body 肌力訓練



Strength training is essential in building body muscles and burning fat. A group of students therefore joined our strength session with NIKE+ Training Club on 27<sup>th</sup> Feb. The series of resistance trainings were good for participants' metabolism, hence helping them build a stronger body. Keep working out!



5. c!ab X Exploration Theatre Drama Performance



To increase students' awareness and understanding on urban renewal and revitalization, one of the most controversial social topics recently, clab invited Exploration Theatre (赫墾坊劇團), led by Mr. Karley Ng (吳家禧先生), Artistic Director, and his team to host a drama performance (由 6.5 到 56) in the Lounge, House of Sunny Living on 27th Feb. In the drama, the main character who had migrated from HK to another country when he was 6, came back after fifty years and tried to re-visit the place where he was born. However, he found out that most of the buildings as well as local cultures in HK have faded away dramatically. The drama let the audience re-think the effectiveness and true meaning of revitalization and rehabilitation nowadays.



After the show, Mr. Ng also shared with students and staff members on how they use drama as a channel to conduct community education by bringing out social issues in a more casual and interesting way. Some of our Sunnies were interested on Mr. Ng's upcoming workshops and activities and would like to take part in some of them as well.





(Back to top)

6. College students awarded in SDPA Prize Presentation Ceremony



Two groups of student teams mainly formed by our Sunnies with other CUHK students attended the Prize Presentation Ceremony of the Sustainable Development Promotion Award for Students of Higher Education Institutions (SDPA) at 26<sup>th</sup> Feb afternoon to receive their awards and share their project ideas to the public in the Fortune Metropolis Mall in Hung Hom.

Launched by the Council for Sustainable Development (SDC) of Environment Bureau (ENB), the SDPA aims to raise the awareness of sustainable development among youngsters and encourage them to engage in sustainable practices in their daily lives and spread the messages to their friends and families.



The Ceremony was officiated by members of the Education and Publicity Sub-committee of the SDC(可持續發展委員會教育及宣傳工作小組), Professor Nora Tam (譚鳳儀教授), Dr. Thomas Yau (邱宗祥醫生) and Mr. Stephen Wong (黃元山先生) to recognize students' innovative ideas and efforts on promoting sustainable development and environmental protection.

The project team "Knowledge Vending", members including our College students Lau Ka-yu (劉珈余, GLEF/2), Ng Ka-yi (吳嘉怡, PSYC/2) and Ng Wai-lam (伍慧琳, IBBA/2), which aims to enhance students' civil awareness by producing a machine with a question bank of global issues and displaying impressive photos and statistics, won the **Proposal Award and Implementation Award.** 



"V'air – sustain HK", formed by Chung Sum-yue (鍾芯豫, GRM/2), Lui Wai-shan (呂瑋珊, CHL/2), Yeung Tsz-chun (楊子雋, GRM/4), and a HKUST student, which is an Airbnb-style platform that encourages local travel by allowing people to list local tours available, and engaging with secondary school students to re-discover more HK tourism spots to promote the message of cherishing natural environment also won the **Proposal Award**.



Our heartiest congratulations to the awarded students!





#### 1. 陝西歷史文化之旅



如果你想看古跡,穿漢服,看中國傳統藝術表演,「陝西歷史文化之旅」就非常適合你,詳情如下:

日期: 2017年7月15日至22日(8日)

**地點**: 西安 **行程(暫定)**:

- 到訪「袁家村」參觀新農村建設
- · 到中學義教
- ・ 秦腔表演
- 漢服體驗
- · 參觀古蹟,例如:兵馬俑、钟鼓楼、城墙、碑林......
- · 品嚐特色美食

語言:普通話

名額:10人(本地生優先; 視乎報名情況進行篩選或面試)

費用:港幣 1,000 元正 (參加者須隨團往返)

按金:港幣 500 元正 (出席簡介會並按要求完成活動者可獲

全數退回)

## 報名方法:

https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2

**截止報名時間**: 2017年3月17日中午12時正

#### 查詢:

方凱麒小姐 (<u>kathyfong@cuhk.edu.hk/</u> 3943 3942) 余秋萍小姐(<u>katieyu@cuhk.edu.hk/</u> 3943 3935)

# 註:

- 1. 参加者須按書院安排於7月22日陪同和接待西安交 通大學的學生到書院進行回訪;
- 2. 参加者將自動由書院代為申請香港教育局「專上學 生內地體驗先導計劃」,而每名中大全日制本科生 只可於在學期間受惠一次。

