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The Sunny Weekly

24 Sep 2018



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Sunny Review

1. 活得稱心 Sunny Living in Contentment: Sunny Living Week



Challenge accepted and achieved! Bravo to all the Sunnies for participating in the **Sunny Living Week!**

Sunny Living Week, echoing with the College's initiative "House of Sunny Living", kick-started with **Sunny Relay Race** on 18th Sep. 8 groups of students teamed up and took the challenge of rowing for 2km and riding a specially-designed bicycle to make 3 cups of smoothies! The nonstop cheers from their fellow students, Professor Man-hong Lai (黎萬紅教授), College Dean of Students and Professor Kelvin K.F. Tsoi (蔡錦輝教授), Chairman of Sunny Sports Committee, motivated the participants to keep going, despite the rigorous exercises.





The laughter during the race and enjoyment of the healthy smoothies are what we hope students will experience – “Sports for Life”. It is not just about how fast we race, but how much we enjoy the process and how we are eager to improve ourselves. The smoothie-ride bicycles, provided by Green Monday, let students know a fun way of healthy living. Their nutritionist also introduced the concepts of balanced diet and green eating, and how green living could begin with small steps.



Another group of Sunnies opted for another Sunny Living experience on 19th Sep by participating in [Movie Appreciation and Sharing on *Weeds on the Fire* 《點五步》電影欣賞及分享會](#). The College was honored to have Professor Jia Tan (譚佳教授), College Member and Assistant Professor at the Department of Cultural and Religious, moderating the session for an in-depth discussion with students on this inspirational sports movie that encourages young people to be persistent and keep pursuing their dream.



Serenity at heart is also an important element in a positive life. At the **Soul Candle** session held in the quiet evening of 20th Sep, our Sunnies learned *floriography* – the language of flowers and applied it in their design of candles. With this special knowledge, the handmade candles with dried flower decoration carried a much deeper meaning to their creators. Students then participated in the mindfulness practice where Dr. Matthew Chu, an educational psychologist who hosted practice session, shared on how to attain the state of mindfulness – being aware of your body, mind, and feelings in the present moment, in order to create a feeling of calmness.



Veggie dishes are boring, monotonous and tasteless? Participants of **Healthy Organic Veggie Cooking Competition** 有機素菜新「煮」意, held on 21st Sep, would tell you that the answer is “No”! Before the competition started, local farmer Mr. Yu-wing Wong (黃如榮先生) gave a short talk on organic farming to lay an interesting foundation for the participants. Each group then followed the instructions of Ms. April Hiu-ching Wong (黃曉晴女士), Qualified Nutritionist of Hong Kong Nutrition Association, and prepared a Thai-style lettuce wrap with mixed organic veggies as well as created their own veggie dish. All participants unleashed their creativity and turned simple vegetables into healthy, nutritious and yummy cuisines! At the end of the competition, Ms. Wong gave further information on the replacement of animal protein for those who want to go for a vegetarian diet.



On the same day, different **Sunny Living Activity Booths** including **Wood Painting Keyring DIY Workshop** by *Creativity Laboratory (c!ab)*, **Darts Game** by *Sports Association*, **Plastic Recycling Sorting Game** by *Rotaract Club*, **Venture HK-Spot the Attraction Game** by *V'air* and **Handmade Mosquito Repellent Workshop** by *Green Team* were set up at the College Gallery. Those getting tired from the workshops and games could get free organic sugarcane water and buy organic vegetables at the Organic Farm Booth to re-gain their energy!



Last but not least, the aftermath of super typhoon did not deter our Sunnies who, instead, showed perseverance and determination at the **Knowing Your Community - Eco-cultural Tour @Ma On Shan!** More than 40 College students and staff members explored Ma On Shan, our neighbor of extremely close proximity, and discovered the natural beauty of Hong Kong's countryside under the lead of Professor Kwai-cheong Chau (鄒桂昌教授), Chairperson of the College's Campus Environment Committee and Adjunct Associate Professor at the Department of Geography and Resource Management. Although the hike was not a piece of cake for many of us, the overwhelmingly gorgeous scenes were worth the challenges and time!

Participants shall meet again at the **Get-Together Lunch & Award Presentation** to conclude this meaningful series. The end of the Sunny Living Week marks the beginning of students' sunny journey at the College and at large, in their lives. It is our firm belief that the positive spirit seeded in these Sunnies' young minds will eventually lead them to "**Sunny Living in Contentment**" (活得稱心), as shared by College Master Professor Anthony T.C. Chan (陳德章教授) at the Inauguration Assembly this year.

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2. College Student Bodies Promotion at CUHK Art Fair 書院學生團體於中大藝墟宣傳



Dessert Society (甜品學會) and Astronomy Society (天文學會) took part in CUHK Art Fair (中大藝墟) on 19th and 20th Sep to promote themselves. The hot weather did not discourage our students from recruiting new members. Dessert Society prepared Japanese raindrop cake, marshmallow cereal treats, and homemade soda drink. Astronomy Society gave out star map to attract students sharing the same hobby. Many potential members were interested and chatted with our students.

