The Sunny Weekly

18 Feb 2019



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

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

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

2019.02.18

- 1. Care and Well-being Fund for Mental Wellness Activities <New>
- 2. Mingle Fund
- 3. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃
- 4. Global Learning Award Scheme (Summer Round) 寰宇學習獎勵計劃 (夏季)
- 5. Service-learning Project Funding Scheme 服務學 習項目資助計劃
- 6. Self-Motivation Fund for Sports Activities 「自選游」體育活動資助計劃

- 1. Drama Performance by College Students Receiving Award in Script-Writing Competition in JC UNESCO HK "Global Citizenship Education" <New>
- 2. Mindful Flourishing Workshop 日常心活「靜觀體驗 工作坊」 < This Thursday>
- 3. Call for Entries: Social Innovation+ Competition <New>
- 4. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2018/19 <New>
- <u>5. HKMA Youth Development Scheme Company Visit UA Cinema</u> <New>
- <u>6. Summer Subsistence and Travel Loan Scheme</u> 2018/19
- 7. Show Me Around! CUHK Photo Competition 帶我 遊・中大攝影比賽
- 8. Ambassador of ECF Fairness Under the Sun
- 9. Student Residence Bursary Scheme 2018/19 (for students who reside in hostel for Term 2 only)

Sunny Review

1. Chinese New Year Hiking & Poon-Choi Banquet 新春行大運暨盆菜宴





A refreshing Lunar New Year began with beautiful landscapes in Tai Po Kau! Led by Professor Kam-fai Wong (黃錦輝教授), College Associate Master and Chairman of Personal Growth and College Life Committee, 50 students and College members went to Tsung Tsai Yuen – Brown Walk (松仔園啡線) to enjoy the scenery of pine trees.





We were delighted to have members from Hong Kong Professionals and Senior Executives Association (香港專業及資深行政人員協會) joining the hiking and poon-choi banquet as well. Students took the opportunity to mingle with the professionals while breathing in fresh air.

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2. College Student Broke Local Runner Record of Standard Chartered Hong Kong Marathon

College student Mr. Hanniel H.N. Chow (周漢聶同學) broke the record of local runners of Standard Chartered Hong Kong Marathon (渣打香港馬拉松) held on 17th Feb. Hanniel completed the race in 2:25:57 and won the Champion in Marathon Challenge (Men's Senior) (馬拉松挑戰組(男子壯年組)). Congratulations and applause from all the Sunnies!

Media Coverage:

首戰全馬奪冠周漢聶展驚人天分 (Oriental Daily 18.02.2019)

長跑夫婦揚威 半馬齊踏頒獎台 「初馬」即破紀錄 周漢聶膺香港一哥 (Ming Pao 18.02.2019)

周漢聶初馬破本地跑手紀錄 目標巴黎奧運 (HK01 18.02.2019)



Photo Credit: Sportsoho



Photo Credit: Samson Lai

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3. Highlights of Inter-collegiate Competitions



College Table Tennis Team and Badminton Team delivered excellent performance in the Inter-collegiate Competition on 16th and 17th Feb respectively. Despite failing from advancing to the next round, our teams succeeded in maintaining strong morale and enjoying the challenges. Our hearty appreciation again for every athlete!

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College Activities

1. Liver Health Seminar 養肝護肝保健康 胡亂補肝易傷肝

你皮膚咁黄,會吾會個肝有事呀?

成日捱夜好傷肝, 係咪可以食啲咩補番呢?

成日坐吾做運動、進食過多肉類及油炸食物,或者經常飲酒,都 有機會引致脂肪肝,你又知吾知呢?

你係咪仲有好多關於肝臟健康嘅迷思呢?快啲報名參加今次活動 同填寫你想知道嘅問題,中醫、西醫及藥劑師將會即場解開大家 對肝臟健康嘅疑團,參加者仲有機會進行肝臟纖維掃瞄測試,千 祈咪錯過呀!



日期:2019年3月7日 (星期四)

時間: 6:00 - 8:00pm

地點: 伍宜孫書院西座 112室

活動內容:

第一部份:肝臟問題齊拆解

講者:內科及藥物治療學系黄麗虹教授、中醫學院張保亭教授及 藥劑學院左中教授

主持: 保健處陳忠牧醫生

第二部份: 肝臟纖維掃瞄測試 (名額15個)

註:

- 1. 肝臟纖維掃瞄測試將會與健康講座同步進行
- 2. 名額有限, 先報先得, 成功報名者將另獲電郵通知
- 3. 測試者請於檢查前兩小時避免進食 (可飲用少量清水)

費用:全免

講座後設有小食招待

歡迎同學、教職員及教職員家屬參加

立刻報名及填寫問題: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6524463

杳詢:

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

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2. Multi-cultural x Sports - Kabaddi



Playing sports can be more than training your fitness.
Learn more about <u>KABADDI</u> and multi-cultures in Hong Kong!