## (Back to top)

# 2. 第十三屆哈爾濱工業大學小衛星學者計劃一中俄友誼之旅



如果想認識俄羅斯和小衛星科技,就不要錯過「第十三屆哈爾濱工業大學小衛星學者計劃—中俄友誼之旅」,它能讓你大開眼界,增進你的學術知識,亦將你與不同地域的年輕人連繫起來,建立友誼。詳情如下:

日期: 2017年6月7日至16日 (10天)

地點: 哈爾濱、俄羅斯

**暫定行程** (或按實際情況有所更改,一切按哈爾濱工業大學 之安排為準)

- 哈爾濱:「哈工大與小衛星」專題講座;參觀哈爾濱工業大學博物館、航太館、中央大街、哈爾濱索菲亞教堂、防洪紀念塔及侵華日軍第七三一部隊罪證陳列館等
- 俄羅斯:分三組前赴<u>符拉迪沃斯托克(海参崴)、哈巴罗夫斯克(伯力)</u>、<u>布拉戈维尔申斯克(布市)</u>進行參觀和到訪大學

語言:普通話及英語

名額:10人(本地生優先;視乎報名情況進行篩選或面試) 費用#:香港至哈爾濱之<u>半額</u>交通費(書院或大學將半額資助

交通費,上限 HK\$3,000; 參加者自行購票)

按金: HK\$500 (出席行前簡介會並按要求完成分享活動者將 獲全額退回)

# 報名方法:

https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2964290

**截止報名日期**:2017年3月17日中午12時正 **行前簡介會**:4月3日上午9時30分(必須出席)

## 查詢:

方凱麒小姐 (<u>kathyfong@cuhk.edu.hk/</u> 3943 3942) 余秋萍小姐(<u>katieyu@cuhk.edu.hk/</u> 3943 3935)

#### 註:

- 1. 哈爾濱工業大學提供交流期間的城市間交通費、住 宿、餐飲及參觀門票等費用,其他個人開支由參加者 自行負責;
- 2. 参加者必須持有**香港特區護照或澳門特區護照或中國** 護照,以及**多次往返回鄉證**,有效期爲 6 個月以上, 其他護照如英國國民海外護照(BNO)、香港特別行 政區簽證身份書(DI)及其他地區國家護照將不接受 報名;
- 3. 參加者將自動由書院代為申請香港教育局「專上學生 內地體驗先導計劃」,而每名中大全日制本科生只可 於在學期間受惠一次;
- 4. 同行包括香港其他大專院校學生。

#### (Back to top)

## 3. Spanish Language & Cultural Tour



Hola! If you are looking for a chance to visit Spain, explore Spanish culture and learn Spanish, the third popular language worldwide, you should grab the opportunity now. Trip details are as below:

**Date:** 03-16 July 2017 (14days) **Destination**: Malaga, Spain

University: University of Malaga (Centro Internacional De Espanol)

Leading Teacher: Miss Maria Consuelo VEGA LEON

Program Content: Spanish Course; Cultural Activity: Tour in Malaga; Cultural Exploration and Excursion; Mini-Project & Free Time

Quota: 15

Deposit\*: HKD 1,500

Registration: <a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2952744">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2952744</a>

Registration Deadline: 12nn, 17 March 2017

Pre-trip meetings: 18 April, 6:30pm-8:30pm; 16May, 2:30pm-4:30pm

\*refundable with full attendance of 2 pre-trip meetings, course and project completion and fulfill requirement on student sharing

## **Enquiries:**

Miss Kathy Fong (3943 3942 / <u>kathyfong@cuhk.edu.hk</u>) Miss Katie Yu (3943 3935 / <u>katieyu@cuhk.edu.hk</u>)

## Fee coverage:

Item	College Subsidy	Self-paying
# 45hour Spanish language course (within A1, A2 level)	✓	
Accommodation		
(host-family)	✓	
Selected cultural activities (eg. Tour in Malaga)	✓	
Guided excursion	✓	
Airfare (Round-trip ticket)		✓
Daily Expenses & miscellaneous		✓

#### 4. 仁澤服務學習計劃:雲南服務學習之旅



本活動的重點是到訪**雲南魯甸地震災後舊址**,瞭解災後重建工作,並為婦女、老人、兒童策劃服務,亦會**與當地社會工作服務中心交流**,走訪當地社區,並認識**內地返鄉青年如何建設家鄉**,當然少不了**欣賞魯甸歷史人文自然風光**。心動不如行動,立即報名吧!