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College Activities

1. WYS Tennis Training Programme



Date: 27th Sep – 1st Nov (Every Thu)

Time: 20:00 - 22:00

Venue: University Tennis Court 3 & 4

Application and Details: <https://goo.gl/forms/gCDLrA4bCPlwTNWk2>

Enquiries: Freddy Lam (5499 7038)

2. Cheer for College Teams in Inter-collegiate Competition! 為院隊健兒打氣!

Support your friends at the matches! Cheer for every athlete's effort!
為你的朋友打氣! 為每位運動員的努力喝采!



| Teams | Date | Time | Venue | Against Team |
|--------------------|-------------|-------|--|----------------------|
| Basketball (Men) | 9 Oct 2018 | 18:15 | United College Gymnasium | C-W-Chu College |
| | 10 Oct 2018 | 19:15 | | S-H-Ho College |
| Basketball (Women) | 9 Oct 2018 | 18:15 | New Asia Gymnasium | New Asia College |
| | 10 Oct 2018 | 19:15 | | United College |
| Soccer | 9 Oct 2018 | 19:20 | Sir Philip Haddon-Cave Sports Field | S-H-Ho College |
| | 11 Oct 2018 | 18:30 | | Shaw College |
| Volleyball (Men) | 10 Oct 2018 | 18:30 | Yeung Ming Biu Indoor Sports Centre (University Gymnasium) | Morningside College |
| | 11 Oct 2018 | 18:30 | Centre (University Gymnasium) | Chung Chi College |
| Volleyball (Women) | 9 Oct 2018 | 19:30 | Yeung Ming Biu Indoor Sports Centre (University Gymnasium) | New Asia College |
| | 11 Oct 2018 | 19:30 | Centre (University Gymnasium) | Lee Woo Sing College |
| CUHK Aquatic Meet | 5 Oct 2018 | 18:30 | University Swimming Pool | --- |
| CUHK Athletic Meet | 14 Nov 2018 | 18:30 | Sir Philip Haddon-Cave Sports Field | --- |

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3. Yoga Class 2018/19 Term 1

The aims for yoga practice are more than advanced poses.

Achieving a balanced state of mind and body is what you can look for in our yoga class

Date: 4, 11, 18, 25 Oct; 1, 8, 15, 22 Nov (Every Thu)

Time: Class A 19:30-20:30 // Class B 20:30-21:30

Venue: 4-11 Oct @ Gym // 18 Oct - 22 Nov @ W112-114

Instructor: Ms. Carol Tai

Fee: College students \$300 (\$200 will be refunded upon completing at least 7 lessons) // College member \$200

Application: <https://goo.gl/3DyDG2>

Interested students please fill in this webform AND submit deposit to Dean of Students' Office **on or before 12:00, 28th Sep** (first-come-first-served)

Quota: 14 per class **(Only a few vacancies left!)**

PE Marks: 4

Enquiries:

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

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4. Green Team 招莊 x 迎新活動 (Chinese Only)



有無諗過可以擁有自己既天台?
想唔想試下種野俾自己同埋書院既同學食?
心郁郁想搞環保飲管共購?
鍾唔鍾意本地生態遊?
定係想嘗試保護香港既海岸線，搞海灘清潔?

仲諗?上 Green Team 同 firm firm 莊員一齊實踐你既理念啦!!

傾二 26/9(三)

1930 - 2130 W113-114

耕作教室

傾三 4/10 (四)

1930 - 2130 W113-114

upcycling workshop - DIY 散紙包

請自備牛奶盒 (大)

傾四 aka 成莊日 10/10 (三)

1930 -2130 W113-114

如希望來年成為 Green Team 莊員，必須出席至少 3 次傾莊 (包括成莊日)

Contact: 6734 8140 (Sara)

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5. 仁澤服務學習計劃：2018 冬季雲南服務學習之旅 (Chinese Only)

書院將於 12 月舉辦「仁澤服務學習計劃：雲南服務學習之旅 (2018 冬季)」，服務地點為雲南文山丘北縣的秧補村和大矣勒村 (壯族村落)，當地村民以壯族為主。參與學生將被分為幾組，每組負責構思和籌備不同服務內容予當地村民，包括兒童、長者、婦女，也可以考慮協助記錄和傳承壯族文化。全部服務內容均由所有參加者一起執行，以學習如何設計和落實服務內容，同時於服務過程中獲得啟發和反思。雲南大學也會安排幾位學生和大家一起參與這項活動，互相交流，建立友誼。

日期：2018 年 12 月 27 日至 2019 年 1 月 5 日 (10 日)

地點：雲南文山丘北縣 (秧補村，大矣勒村)

內容：服務當地村民 (兒童、婦女、長者)，協助記錄和傳承壯族文化

接待院校：雲南大學

申請資格：伍宜孫書院全日制本科生 (本地生優先)

名額：不多於 20 人

面試：10 月 8 日的 14:00-18:00 (請於報名表填寫你 **未能出席** 的面試時間)