Date: 5th Mar (Tue) **Time:** 18:30 – 20:30

Venue: Central Courtyard

Programme:

- Brief introduction about multi-culturalism

- Game demonstration

- Competition

Quota: 14

Application: complete application at https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6865393 AND submit \$100 refundable deposit to College Dean of Students' Office (UG09) on or before 5:30pm, 26th Feb 2019

PE Marks: 4

Details: https://www.wys.cuhk.edu.hk/whole-person-development/sports-health-education/

Enquiries:

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

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3. 將消失的社區: 誰人的發展?! 孤老有何依? 古洞義工尋迷-服務學習體驗

新界東北發展對整個社區帶來極大影響,書院特選古洞作為服務學習的地區,讓同學透過與當地老人家接觸、交談 及服務,深入了解空巢老人的生活,從而認識當地老人所面對的困難及問題。



日期: 2019年3月20日(三)

時間: 14:30 - 18:00

地點: 上水古洞基督教香港信義會靈合長者健康中心

交通安排: 參加者可於活動當日 13:30 選擇於伍宜孫書院 或 大學

站民主女神廣場集合,以便乘坐旅遊巴一同出發

導師: 周昭和博士

費用: 全免

報名: https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=29025

截止日期: 2019年2月28日(四)

備註: 参加者須於 3 月 8 日 (五) 11:30-13:00 到伍宜孫書院出席活

動簡介工作坊

查詢:Miss Evelyn Chong (3943-1882 / evelynchong@cuhk.edu.hk)

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4. 電影欣賞 Movie Appreciation:

密陽 Secret Sunshine // 廣告牌殺人事件 Three Billboards Outside Ebbing, Missouri



<密陽 Secret Sunshine>

分析主題 Theme: 人生的矛盾 Contradictions in Life

日期 **Date:** 26.02.2019 (Tue)

時間 Time: 7 - 10pm

地點 Venue: 書院演藝廳 College Theatre, Wu Yee Sun College

電影語言 Movie Language:

韓語, 配以中文字幕 Korean, with Chinese subtitles

<Three billboards outside Ebbing, Missouri 廣告牌殺人事件>

分析主題 Theme: 人生的焦慮 Anxiety in Life

日期 Date: 02.04.2019 (Tue)

時間 **Time:** 7 – 10pm

地點 Venue: 書院演藝廳 College Theatre, Wu Yee Sun College

電影語言 Movie Language:

英語, 配以中文字幕 English, with Chinese subtitles

主持 Moderator:

鄭政恒先生 --- 影評人、書評人,曾任香港電影金像獎、國際影評人聯盟獎、金馬獎評審。2012 年獲得香港藝術發展獎年度最佳藝術家獎。

Mr. Matthew Cheng --- Film critic, Book critic; Judging Panel member of various film awards; Recipient of "Award for Best Artist" in Hong Kong Arts Development Awards 2012

報名 Enrollment: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6890482

已透過 RAS 登記出席是次 GEYS1010 活動之一年級同學不需重覆報名

No enrollment needed for Year 1 students who have registered for this GEYS1010 Activity via RAS

Enquiries:

Ms Candy Shek (3943-1615 / candyshek@cuhk.edu.hk)

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5. Social Issue Workshop: Gender and Power from the view point of #MeToo [從#MeToo 看性別與權力]



With the controversy of #MeToo, how could we correlate gender and power? Why is there solecism relating to feminism? Dr. Li Ming will discuss the topic in the perspective of sociology.

Speaker: Dr. Li Ming, Former Lecturer at CUHK Department of Sociology

Date: 4th Mar (Mon) **Time:** 6:30pm – 8:30pm

Venue: W112, Wu Yee Sun College

Language: Cantonese

Registration: https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=29023

All College students are welcome!