## 活動詳情

日期:2017年5月21至5月30日(10日)

地點:雲南

接待院校:雲南大學

申請資格:伍宜孫書院全日制本科生( 只限本地生 )

名額:16人(視乎報名情況按申請表內容進行篩選或面試)

費用:港幣 1,500 元正 按金:港幣 500 元正\*

報名:<a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2965415">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2965415</a>

截止報名日期: 2017年3月17日中午12時正

面試時間:3月22日上午

# 預備會議

3月28日 (7:30pm - 9:30pm)

4月13日 (6:45pm - 9:30pm)

4月25日 (6:30pm - 9:00pm)

5月16日 (2:30pm - 5:00pm)

# 檢討會議

6月21日 (6:45pm - 9:30pm)

\*参加者需出席最少80%預備及檢討會議方可取回按金

## 查詢

余秋萍小姐(katieyu@cuhk.edu.hk/3943 3935)

5. Summer Overseas Language Programme 2016-17 - The University of Western Australia (UWA)



Have you thought of getting a taste of foreign education and culture? Or living in a city abroad as a student? This summer, the College Language Programme offers you a chance to enhance your language skills and broaden your horizons in Australia. An exciting summer experience is waiting for you! Prior to arriving in Australia, you will be sent an online placement test so that the class teachers will plan lessons according to your proficiency. During the 3-week summer programme, you will attend the morning classes with weekly theme to improve your English proficiency. You will also participate in formal debates using relevant, logical and cohesive arguments. In the afternoon, you will have opportunities to attend the UWA lectures. You can also meet up with students from the Australia China Youth Association (ACYA) for cultural exchange. Different cultural excursions will be included.

**Date:** 29 July to 19 August 2017

**Programme Fee (HKD):** around \$29,000

College Subsidy: around 30% **Programme fee covers:** 

- ✓ Tuition
- ✓ Round-trip Air Tickets
- Accommodation
- Meals (breakfast & dinner)
- ✓ Excursions (e.g. Perth City, Fremantle Prison, Kings Park, Swan Valley)

#### Please click <u>here</u> to view the detailed programme schedule :

\*The College reserves the right to make changes in fees, schedules, and courses without notice, and to cancel courses if enrollment if insufficient

## **Programme Registration:**

https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=29627

Deadline: <u>17 March 2017</u>, 12:00nn Interview may be required.

Students who have financial need can apply for extra financial support from the College Exchange and Travel Grant/Loan: http://www.wys.cuhk.edu.hk/cms/wpcontent/files\_mf/1481859267ExchangeandTravelGrantandLoa n2016172nd.pdf

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

## (Back to top)

6.「紅葉。攝影。生態旅遊」及攝影比賽 Eco-tourism on Red Leaves and Photography Competition





集合地點及時間 Gathering Time and Location:

9:30 am @ 伍宜孫書院大堂 College Gallery, Wu Yee Sun College 9:40 am @ 大學港鐵站 University MTR Station

\* 约下午2時回程,故請自備輕便午餐及足夠食水 Journey back at 2:00pm. Please prepare your own light lunch and sufficient water.





查詢 Enquiry:Andy (3943 3941 / andy\_cheung@cuhk.edu.hk)

<mark>賞紅葉</mark>=日本=燒錢?錯!Green Team 帶你免費賞紅葉之 餘,再送上紅葉生態學及生態旅遊的講解!未夠吸引?活動 過後還有攝影比賽,獎品豐富,萬勿錯過!

Why spend thousands of dollars to fly to Japan for red leaves when you can see the same in Hong Kong FOR FREE? Join the College Green Team to admire the beauty of the nature and learn about the ecology and eco-tourism of red leaves! Don't forget to bring your camera and participate in the **Photography Competition!** 

\*\*\* 紅葉之旅 Red Leaves Eco-tour \*\*\*

日期 Date: 18/3/2017 (星期六 Saturday)

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

9:30 am @ 伍宜孫書院大堂 College Gallery, Wu Yee Sun College

9:40 am @ 大學港鐵站 University MTR Station \*約下午2時回程,故請自備輕便午餐及足夠食水 Journey back at 2:00pm. Please prepare your own light lunch and sufficient water.