費用：港幣 1,000 元正

按金：港幣 500 元正*

預備會議：

10 月 26 日 18:45-21:15

11 月 06 日 18:45-21:15

11 月 21 日 18:45-21:15

12 月 20 日 18:45-21:30

檢討會議：

1 月 09 日 18:45-21:15

*參加者需出席最少 80% 預備及檢討會議，並完成其他指定工作，方可取回按金

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5849721>

截止報名日期：9 月 26 日

備註：

費用已包括機票，以及當地住宿、膳食和交通;

參加者須隨團出發及回港;

如同學於確認參加後退出，所繳費用及按金將不獲退還。

參加者仍要於最後修學年完成通識科「專題研習」(Final Year Project)，但可以選擇在鄧惠雄老師的指導下，遞交個人專題研習報告

查詢：

陳嘉淇小姐 (kiki.chan@cuhk.edu.hk / 3943-3934)

余秋萍小姐 (katieyu@cuhk.edu.hk / 3943-3935)

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6. clab Presents: Creativity Pilgrimage 2018



clab (Creativity Laboratory) is going to present to you a raft of creative workshops in this semester! ALL FREE TO JOIN! Mark down the dates below and explore a creative journey with us!

【Re-schedule of Activity 活動延期】

Subsequent to class suspension on 17 Sep, the workshop “Venation Bookmark DIY 葉脈書籤工作坊” will be rescheduled to 11th Oct (19:30 – 21:00). Other events will remain unchanged. Come and join us! Live up the spirit of creativity!

*所有活動均為免費參與，有興趣上莊者必須出席至少兩次招莊工作坊

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7. 中國繪畫班 (Chinese Only)

宗旨：本課程為中國繪畫基礎班，教授寫意花鳥、山水畫，旨在透過學習中國繪畫之不同門類和技法，提高學員對中國繪畫之認識，奠定基礎，培養對中國文化之興趣。

日期：2018年10月8日、15、22、29日及11月5日、19日（逢星期一，共六堂）

時間：晚上7:00至9:00

地點：伍宜孫書院西座112室

語言：粵語/普通話

人數：最多20人

按金：港幣\$400 (出席四堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5768479>

截止日期：10月3日

*名額有限，先到先得，欲報從速。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。

導師簡介：蔡德怡，畢業於香港中文大學藝術系，獲文學士（2011）及藝術碩士（2015），主修中國畫，期間赴浙江大學藝術學系、北京畫院交流進修。曾獲康本國際交流獎學金、出爐2011傑出藝術新秀獎、詹雲白夫人紀念中國書畫獎、香港當代藝術獎2012（入選）、才藝發展獎學金2014（香港特別行政區政府獎學基金），亦為香港藝術館2017“賽馬會‘藝術館出動’教育外展”受邀藝術家等。蔡氏曾於香港舉辦三次個人展覽，亦同時積極參與多個香港及海

外藝術聯展，作品為香港藝術館、本地與海外藏家及機構等收藏。同時在不同學校及公眾機構教授中國繪畫，推廣中國藝術。

查詢：

劉欣誼小姐 (carlylau@cuhk.edu.hk / 3943-3988)

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8. 洽蕙藝文計劃 -- 藝術中與西講座 (Chinese Only)

厚蒙洽蕙堂慷慨支持，伍宜孫書院、崇基學院及聯合書院及將於十月舉辦「藝術中與西」講座，詳情如下：

「藝術中與西」講座

<八十後重溫藝壇前輩及瞻前新秀>

著名旅美藝術家 兼 三院藝術顧問 利漢楨教授 主講
及

<回望香港現代藝術的興起>

香港藝術館館長 (香港藝術) 鄧民亮博士 主講

日期：2018年10月16日(星期二)

時間：7:00 pm – 9:30 pm

地點：崇基學院牟路思怡圖書館謝昭杰室

對象：中大同學、校友、教職員與教職員家屬

費用：全免

報名：<https://bit.ly/2MCxfe8>

查詢：

石曉風女士 (candyshek@cuhk.edu.hk / 3943-1615)

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College Announcements

1. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) is out of town from 21st Sep to 8th Oct 2018. During this period, Professor Sunny K.S. Kwong (鄭啟新教授), Associate College Master and Director of University Planning Office, has been appointed the Acting Master of Wu Yee Sun College.

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2. New College Member 新增書院成員

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



Professor Mark Simon COHEN
BA (Col.); PhD (NY); MASA, MSSHA

Professor Cohen received his PhD in Sociology from New York University. He is a comparative-historical sociologist, and his research is oriented to the basic question of what brought about the large-scale social changes that laid the foundation of the modern capitalist world. His published work has mostly focused on Japan, analyzing major political events and economic trends from the seventeenth century to the twentieth. He is currently working on a book based on his dissertation, investigating the processes of rural economic development beginning in the nineteenth century in countries outside the West such as Japan as well as Russia and China.

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3. Temporary Closure of College Dean of Students' Office

Due to the strong typhoon, College Dean of Students' Office (UG09) will be closed for follow-up work until further notice. If students have any enquiries, please go to College Office (G/F).