Enquiries:

Miss Yolinda Wong (3943-3932 / yolindawong@cuhk.edu.hk)

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6. Organic Farm Visit in Sheung Shui 有機農莊半日遊



黎記有機農場位於上水燕崗村,佔地近 16 畝。農場種植多種獲認證的有機作物 ,例如:火龍果、香水檸檬、木瓜、生菜、紅菜頭、番茄、車厘茄、馬鈴薯、紫椰菜、青瓜、粟米、紫薯等等。大家可以即場購買各種時令蔬果。

除左買野食之外,領隊鄒教授重會同大家講解以下各點。對耕種有興趣嘅同學千祈唔好錯過!

- 1) 基本耕種原理
- 2) 氣候變化與農業的關係
- 3) 有機耕種與傳統耕種

Lai Kee Organic Farm occupies a huge piece of land of about 16 acres. Their certified organic products include, to name but a few, dragon fruit, papaya, beetroot, cherry tomato, potato, lettuce, cucumber, corn and so on. You can purchase fresh products at the farm!

Our leading teacher, Professor Chau, will also satisfy your craving for knowledge about organic farming. He will briefly cover the following topics:

- 1) Farming principles & food production
- 2) Relationship between agriculture & climate change
- 3) Organic farming vs. Conventional farming

Event Details

Date: Sat, 23rd Feb

Destination: Lai Kee Organic Farm (Yin Kong Tsuen, Sheung Shui)

Assembly Time and Point: 9:20am @ University Train Station or 9:15am @ College Main Entrance

Dismissal Time: approx. 1:00pm

Leading teacher: Professor Kwai-cheong Chau (Chairperson of Campus Environment Committee and Adjunct

Associate Professor at the Department of Geography and Resource Management)

Fee: FREE

Deposit: HK\$50 (fully refundable after completion of event)

Language: mainly in Cantonese (supplemented by English and Mandarin)

Transportation: coach between CUHK and Organic Farm

Dress code: sports

Remarks:

1. Prepare cash and recyclable bags/ contains for your purchase at the farm

2. Bring your own water and snacks

Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6752475

Quota: 25

Registration deadline: 12noon, 19th Feb (Tue)

Deposit submission deadline: office hours, 19th Feb (Tue)

Enquiries:

Mr. Andy Cheng (3943-9768 / andy_cheung@cuhk.edu.hk)

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7. 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!

Tennis (Men)	24 Feb 2019	11:30	University Tennis Court No. 3, 4	S.H. Ho College
	24 Feb 2019	13:45	& 5	United College
Tennis (Women)	24 Feb 2019	9:45	University Tennis Court No. 6 &	New Asia College
	24 Feb 2019	12:00		S·H· Ho College
	24 Feb 2019	16:15	7, Chang Chi Termis Court	Morningside College

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8. 禪陀羅 (Zendala) 正念工作坊



禪陀羅(Zendala) 是禪繞畫(Zentangle) 及曼陀羅(Mandala) 的結合。透過圓形的禪繞創作及正念練習,體驗專注中的靜定,與內在連結,感受生命中的真實的自性。

Zendala is a harmonious union between Zentangle and Mandala. Through drawing symmetrical and regular patterns, and mindfulness practice, it helps wipe away your daily stress and regain your inner peace.

Instructor: Miss Molly Chan & Miss Meko Ng (美國禪繞認證導師 Certified Zentangle Teachers)

Date: 19th Mar (Tue) **Time:** 7:00 pm - 9:00pm

Venue: W112, Wu Yee Sun College

Language: Cantonese supplemented with English

Registration:

https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=29022

Registration Deadline: 15th Mar, 5:00 pm

Enquiries:

Miss Carly Lau (3943-3988/ carlylau@cuhk.edu.hk)

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9. 外展訓練營

Outward Bound = Physical Fitness + Crafty Skills + Self-reliance + Sense of Compassion FACE YOURSELF. CHALLENGE YOURSELF. EMBRACE YOURSELF.

日期: 2019年3月30日至4月2日

(4 日 3 夜露營)

路線: 西貢、馬鞍山、 中大

費用:

HK\$500 (另付按金 HK\$500, 完成活動後可退回) *費用已包括裝備租用,參加者一般不需單為是次 活動購買裝備。

報名: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5384147

查詢:Ms. Candy Shek

(3943-1615 / <u>candyshek@cuhk.edu.hk</u>)



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10. Spanish Cooking Class

Get bored with Canteen food?

Why not join our Spanish Cooking Class to have great fun and yummy food? You can better understand the Spanish culture as well!