#### 目的地 Destination:

大埔滘自然護理區草山 Grassy Hill, Tai Po Kau Nature Reserve

#### 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 26 個,先到先得 First-come First-served, 26 places max.):

https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2954705

# 查詢 Enquiry:

Andy (3943 9768 / andy\_cheung@cuhk.edu.hk)

# \*\*\* 攝影比賽 Photography Competition \*\*\*

#### 詳情 Details:

http://www.wys.cuhk.edu.hk/cms/wp-content/files\_mf/1488427385GreenTeamPhotoContest\_Details.pdf

#### 獎項及獎品 Awards and Prizes:

「生態攝影」項目及「活動花絮攝影」項目均設以下獎項 Awards and prizes for the category "Ecology" and "Activity Snapshot" respectively:

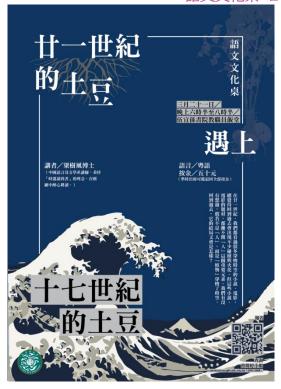
respectively:	
獎 項 Award	獎品 Prize
冠軍 (1名) Champion	港幣一千元書券 Book vouchers
	worth HK\$1,000
(1 place)	
亞軍 (1名)1st	港幣八百元書券 Book vouchers
Runner-up	worth HK\$800
(1 place)	
季軍 (1名) 2nd	港幣五百元書券 Book vouchers
Runner-up (1 place)	worth HK\$500
優異獎 (3名) Merit	港幣一百元書券 Book vouchers
Award (3 places)	worth HK\$100
` ' '	



# 提交参賽作品 Entry Submission Link: (18.03.2017 - 02.04.2017)

https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2959323

# 7. 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

地點: 伍宜孫書院教職員飯堂

語言: 粤語

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)



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

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)

## (Back to top)

## 9. International Cultural Festival - Spanish Cooking Class - Deadline this Thur



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)



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)

\*\*Participants please wear sport shoes

**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.

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

#### (Back to top)



1. clab - College Folder Design Competition 創意實驗室 - 書院文件夾設計比賽



創意實驗室現正舉辦書院文件夾設計比賽,歡迎所有伍宜孫同學參加! Creativity Lab is organizing a Folder Design Competition and all College students are welcome to join!

## 規則 Rules

設計必須包括以下項目,否則將被取消資格。

The design must contain the following items; otherwise, the submission will be disqualified.

- 1. 書院院徽 College Emblem
- 2. Sunny College Logo
- 3. 「Wu Yee Sun College」或「伍宜孫書院」字; wordings "Wu Yee Sun College" or "伍宜孫書院"
- 4. 中大校徽 CUHK Emblem

# 指引 Guidelines

- 以綠色及其他書院主色(請參照以下連結)為主調,以「Sunny」、「Creative」、「Energetic」及「Go Green」為主題帶出書院陽光活力的精神

Use green and other College colour (pantone can be downloaded via the link below) as theme colour for the design to show the College spirit, such as Sunny, Creative, Energetic and Go Green

- 尺寸 Size: A4 (22cm X 31cm) X 2 (底面 Front & Back)

所有設計資料可於此處下載 All necessary materials can be downloaded at: <a href="https://goo.gl/9V18ZS">https://goo.gl/9V18ZS</a>

# 獎品 Prizes

冠軍 Champion - 書券價值港幣一仟元,該設計亦會用於製作書院文件夾 Book coupon HK\$1,000 and the design will be used for the College Folder \*

<u>亞軍 1st runner up</u> - 書券價值港幣六佰元 Book coupon HK\$600 <u>季軍 2nd runner up</u> - 書券價值港幣四佰元 Book coupon HK\$400

\*設計可能需因應文件夾印刷要求而作出適量修改 Adjustment may be needed for the winning design in order to fit the printing requirement

#### 遞交方法 Submission

參加者請把設計,連同姓名、學生證號碼及電話號碼,電郵至 kanpoon@cuhk.edu.hk 。請於電郵標題註明「書院文件夾設計比賽」。 書院收到作品後,會發出確認電郵予參賽者。

Please submit your design to kanpoon@cuhk.edu.hk with your name, SID and phone number and state "College Folder Design Competition" on the email subject. Confirmation email will be sent when your design is received.