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4. Change of Opening Hours of College Catering Outlets for Mid-Autumn Festival and National Day 中秋節假期及國慶日書院膳堂更改營業時間

Kindly note the following opening hours of all catering outlets at Wu Yee Sun College:

| | |
|-------------------|------------------------|
| 24 Sep 2018 (Mon) | 7:45am - 5:00pm |
| 25 Sep 2018 (Tue) | Closed |
| 1 Oct 2018 (Mon) | Closed |

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5. EC Recruitment of College Anniversary 院慶部員招募

The following message is drafted by "Wu Yee Sun College Anniversary Organizing Committee" :

A series of events would be held in November to celebrate the 11th Anniversary of our College. College Anniversary is an important College event that needs your support. Hope you could sign up as an executive committee member to have fun together and contribute to the College. Please scroll down for English version.

招 EC!!

又到一年一度嘅院慶啦!!

所謂人1世物1世，宜孫今年都11歲啦

各位大個仔大個女要衝出國際，探索世界嘅不可思議

所以我哋依家要招冒險王，一齊去向斐宜所思嘅未知挑戰

大家快啲嚟報名一齊參加啦

仲可以認識到更加多唔同地方（學系）同埋唔同年紀嘅人添！

斐宜所思冒險團有以下5個團可供選擇：

- 宣傳部

- 523 人宴部
- Sunny Festival 大笪地部
- 鬼屋部
- 密室部

詳細探險日子：

- 2/11 環校跑
- 7/11 523 人宴
- 8/11 Sunny Fest 大笪地
- 13-14/11 鬼屋&密室

Google form 報名表：

https://docs.google.com/forms/d/e/1FAIpQLSfh6XINmdDHE6KRXOnhGrTMhnd25_ojrRO3jLtHJeyT4hPAIA/viewform

截止日期：30/9

其實部員有咩做㗎？

- 宣傳部：主要負責整 decoration、table stand、souvenir 等等，同學收到/見到你有份整嘅野而讚不絕口，個份成功感唔係話有就有㗎
- 人宴同 Sunny Festival：負責當日人流、嘉賓進退場安排、攤位及佈置等等
- 鬼屋部：活動前一兩星期幫手設計和佈置場地，部員仲有機會獲得演出嘅機會，嚇下你嘅朋友或者幫手化妝/著衫打扮下，務求有個最真實嘅鬼屋
- 密室部：設計和佈置機關密室，考下你朋友嘅聰明才智

而且我地今年會加入走讀生時間，冇宿嘅同學都唔駛擔心要整野整到好夜返唔到屋企，我地會畀你地係下晝冇堂嘅時間都可以參與院慶嘅籌備，只要有心就得

而每個部嘅部員都要幫手做宣傳嘅活動，即係我地為期大約兩星期嘅 dem beat 喇，不過唔駛擔心，唔駛 dem 足兩星期，都唔會要你自己一個 dem beat，更加唔會太難令你唔識 dem 嘅，只要有時間嚟 join 我地，我地就會有好多成員一齊 dem beat 宣傳，最緊要唔係 dem 得好唔好，而係大家一齊嘅個份心同氣勢 (宜孫震四方)

講咁耐，做部員有咩好？

院慶係書院新一年第一個大型活動，新生可以趁呢個機會認識多 d 朋友同書院，非新生嘅同學都可以識下唔同嘅人，製造更多回憶，所謂朋友與回憶都是無價的

仲有咩？當然唔少得可以有靚靚 pro pic 轉，仲有部員限定、可以伴你走足四年大學嘅 jacket，同埋可以優先參與鬼屋、密室等等嘅活動，仲可以第一時間拎走我地嘅 souvenir，今年約朋友嚟人宴仲有部員優惠價

我哋嘅 facebook 專頁係 <https://www.facebook.com/wysanni/>

快啲留意我哋嘅最新動態啦!!!!

如果對伍宜孫書院十一週年院慶或各部有任何疑問，可以搵：

行政部主席：吳穎豪 Anson 6755 9673

宣傳部部主：黃梓傑 Jacky 9628 1381

Sunny Festival 大笪地部部主：柏旭輝 Steve 6933 9703

523 人宴部部主：梁澤然 Justin 6681 6339
迷離宜孫（鬼屋部）部主：羅天偉 Karson 9062 1112
密室部部主：羅天偉 Karson 9062 1112

所以各位 freshman 爸媽老鬼!!完左 ocamp 開 sem 唔洗愁悶，拉埋朋友一齊嚟做新一代衛斯理，踏上奇幻這旅程~ 啦

English version

We are now recruiting executive committee members (EC) for WYS College 11th Anniversary Celebration! If you want to have a more vibrant college life and meet more new friends in WYS, join us and be our EC!

There are five departments for you to join and the event date is indicated in the bracket:

Promotion Department

523 Banquet Department (7th Nov 2018)

Sunny Festival Department (8th Nov 2018)

Haunted House Department (13th & 14th Nov 2018)

Chamber Department (13th & 14th Nov 2018)

Application form:

https://docs.google.com/forms/d/e/1FAIpQLSfh6XJNmdDHE6KRXOnhGrTMhnd25_ojrRO3jLtHJeyT4hPAJA/viewform

Deadline: 30th September, 2018

What do EC do?