Date: 5th Mar (Tue) **Time**: 6:30 pm - 8:30 pm

Venue: College Student Canteen

Instructor: Miss Maria Consuelo VEGA LEON (Department of

Linguistics and Modern Languages)

Quota: 40

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

Deadline: 26th Feb

Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6762675
*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 Carly Lau (3943-3988 / carlylau@cuhk.edu.hk)

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11. Fitness Consultation Sessions 健身訓練諮詢

Ever have doubts about all sorts of training techniques and effects? Ask our personal trainers at College Gym!



Trainer: Mr. Sebastian Chan

Dates (Every Wed, Except Public Holidays):

Jan 16, 23, 30 Feb 13, 20, 27 Mar 6, 13, 20, 27 Apr 3, 10, 17

Time: 7:00pm - 9:00pm **Venue:** College Gymnasium

Trainer: Ms. Vanessa Chan

Dates (Every Thu, Except Public Holidays):

Jan 17, 24, 31 Feb 14, 21, 28 Mar 7, 14, 21, 28 Apr 4, 11, 18

Time: 6:00pm - 8:00pm Venue: College Gymnasium

No prior applications required! Kick-start your workout plan now!

Enquiries:

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

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12. English through Wine and Cheese Appreciation



Aroma, Round, Thin...Do you understand wines?

What vocabulary can you think of to describe wines and cheeses?

Do you know which cheese goes best with your favorite wine?

Come and join our workshop to learn more about the secrets of wine and cheese pairings so that you can create your amazing wine and cheese pairings next time on your own!

Date: 26th Feb (Tue) **Time:** 7:00pm - 9:30pm

Venue: W112, Wu Yee Sun College

Speakers:

Ms. Anna Tam (Food and wine writer, and WSET course tutor)

Ms. Jessica ACUÑA (Assistant Lecturer at English Language and Teaching Unit)

Eligibility: Students aged 18 or above

Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6580637

Deadline: 19th Feb (tomorrow!)

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

*Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation.

Enquiries:

Miss Carly Lau (3943-3988 / carlylau@cuhk.edu.hk)

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College Announcements

1. New College Members 新增書院成員

The following CUHK staff members have recently joined Wu Yee Sun College as teacher affiliates. Warm welcome from all the Sunnies!



Professor Jason M.W. Ho 何文偉教授 Research Assistant Professor, JC School of Public Health and Primary Care BSc (HKUST), PhD (HKUST)

Professor Ho received his Bachelor degree in Mathematics and Doctor of Philosophy in Management Operation from the Hong Kong University of Science and Technology. Prior to joining CUHK in 2018, he served as an Assistant Professor at the Hang Seng Management College. Before returning to Hong Kong, he spent more than a decade at the Department of Statistics and Applied Probability of the National University of Singapore as a faculty member.



Ms. Sharon W.C. Lam 林穎芝女士 Lecturer, School of Journalism and Communication BBA (CUHK); MSc (Manc.); MAChDS (HKU)

Ms. Lam has served as Chief Strategist and Director of Research at Spoon Digital Limited, Toast Communication Group in Hong Kong and Australia before joining the School of Journalism and Communication in August 2018. She is the Founder of Ad101 (廣告 101), an online community on marketing and advertising, and is the author of more than ten best-selling books in the areas of advertising, branding and digital marketing as well as columnist for online media and press.



Miss Sharon S.Y. Wong 黃倩影小姐 Assistant Lecturer, Independent Learning Centre BA (Lingnan); MA (CUHK); MSc (Oxon.)

After receiving her BA (Hons) in Translation at Lingnan University, Miss Sharon Wong completed her MA in Translation at CUHK and MSc in Applied Linguistics and Second Language Acquisition at the University of Oxford, UK. Prior to joining the ILC, she had taught at a self-finance institution for 8 years. She had also taught at City University of Hong Kong, Lingnan University and The Open University of Hong Kong. Sharon is interested in second language acquisition, in particular language assessment, English listening and speaking.

2. Meeting of Student Hostels Committee - Next Meeting Date (20th Feb)

The upcoming meeting of Student Hostels Committee will be held on Wednesday, 20th Feb at 2:30pm. College students can approach the corresponding student members through the College Student Union (presun.wyssu@gmail.com), Resident Association (sungrazian@gmail.com) and Non-Resident Association (wuverine1819@gmail.com) if there are any suggestions or comments related to hostel matters. Thank you for your valuable input.

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3. Fire Drill 2018/19 火警演習

To familiarize staff and students with the fire alarm system and evacuation procedures, the College and the Security Unit will jointly conduct a fire drill on Thursday, 19th Feb (tomorrow) at 9:00 pm. The fire drill will take about 30 minutes. After fire drill, a demonstration on the use of fire extinguishers will be conducted.