稿件格式 File format: JPEG

稿件大小 File size: 不大於 less than 2M 截止日期 Deadline: 24 Mar 2017 (Friday)

查詢 Enquiries: Kan Poon (kanpoon@cuhk.edu.hk/ 3943 9767)

#### (Back to top)

#### 2. Locker Application for 2017 Summer 書院儲物箱申請 (2017 年暑期)

Lockers located at 1/F, East Block (opposite to Learning Commons) are now available for WYS College students. Students can apply at <a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3007001">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3007001</a>. Successful applicants will be assigned ONE locker for use in the period 2nd May – 11th Sep, 2017

#### **Application Procedures**

- 1) Submit application online by **12:00nn on 11th Apr**. First come, first served.
- 2) Submit a deposit of \$50 via HSBC or Hang Seng Bank ATM to The Chinese University of Hong Kong (293-005005-001) after being notified by email of the success of application.
- 3) Submit the bank-in slip / ATM advice to the Dean of Students' Office (UG09) in person within two weeks after receiving the confirmation email sent by the Office.
- 4) Each successful applicant will be assigned one locker.

#### Regulations for the Use of Lockers

- 1. Users should take care of their personal belongings kept in lockers. The College will not be responsible for any loss or damage.
- 2. Due to hygienic reasons, no food, beverages, condiments or similar items should be kept in the lockers.
- 3. Users are responsible for cleaning the lockers and removing all the personal belongings inside them before returning the lockers to the College. After the stipulated period of use, any leftover items inside the lockers will be disposed of without any notification (no compensation will be made for destroyed locks).
- 4. Deposit will be refunded by auto-pay. Students should check their bank accounts in due course.
- 5. Deposit will be forfeited if any damage is made or failure to clear the locker upon expiry of the period of use.
- 6. The College may seize the student's right to use the locker if he / she violates the regulations or misuses the locker.
- 7. Users are fully responsible in taking care of their lockers. To avoid any misunderstandings, users are strongly recommended to lock their lockers even if they do not leave anything inside.

Enquiries: Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942)

## (Back to top)

3. Wu Yee Sun Award For The Most Distinguished Graduating Student 2016/17 - Application close on 12 March 2016/17 年度伍宜孫最優秀畢業生獎 - 3月12日截止申請



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 <a href="mailto:carolcheng@cuhk.edu.hk">carolcheng@cuhk.edu.hk</a> / 3943 3936 or Yolinda at <a href="mailto:yolindawong@cuhk.edu.hk">yolindawong@cuhk.edu.hk</a> / 3943 3932.

#### (Back to top)

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



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 <a href="http://www.wys.cuhk.edu.hk/scholarships.php">http://www.wys.cuhk.edu.hk/scholarships.php</a>
(College Life & Support > Scholarships & Financial Aid > Sort by Type > Scholarships for Academic Excellence)

Enquiries: Ms. Carol Cheng (<a href="mailto:carolcheng@cuhk.edu.hk">carolcheng@cuhk.edu.hk</a> / 3943 3936) or Miss Yolinda Wong (<a href="mailto:yolindawong@cuhk.edu.hk">yolindawong@cuhk.edu.hk</a> / 3943 3932)

## (Back to top)

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

6. 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
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\$10,000/8,000/5,0 00
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,  $19^{th}$  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.

(Back to top)

7. Drum Set and other Music Equipment Available for Booking



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	Monday 19:00-22:00; Wednesday 14:00-17:00 (except public holidays & special situations)		
Period:	*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 <a href="https://goo.gl/AMzk0z">https://goo.gl/AMzk0z</a> ;		
	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".		
	The upcoming briefing will be held again in March. Please stay tuned for updates!		
<b>Enquiries:</b>	Sonia (3943-3937/ soniayu@cuhk.edu.hk) / Kan (3943-9767/ kanpoon@cuhk.edu.hk)		

# (Back to top)

## 8. 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 in Feb - May 2017, the application is now open from 15<sup>th</sup> Dec 2016 to 18<sup>th</sup> 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 <a href="mailto:carolcheng@cuhk.edu.hk">carolcheng@cuhk.edu.hk</a> or Miss Yolinda Wong at <a href="mailto:yolindawong@cuhk.edu.hk">yolindawong@cuhk.edu.hk</a>

## (Back to top)

# 9. 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: <a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838</a>

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

#### (Back to top)

#### 10. "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)

#### (Back to top)

## 11. 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**.

## (Back to top)

College Funding & Award Schemes (for Year- round Application) 書院資助及奨勵計劃(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 <a href="http://bit.ly/WYSSportsForLife">http://bit.ly/WYSSportsForLife</a>!!