- Promotion Department: Main duties include decorating installations, table stands, and designing souvenirs. The satisfaction you gain from these is valuable.
- 523 Banquet Department & Sunny Festival Department: Main duties include crowd control management, allocating distribution of stalls and entrance of special guests
- Haunted House Department: Main duties include designing and set up the venue. Crew members may also help making jump-scaries, or dressing your creepy crew members.
- Chamber Department: Main duties include designing tasks and set up the venue.

What's the benefit of being an EC?

The Anniversary Celebration is the first large-scale College event in every academic year. By being an EC, you could make new friends and know more about College ~ you would have remarkable and unique memories

Not to mention that every EC member could have their specially designed Facebook Profile Picture and a tailor-made Anniversary jacket!! EC member could also get fast-pass in our Haunted House and Chamber events. Be sure that you won't miss the 523 Banquet as EC members are offered a discounted price!

Please like our Facebook page

<https://www.facebook.com/wysanni/>

If you have any enquiries, please contact:

Administrative Department: Anson 6755 9673

Promotion Department: Jacky 9628 1381

Sunny Festival Department: Bai 6933 9703

523 Banquet Department: Justin 6681 6339

Haunted House Department: Karson 9062 1112
Chamber Department: Karson 9062 1112

Let's come and join us!

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6. The "Sunny" Award & Admission Scholarship for Outstanding Artistic Achievements 2018/19

--- The "Sunny" Award - HK\$15,000

Recognize College freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5356009>

--- Admission Scholarship for Outstanding Artistic Achievements - HK\$8,000

Acknowledge College freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5353878>

**Eligible for freshmen who placed Wu Yee Sun College as their 1st College Preference.

Check here (<http://www.wys.cuhk.edu.hk/scholarships.php>) for more details and complete the online application form on or before **Sunday, 7th Oct.**

Enquiries:

Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943-3936)

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7. Rance Lee Award

Rance Lee Award (New)

Creativity and Sunny Living are two of the College's core values. If you are health-conscious and a green living supporter, grab this chance to promote your creative idea!

Rance Lee Award is newly established to encourage the integration of creativity and Sunny living in the following 3 areas:

- Rance Lee Award for creativity in promoting **health and well-being**
- Rance Lee award for creativity in promoting **lifetime sports**
- Rance Lee award for creativity in promoting **green life**

The objective of the award is

- To enhance the overall well-being of WYS students through development of their body, mind and spirit of our students
- To encourage WYS students to think and act creatively in the above mentioned 3 areas - health, sports and green life
- To generate innovative ideas to benefit oneself, the environment and the society

Submit your application with one-page executive summary **on or before 15th Oct 2018**. Express your ideas in a proposal with your ingenious creativity, and make a better life! Programme Structure is as below:

Eligibility: All WYS students can apply individually or in group (A group MUST comprise of at least 50% WYS students and the other 50% may be students from other colleges.)

Check out the website and click “Rance Lee Award” for further details: <https://www.wys.cuhk.edu.hk/funding-scheme.php>.

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8. College Hostel Grant 2018/19

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2018/19 will be maximum \$4,016 per year.

Application is now open **until Friday, 12th Oct**. Students with Term 1 or whole year residence are eligible to apply.

Please download the application form from the following link and submit the completed form with supporting documents to the College Office (G03, G/F, East Block) before the application deadline.

https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1531291409HostelGrantApplicationForm201819.pdf

Enquiries:

Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943-3936)

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9. College Student Grant/Loan 2018/19 (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2018/19. There will be two rounds of applications: the September round is open to non-freshmen ONLY while the January round will be open to freshmen ONLY. Students who have financial difficulties are reminded to first apply for Government financial aid (Tertiary Student Financial Scheme).

Application is now open for non-freshmen **until Friday, 12th Oct**. Please download the application form from the following link and submit the completed form with supporting documents to the College Office (G03, G/F, East Block) before the deadline.

https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1531292129StudentGrantandLoan201819.pdf

Enquiries:

Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943-3936)

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10. Room Share Scheme 2018/19 2018/19 年度特別宿位計劃

Room Share Scheme (特別宿位計劃) for 2018/19 is now open for application.

Details of the scheme: https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1536553533WYS_Hostel_RoomShareScheme_201819_Guidelines.pdf

Online application from 10th to 25th Sep: **<Online Application Ends Tomorrow!>**

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5850773>).

Please be reminded that:

1. Application will be considered only if ALL 3 applicants (including 2 host residents and 1 special resident) submit the application.
2. The residence period of all 3 applicants in the group must be the same.
3. Students who have submitted hostel appeal can also apply for Room Share Scheme. His/her application for Room Share Scheme will be cancelled if he/she is allotted a hostel place via hostel appeal.
4. Each student can only submit Room Share Scheme application for 1 group. Otherwise, all of his/her Room Share Scheme applications will be considered invalid. (Example: Each regular resident cannot submit application for more than 1 proposed special resident. Each proposed special resident cannot submit more than 1 application.)