為提高職員及學生的火警意識,書院及保安組將於二月十九日(明天)晚上九時進行火警演習。整個火警演習約三十分鐘,保安組將於演習後講解滅火筒的正確使用方法。

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4. College Student Grant/Loan (Freshmen Only) 書院學生助學金/貸款 (只限新生)

College students who have financial difficulties may apply for College Student Grant/Loan 2018/19.

Application is now open for freshmen ONLY until 22nd Feb (this Friday).

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/1547522772StudentGrantandLoan201819_Fmn.pdf

Enquiries:

Ms Karen Yiu (3943-3936 / karenyiu@cuhk.edu.hk)

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5. Wu Yee Sun Award For The Most Distinguished Graduating Student 2018/19
- Now Open for Application

The prestigious **Wu Yee Sun Award For The Most Distinguished Graduating Student 2018/19** is now open to graduating students of 2018/19 for application:-

Eligibilities

- Proactive **graduating students of 2018/19 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=6682748

Application Deadline

5th Mar (Tue)

Enquiries:

Ms Karen Yiu (3943-3936 / karenyiu@cuhk.edu.hk)

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6. Awards for Creativity, Student Development and Talents 2018/19 - Now Open for Application



To recognize the talents and contributions of College students in different areas, the following awards are now open for application. Please note the amount for some of the awards have been updated:

Name of Award **Award Amount** 1. Lau Yiu Po Wah Scholarship for Outstanding Social Services

2. Outstanding Student of the Year Award Student Leader of the Year Award 3.

4. Student Leader of the Year Award (for Freshmen)

Innovation and Creativity Award 5.

6. Social Services Award* 7. **College Services Award**

Outstanding Student Organization Award 8. 9. Outstanding Athletic Achievements Award*

10. Outstanding Artistic Achievements Award

Environmental Conservation Award 11.

Gestalt Music Scholarship

13. Lam Ding Kwong Scholarship in Social Service

14. Lau Cheung Kwai Lan Service Award for Residential Students

HK\$10,000

Max. HK\$10,000 (Updated) Max. HK\$10,000 (Updated) Max. HK\$10,000 (Updated) HK\$7,000/5,000 (Updated) HK\$7,000/5,000 (Updated) HK\$7,000/5,000 (Updated)

Max. HK\$10,000 (Updated) HK\$10,000/8,000/5,000

HK\$5,000

HK\$7,000/5,000 (Updated)

HK\$4,000 (Updated)

HK\$5,000 HK\$3,500

*Please note no selection interview will be arranged for "Outstanding Athletic Achievements Award" and "Social Services Award". For the rest of the awards, only eligible and shortlisted applicants will be notified via their CUHK email accounts within 14 days after the close of application, and they are required to reply their availability before stipulated deadline.

Selection Panel & Process

- A selection panel normally consists of two to three Committee Members from College Scholarships & Financial Aid Committee (Sunny Sports Committee for Outstanding Athletic Achievements Award).
- Applicants will be assessed holistically based on their information submitted on the application form and interview performance.
- Selection panels will consider the number of awards a student applied in the same round of applications.
- GPA is not a deciding factor unless otherwise specified.
- The decisions made by the selection panels shall be final.

More about eligibilities

Go to https://www.wys.cuhk.edu.hk/college-life-support/scholarships/

(Sort by Type > Awards for Creativity, Student Development and Talents)

Application Deadline

10th Mar (Sun)

Enquiries:

Ms Karen Yiu (3943-3936 / karenyiu@cuhk.edu.hk)

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7. Scholarships for Academic Excellence 2018/19 年度學業優異獎學金

15 2019.02.18



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

(1) Master's List [院長嘉許狀] - Honor Award

To acknowledge Top College student of each academic programme of each class, with year GPA not less than 3.5 in 2018/19 academic year

Quota: One student from each programme of each class will be awarded

(2) Academic Excellence Scholarship [學業優異獎學金] - HK\$10,000

To acknowledge students with excellent academic performance - Highest 2018/19 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)]

(3) Academic Improvement Award [學業成績進步獎] - HK\$5,000

To recognize Top 3 College students who have shown the greatest improvement in terms of Term 1 & Term 2 GPA of 2018/19 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 2019.