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

#### (Back to top)

# 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 <u>HERE</u> to find out more information! **Enquiries**: Mr. Kan Poon (3943-9767 / <u>kanpoon@cuhk.edu.hk</u>)

# (Back to top)

# 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 (whichever is lower)
		#Participating in organized programmes	HK\$8,000 or 80% of particular items (whichever is lower)
I am a taum	One to six months	Self-initiated programmes	HK\$15,000 or 100% of particular items
Long-term		*Participating in organized programmes	(whichever is lower)

<sup>\*</sup>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 1st – Apr 30th	May 1st - Oct 31st
Summer	May 1st - Oct 31st	Nov 1st – Apr 30th

<sup>\*</sup>application documents shall be submitted to DOS Office by the last working day within the application period.

Contact Miss Katie Yu (3943 3935 / <u>katieyu@cuhk.edu.hk</u>) now if you have any ideas in mind. Know more about the <u>details</u> and <u>apply</u> here!

#### (Back to top)

4. 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 <u>Service-learning</u> <u>Project Funding Scheme</u> 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 <u>website</u> for more info.

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

# (Back to top)

5. 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 <a href="https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1935668">https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1935668</a> 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)

## (Back to top)

## 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: <a href="http://www.wys.cuhk.edu.hk/exchange.php?lang=zh&cat=others">http://www.wys.cuhk.edu.hk/exchange.php?lang=zh&cat=others</a>
For enquiries, please contact Miss Katie Yu at <a href="https://www.wys.cuhk.edu.hk">katieyu@cuhk.edu.hk</a> or 3943 3935

(Back to top)



1. HCMS Scholarship 2016/17 Presentation Seminar on "My Way, My Say: Defining & Achieving Career Success"



Every year, the HKMA Human Capital Management Society (HCMS) offers scholarships to students engaging in full-time studies in Human Resources Management in local institutions. This year, we got plenty of the universities nominating their students for the scholarship. To provide more opportunities for university students to learn from HR practitioners, we would like to extend a cordial invitation to your full-time students to attend the HCMS Scholarship 2016/17 Presentation Seminar on "My Way, My Say: Defining & Achieving Career Success". Details of the Seminar are as follows:

Date: <u>Saturday, 25 March 2017</u>

**Time:** 9:00 am – 1:00 pm (Registration Starts at 8:45am) **Venue:** The Hong Kong Management Association

3/F, Tower 2, South Seas Centre, 75 Mody Road, Tsim Sha Tsui, Kowloon

Language: English
Fee: Free of Charge

Guest of Honour: Mr C K Lee, Managing Director, C K Lee & Associates

20 **seats** will be offered for our students. Interested students please complete application at https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3004485 **on or before 15th Mar, 2017**.

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

# (Back to top)

# 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 <a href="http://www.lib.cuhk.edu.hk/tc/collections/spc/theme/hklit">http://www.lib.cuhk.edu.hk/tc/collections/spc/theme/hklit</a>.

## 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:

- Ÿ be full-time students taking undergraduate / research postgraduate programmes;
- Ÿ submit a research paper / thesis / dissertation \* on Hong Kong literature and related fields; and
- $\ddot{Y}$  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 <a href="http://www.oafa.cuhk.edu.hk/">http://www.oafa.cuhk.edu.hk/</a> (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.

#### (Back to top)

#### 3. 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 (OAFA) at Room 1206, 12/F, YIA during the period from 15 to 17 March 2017. For application details, students may visit <a href="https://www.oafa.cuhk.edu.hk">www.oafa.cuhk.edu.hk</a> for more information.

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

#### (Back to top)

#### 4. 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 <a href="https://www.oafa.cuhk.edu.hk">www.oafa.cuhk.edu.hk</a> (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 20117 (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

# (Back to top)

5. 網上心理健康計劃 - 《心導遊》

(由香港中文大學心理學系舉辦)



# 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(<a href="http://www.psy.cuhk.edu.hk/tourheart/">http://www.psy.cuhk.edu.hk/tourheart/</a>),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。