Enquiries:

Ms. Polly Po (polly@cuhk.edu.hk / 3943-1741)

Miss Zalon Wong (zalonwong@cuhk.edu.hk / 3943-9773)

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11. 宜孫劇社 --- 中大劇賽 2018 招 core team 招劇本 (Chinese Only)

The following message (Chinese only) is drafted by "Wu Yee Sun Drama Society" :

中大劇賽 2018 又黎啦！呢個係每年中大主辦，各間書院同劇社參與既比賽。今年我地希望宜孫劇社可以繼續組成隊伍參賽。但我地仍然需要導演，監製，舞台監督等人組成 core team。我地比賽既日子係 1/11, 總綵排既日子係 31/10。如果你有興趣，又對舞台劇有少少認識，可以填以下既 google form, 或者聯絡 Nelson (65934266)。

<https://goo.gl/forms/NorY0MCc1WRIRRYt1>

另外，我地亦招收原創劇本，長約 40 分鐘，不限題材，以粵語為主，至少完成 70%。有故事的你，歡迎電郵到 wyscdramsoc@gmail.com。

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12. 伍宜孫音樂學會 --- “今日宜樂” 招表演者 (Chinese Only)



The following message (Chinese only) is drafted by "Wu Yee Sun Music Society" :

伍宜孫音樂學會又有新搞作啦 !!

想係一大班人面前大顯身手? 😎

想食住飯聽高質音樂? 🍴

咁就啱啦! 嚟 join 我哋伍宜孫 regular performance 啦!

我哋嚟緊 10 月 5 號、10 月 19 號、11 月 9 號就會喺伍宜孫 canteen 搞三場表演, 唔使錢, 唔使識玩音樂, 只要你想就可以隨時 join!  

鍾意音樂嘅你, 仲諗咩呀? 快啲報名做 performer 啦!

報名 link : <https://goo.gl/forms/JEBmecyh7najQwjo2>

仲有未 like 我地個 Facebook page 就快啲 like 啦  <https://www.facebook.com/wysmusicoc/>

到時見!

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13. Shed Some Sweat and Show Your Strengths --- College Sports Teams Tryout 院隊選拔時間表

No matter if you are a professional sports player or you are simply keen on doing sports, do not miss the College Team tryouts! The College is now recruiting athletes for the basketball, soccer, rowing, volleyball, athletic and swimming teams. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

| Sports Team | Date | Time | Venue | Coach/ Coordinator Tel. No. |
|----------------------------------|---|------------------|---------------------|--------------------------------|
| Men's Rowing <Re-scheduled> | 8 Oct (Mon) | 6:30 - 9:00 p.m. | Grand Stand, HCF | Mr. T. F. Cheung 3943-3986 |
| | 10 Oct (Wed) | 6:30 - 9:00 p.m. | | |
| Women's Rowing <Re-scheduled> | 16 Oct (Tue) | 6:30 - 9:00 p.m. | Grand Stand, HCF | Mr. T. F. Cheung 3943-3986 |
| | 18 Oct (Thu) | 6:30 - 9:00 p.m. | | |
| Men's & Women's Athletic | Please contact Mr. T. F. Cheung to arrange tryouts according to Track & Field Events before 17/10 | | | Mr. T. F. Cheung 3943-3986 |

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14. "Meet the Dean" Hours 輔導長時間

"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 Man-hong Lai (黎萬紅教授), College Dean of Students and Associate Professor at the Department of Educational Administration and Policy
- Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor at the Department of Chinese Language and Literature
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics

Every Sunnie is welcome!

Academic Year 2018/19

Date: Every Wednesday

Time: 4:30 - 5:30 pm

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

Enquiries:

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

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

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15. Student Pastoral Care

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

- 1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please call **3943 3942** for arrangement.
- 2) You may also approach the **University's Wellness and Counselling Centre** at **3943 7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400 2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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16. Exchange and Travel Grant/Loan 2018/19

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

There are different rounds of applications. **For programmes /activities held in Oct 2018 – Jan 2019, application is now open until to 14th Dec 2018.**

For programmes / activities held in Feb – May 2019, application will be open from 15th Dec to 14th Apr 2019.

Check out the following link for more information including eligibility:

www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1524620166ExchangeandTravelGrantandLoan2017183rd.pdf

Enquiries:

Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk)

Miss Yolinda Wong (yolindawong@cuhk.edu.hk)

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17. WYS's Got Talents - Photography, Poster Design, MC and a lot more!

Are you interested in or excellent at **photography, video-production, art & design, simultaneous interpretation** or being the **Master of Ceremonies**? We are now also recruiting talents of **Audio & Video Control (影音控制)**, and any other talents you've got!

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 Kiki Chan (kiki.chan@cuhk.edu.hk / 3943-3934)

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18. Membership Recruitment - WYS Alumni Association 伍宜孫書院校友會會員招募

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

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

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

各位同學只須填妥申請表，連同會員費，交回伍宜孫書院地下院務室即可。

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College Funding & Awards Schemes

1. Mingle Fund

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: www.wys.cuhk.edu.hk/exchange.php?cat=others .