More about eligibilities

Go to https://www.wys.cuhk.edu.hk/college-life-support/scholarships/ (Sort by Type > Scholarships for Academic Excellence)

Enquiries:

Ms Karen Yiu (3943-3936 / karenyiu@cuhk.edu.hk)

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8. Meeting of Personal Growth and College Life Committee - Next Meeting Date (20th Feb)

The upcoming meeting of Personal Growth and College Life Committee will be held at 11:00am on 20th Feb. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee College Student Union (presun.wyssu@gmail.com), Resident Association (sungrazian@gmail.com) and Non-Resident Association (wuverine1819@gmail.com) prior to the meeting. Thank you for your valuable input.

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9. Arrangement for Gown Borrowing and Photo Day for Graduating Students of 2018/19

The College Photo Day has been scheduled for 29th Mar (Fri). The gown borrowing period for Graduating Class of 2018/19 will be from 28th Feb to 15th Apr:

Please note **Class Representatives** will collect gowns on behalf of graduating students. Please submit the names and contact details of your class rep via the following link:

https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6496566

For departmental societies who wish to organize Celebratory Activity during the College Photo Day, please complete below online application form by 18th Feb (today!): https://www.wys.cuhk.edu.hk/news-details.php?id=11372

Enquiries:

Ms. Cassie Li (3943-3941 / cassieli@cuhk.edu.hk)

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10. "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 pm – 5:30 pm

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

Enquiries:

Ms. Sonia Yu (3943-3937 / soniayu@cuhk.edu.hk) Miss Katie Yu (3943-3935 / katieyu@cuhk.edu.hk)

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11. 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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12. 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 Feb - May 2019, application is now open until 18th Apr 2019.

For programmes/activities held in Jun – Sep 2019, application will be open from 19th Apr – 16th Aug 2019.

Check out the following link for more information including eligibility: https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1549961653ExchangeandTravelGrantandLoan2018192nd.pdf

Enquiries:

Ms Karen Yiu (3943-3936 / karenyiu@cuhk.edu.hk)

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13. 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 (3943-3934 / kiki.chan@cuhk.edu.hk)

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14. 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 <u>application form</u>, 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. Care and Well-being Fund for Mental Wellness Activities

Care and Well-being Fund for Mental Wellness Activities encourages students to participate in various activities to strengthen mental wellness, including workshops, talks, symposiums etc. to release their stress as well as training classes and courses such as counselling training to enrich their knowledge on mental health in order to improve students' overall mental wellness.

Eligibility:

For Wu Yee Sun College students who participate in mental health activities and trainings organized by organization(s) other than College

Examples:

Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Counselling Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course

Funding Amount per student per activity:

Maximum \$800 or 80% of the course / activity fee (whichever is lower)

Take a look at the guidelines and the report template, and start your healthy life now!!!

Application: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6754853

Enquiries:

Miss Carly Lau (3943-3988 / carlylau@cuhk.edu.hk)

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2. 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.

Details:

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

Enquiries:

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

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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**

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

What are you waiting for? Click HERE to find out more information!

Enquiries:

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

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

Introduction

Global Learning Award Scheme aims to encourage students to create, design, plan or participate in **non-local** academic or experiential learning programmes, so as to broaden students' international perspectives and enrich their experiences. Students need to demonstrate from the application documents and interview that the programme applied is beneficial and valuable to them instead of just simply for entertainment. The College Student Exchange Committee will then determine if the students can be awarded, and the award amount (if any). For successful applicants, they will be awarded "Global Learning Award" and receive the award amount after fulfilling all post-trip requirement on time. For more details, please refer to the <u>webpage</u> of GLAS.

Eligibility

All Wu Yee Sun College students (except Exchange students) are eligible for application. The programme joined or planned must be finished by their corresponding graduation date. Some examples are students self-initiating or joining overseas tours, academic conferences, competitions, field trips, courses, internship/major-related placement, research, voluntary service. Programmes organized and subsidized by the College and Term-long Exchange Programmes are excluded.

Maximum Award Amount

The maximum award amount varies with the programme length and programme nature.

Short-term Shorter than one month	Shorter than	Self-initiated programmes	HK\$12,000 or 100% of cost of the particular items (whichever is lower)
	one month	Participating in organized programmes	HK\$5,000 or 50% of cost of the particular items (whichever is lower)
Long-term	One to six months	Self-initiated programmes	HK\$15,000 or 100% of cost of
		Participating in organized programmes	particular items (whichever is lower)

Application

Before submitting the online application form (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6237886), please read through all guidelines and samples on the webpage.

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

Enquiries:

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

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

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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

Details: https://www.wys.cuhk.edu.hk/whole-person-development/sports-health-education/

Enquiries:

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

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Other Activities & Announcements

1. Drama Performance by College Students Receiving Award in Script-Writing Competition in JC – UNESCO HK "Global Citizenship Education" at 7th Peacemakers' Cultural Celebration

College students who won the Script-Writing Competition in Jockey Club – UNESCO Hong Kong "Global Citizenship Education" (賽馬會香港聯合國教科文組織協會「世界公民教育」計劃劇本寫作比賽) will perform the drama on the winning script about bipolar disorder at the 7th Peacemakers' Cultural Celebration (第七屆和平大使文化慶典). You are most welcome to watch the performance and show your support!



Details:

Date: 24th Feb (this Sunday)

Award Presentation | Time : 1:30pm **Drama Performance** | Time : 2:30pm

Venue: Grand Hall, Hong Kong Science Park

Peacemaker's Cultural Celebration is a platform for community-based activities to encourage inter-cultural dialogues (details: http://peace.unesco.hk/peace/).

Date: 23rd & 24th Feb | Time: 11am - 5pm | Venue: Hong Kong Science Park

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2. Mindful Flourishing Workshop 日常心活「靜觀體驗工作坊」



未知上一次大家放下手機,靜心觀察四周景致是什麼時候呢?您可能說 我很忙,很久沒有停下來的時間。那麼上一次靜心觀察自己的一個腳 步、一個呼吸、一個心聲又是甚麼時候?邀請您在繁忙的大學生涯中, 用一個晚上靜心觀察。

日常心活*「靜觀體驗工作坊」旨在透過不同的靜觀為本活動,讓學生對 靜觀有更多認識,並了解如何將靜觀融入生活,讓自己活在當下。在享 受大學五件事的同時,提升自己的心理健康,了解自己多一點。

活動詳情:

日期: 2月21日(星期四)

時間:19:00 - 21:30

地點: 伍宜孫書院 W112-114

語言:廣東話 費用:全免 名額:20

報名表格: https://goo.gl/forms/G6USQVJ78F0Lfdd03

*「日常心活」計劃由香港中文大學心理學系多元文化及全人健康研究室主辦,並由新生精神康復會「新生・身心靈」計劃全力 支持,內容包括透過靜觀練習促進豐盛生活的手機程式、靜觀體驗及興趣活動,以及推動朋輩互助的「日常心活靜觀推廣大 使」計劃,讓大學生透過有系統的線上及線下靜觀訓練,提升心理健康。

查詢:3943-4378

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3. Call for Entries: Social Innovation+ Competition



The Social Innovation+ Competition, sponsored by Bank of China (Hong Kong) and organized by Education For Good (仁人學社) is now open for application! Join the competition to unleash your creativity in solving socioeconomic problems with a viable business model, with the application of Design Thinking, Finance and Technology. Submit a simple 2-page Executive Summary and stand a chance to win up to HK\$30,000 and Paid Summer Internship Opportunities in Bank of China (Hong Kong) Limited, or Bank of China's entities in the mainland of China and the ASEAN countries.

Join as a team of 2-3 tertiary students and apply before 5th Mar!

Important Dates of Social Innovation+

23rd Feb: Design Thinking & Green Finance Workshop [Optional]

5th Mar: Application Deadline

8th Mar : Unleash! Design Thinking Forum [Optional]

11th Mar: Announcement of Semi-Final Teams 14th Mar: Social Innovation Workshop [Optional]

14th Mar: Social Innovation Workshop [Optional

24th Mar: Semi-Final Submission Deadline 31st Mar: Announcement of Final Teams

9th Apr : Grand Final & Result Announcement

27th Apr: Award Presentation Ceremony

Awards & Prizes

- 1. Cash prize: Champion HK\$30,000; 1st Runner-up HK\$20,000, 2nd Runner-up HK\$10,000
- 2. Paid internship Opportunities in one of the subsidiaries of Bank of China's entities, in Hong Kong, Mainland China and the ASEAN* (including Shanghai, Singapore and Vietnam)
- 3. Certificate of Appreciation for all Semi-Finalist teams

*More details in Application Guidelines: bit.ly/SocialInnovationPlus_Guidelines

Competition Details: www.socialinnovationplus.org

Application Deadline: 5th Mar

23rd Feb Design Thinking Workshop & Competition Briefing Registration (limited availability): http://bit.ly/SocialInnovationPlus_Event1

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4. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2018/19 (Application Deadline: 28 June 2019)

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/hklit.