Enquiries:

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

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

If you have participated in College sports activities before (check out at <https://goo.gl/kzLvWn>), you may redeem the water bottle and towels. Redemption details are as follows:

Period: 3rd - 28th Sep 2018

Time: Mon-Thu 8:45 am – 5:30 pm and Fri 8:45 am - 5:45 pm

Location: Dean of Students' Office (UG09)

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3. 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

II All WYS undergraduate students

II Individual and Group projects (*the group must comprise of at least 50% WYS students, other 50% may be students from other Colleges*)

II Applications are welcome all year round.

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

Enquiries:

Ms Florence Tsui (florencetsui@cuhk.edu.hk/ 3943-9767)

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

If you are planning to expand your wisdom and horizon with support from the scheme, ACT NOW! The scheme supports Wu Yee Sun College students to create, design, plan or participate in non-local academic or experiential learning programmes outside Hong Kong, in order to broaden students' international perspectives and enrich their experiences.

The quality of the proposals and applicants' track records are the main considerations in evaluating applications. This Scheme is divided into Short-term and Long-term Scheme. Successful applicants will be awarded “Global Learning Award”, which is a merit-based award and 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\$12,000 or 100% of particular items (<i>whichever is lower</i>) |

| | | | |
|------------------|-------------------|--|---|
| | | *Participating in organized programmes | HK\$5,000 or 50% 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 sending request to kathyfong@cuhk.edu.hk. The request shall be made at least month before application deadline together with submission of the completed proposal, budget plan and application form.

Application is opened twice a year - Winter and Summer Round.

| 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 | 1 st Nov – 30 th Apr | 1 st May – 31 st October |
| Summer | 1 st May – 31 st Oct | 1 st November – 30 th April |

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

Know more about the details and [apply!](#)

Enquiries:

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

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

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

Learn to serve and serve to learn! Please visit the website for more info.

Enquiries:

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

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6. 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 activities and qualification courses for sports coach, in order to live up the spirit "Sports for Everyone".

More Diversified and Greater Support!

Eligibility

Application Fee of Sports Events --> **BOTH application fee and course fee of sports activities and workshops**

Funding Amount

Sports Activities: Max. \$500 --> **\$1,000**

Qualification Courses for Sports Coach: Max. \$800 --> **\$2,000**

More details: <https://www.wys.cuhk.edu.hk/page.php?name=sports-health-education>

Enquiries:

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

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Other Activities & Announcements

1. 戀愛論壇劇場 - 重演《帶著矛盾去愛人》

防止性騷擾委員會於 10 月 11 日舉辦戲劇欣賞會，邀請風雨蘭轄下的「戀愛論壇劇場」重演劇目《帶著矛盾去愛人》。透過演出，呈現戀愛的曖昧與不安的衝突，甚至有機會帶來的不愉快結局；並與觀眾交流對戀愛的看法。詳情請參閱海報或瀏覽本會網頁。

日期：2018 年 10 月 11 日（星期四）

時間：下午 6 時 30 分至 8 時

地點：香港中文大學康本國際學術園 2 號演講廳

語言：廣東話

報名請按此

查詢：3943 1721 / pash@cuhk.edu.hk

歡迎中大教職員及學生參加 費用全免

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2. Fuji Xerox (Hong Kong) Limited/HKMA Leadership and Management Seminar Series 2018 (Oct)

To provide more learning opportunities and exposure to business environment for students, **5 complimentary seats** will be provided at the upcoming Seminar with details as follows:

Date: Friday, 12th Oct 2018

Time: 3:30 am - 5:00 pm

Venue: HKMA Advanced Management Development Centre
3/F, Tower 2, South Seas Centre, 75 Mody Road, Tsimshatsui, KOWLOON

Language: Cantonese/English

Guest of Honour:

Mr Calvin Chan, Chairman & CEO, CATALO Natural Health Foods Ltd
Ms Jelly Zhou, Managing Director – Shopping and E-commerce, HKTV

Interested students please send email to soniyau@cuhk.edu.hk with following information **on or before 2nd Oct, 2018**.

1. Student ID
2. English Full Name
3. Major / Programme
4. Contact Phone
5. Contact Email

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3. University Bursaries and Loans 大學助學金及免息貸款

The University Bursaries and Loans (UBL) are now available for local students who are studying full-time undergraduate programme and cannot get sufficient financial assistance under the Government Tertiary Student Financial Scheme – Publicly-funded Programmes (TSFS) to apply.

Applicants should complete and submit the online application via CUSIS (Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select “University Bursaries and Loans”) during the period **from 3rd to 28th Sep 2018 <this Friday>**.

Application details: <http://admission.cuhk.edu.hk/aid/application.html>

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4. Student Residence Bursary Scheme 學生宿舍助學金計劃

Eligibility

To be eligible to apply for the CUHK Student Residence Bursary 2018/19, 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 term;
- (3) have average monthly household income (during 1st April 2017 to 31st March 2018) lower than the median of the monthly household income published in the most recent Quarterly Report on General Household Survey by the Census and Statistics Department (*Please refer to the Guidelines for the monthly household income bandings*);
- (4) be not able to benefit from Community Care Fund (CCF) hostel subsidy or receive less than \$1,360 per term under the CCF hostel subsidy.

Amount of Bursary

1. For eligible needy students who are not able to benefit from CCF hostel subsidy, the value of each bursary will be \$1,360 per term.
2. For eligible needy students who receive less than \$1,360 per term under CCF hostel subsidy, the value of each bursary will be the difference between \$1,360 and the approved amount of CCF hostel subsidy.
3. The maximum amount of bursary for residents of all types of shared rooms will be the same.

Application Procedures

1. Eligible students who live in hostel for the first term or the whole year should submit their online application in Chinese University Student Information System (CUSIS) (Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "Student Residence Bursary") during the application period **from 3rd Sep to 31st Oct 2018**.
2. Applicants should print out Section 7 of the online application form and submit together with the supporting documents to the College on or before the application deadline.

Application details: <http://admission.cuhk.edu.hk/aid/application.html>

Enquiries: Office of Admissions and Financial Aid (3943 1898 / 3943 7205)

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5. The Rhodes Scholarship 2019 for Hong Kong

The Rhodes Scholarship is a postgraduate award supporting exceptional students from around the world to study at the University of Oxford. The Rhodes Scholarship Selection Committees are looking for young leaders of outstanding intellect and character who are motivated to engage with global challenges, committed to the service of others and show promise of becoming value-driven, principled leaders for the world's future.

Value of the Scholarship

Each year, there is one Rhodes Scholar selected from Hong Kong.

The basic tenure of the Scholarship is two years, subject to satisfactory academic performance and personal conduct. At the discretion of the Academic Committee of the Rhodes Trust and the Rhodes Trustees, Scholars may apply for a third year of Scholarship to complete the DPhil. A Rhodes Scholarship covers the University and College fees, University application fee, a living stipend and one economy class airfare to and from Oxford at the beginning and end of tenure.

Eligibility

a) Candidates must

- i. be permanent residents of Hong Kong who have received no less than 5 of the last 10 years of education in Hong Kong, OR*
- ii. be citizens of China who are studying at (or have obtained Honours degree from) a university in Hong Kong, OR*
- iii. have lived in Hong Kong for no less than 7 years and have received no less than 5 of the last 10 years of education in Hong Kong and can demonstrate a strong personal connection with Hong Kong.*

b) Candidates must have reached their 19th and not have passed their 25th birthday on 1 October 2019 (i.e. born after 30 September 1994 and on or before 1 October 2000).

c) Candidates must have completed (or will have completed by June / July 2019) an Honours degree or equivalent qualification from a university (normally a Bachelor's degree) to a sufficiently high standard to be admitted to postgraduate study at the University of Oxford.

d) Candidates must have a sufficiently high standard of English to meet the English language proficiency requirements (at the Higher Level listed) of the University of Oxford.

Application Procedures

All eligibility and selection criteria are available at the country page specific to Hong Kong at Rhodes Trust website (www.rhodeshouse.ox.ac.uk/). To learn more about this scholarship, please access the Hong Kong page via the Scholarship tab at the top of the Rhodes Trust website. Candidates must submit applications online together with all supporting documents **by 11:59 pm, 30th Sep 2018 (Hong Kong time)**. **<this Sunday>**

All candidates should read carefully the general information on the Rhodes website, the Detailed Conditions of Tenure of the Rhodes Scholarship, the Information for Candidates and the graduate admissions pages of the University of Oxford (www.ox.ac.uk/admissions/graduate).

Enquiries

Ms. Sandra Fan (rhodes@oxforduchina.org)

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6. <賽馬會心導遊計劃>一站式網上自助心理支援平台

- 每日的工作都很繁忙，究竟如何可以隨時隨地去照顧自己的心理健康呢？
- 在香港有七分之一的成年人曾經有精神困擾的經歷，但只有 25%的人會尋求協助，究竟原因是什麼呢？
- 你試過情緒受困擾卻不知道如何照顧自己嗎？
- 你試過見到身邊的人精神狀態不太好，卻不知道怎樣去支持他們嗎？

我們明白不同人會在不同時候，會有不同的精神健康狀況，亦會有不同的需要。《賽馬會心導遊計劃》旨在根據每個人的個別需要，並配合現今科技向大眾推廣精神健康，從而達到以下目的：

- 提高社會對精神健康意識及去除對精神病的誤解
- 提昇心理健康及促進個人成長
- 預防抑鬱或焦慮症狀
- 及早處理情緒困擾

立即登入 www.jctourheart.org 登記成為會員，進行簡單的心理健康評估。平台會根據評每個人的個別需要而建議合適的課程或服務。只要每日抽少少時間參與平台上的課程，就可以隨時隨地提升自己的心理健康！

註：手機版仍在測試改善中。使用電腦版的 Google Chrome、Apple Safari 或 Microsoft Edge 瀏覽網上平台，會獲最佳效果。

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