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://admission.cuhk.edu.hk/ (Financing Your Studies > Scholarships > Open for Applications).

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 28 June 2019**. *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 2019.

Enquiries:

Office of Admissions and Financial Aid (3943 9285/sfas@cuhk.edu.hk)

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5. HKMA Youth Development Scheme Company Visit - UA Cinema

Date: 4th Mar (Mon)

Time: 09:45 am - 11:45 am

Gather point: UA Megabox House 4 Oscars Club

Language: Cantonese

*Seats are limited and on a first-come-first-served basis.

Application: Interested students please email <u>soniayu@cuhk.edu.hk</u> on or before 27th Feb with following details:

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

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6. Summer Subsistence and Travel Loan Scheme 2018/19

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 trainings / programmes in summer.

Students should complete and **submit online application in CUSIS** during the **period from 1**st **Feb to 15**th **March 2019**. They are also required to submit the supporting documents as specified on Section 12 of the online application form to Room 1206, 12/F, YIA during the period from **11**th **to 15**th **March 2019**. Students may visit http://admission.cuhk.edu.hk for application details.

Applicants will be informed of the results by the end of May via CUHK@link email.

Enquiries

Office of Admissions and Financial Aid (3943 1898)

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7. Show Me Around! CUHK Photo Competition 帶我遊・中大攝影比賽



As a member of CUHK, you may be very familiar with the campus environment. Yet, have you taken a careful look around to notice any age-friendly places, practices or buildings in the campus? Things such as a long bench, or cultural activities and learning opportunities that also suit the interests of elderly people, or a pleasant resting

area with green spaces are all examples of age-friendly facilities and services suitable for people of all ages including elderly people.

To promote age-friendly messages, Jockey Club Institute of Ageing organizes "Show Me Around! CUHK" Photo Competition to collect photos on age-friendly campus. All CUHK students are welcome to join the competition and snapshot age-friendly facilities, places and services in the campus. Competition details are as follows and further information can be obtained at http://www.ioa.cuhk.edu.hk/en-gb/afc.

Target: Full-time / Part-time CUHK students

Entries: Using the theme of "Age-friendly CUHK campus^", submit

- 1) a photo (e.g. people, events, still-life, campus environment, etc.);
- 2) a brief description of the photo with at least 50 words
- ^ For the scope of CUHK campus, please refer to <u>www.cuhk.edu.hk/english/campus/cuhk-campus-map.html</u>

Enrollment: Submit your entry with photo, title, brief description and the information of shooting location, together with the entrant's personal particulars (i.e. name, student ID, contact number and email), and send to Jockey Club Institute of Ageing ("IOA") through afpcig@cuhk.edu.hk with the email subject of "Jockey Club Institute of Ageing Photo Competition". Photo entries should be submitted in JPEG format with a file size of at least 2MB.

Deadline: 11 March 2019 (Monday), 5 pm (*All submissions are based on the time of IOA's server, and late entries will not be accepted*)

Prizes:

1st prize (one): \$1,500 Cash Coupon* 2nd prize (one): \$1,200 Cash Coupon* 3rd prize (one): \$800 Cash Coupon* Shortlisted entries: \$50 Cash Coupon*

* Cash Coupon are from Eslite Bookstore or Commercial Press Bookstore

Remark: Winning entries may be adopted for use in the "CUHK Map on Age-friendliness" to be produced by IOA.

Enquiries:

Rina Ko (3943 9399 / rinako@cuhk.edu.hk)

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8. Ambassador of ECF Fairness Under the Sun

Climate change is not only an environmental issue, but also an issue about fairness. Producers in the least developed countries are the ones who suffer the consequences of climate change, yet they get the least help. Globally, Fairtrade Carbon Credits have been introduced to mitigate the effects of climate change. Locally, the Hong Kong government has recently launched the Feed-in Tariff Scheme and other renewable energy projects to tackle it. How fair are they?

ECF Fairness Under the Sun programme is now recruiting student ambassadors, who will be responsible for guiding community tours showcasing local solar power facilities and delivering education workshops, to raise public awareness of environmental issues from June to Dec 2019. Before the tours, students will receive 8 sessions of training about climate change, renewable energy, Fair Trade and related topics from Mar to May 2019. Application deadline of the programme: 28th Feb.

Programme details: https://goo.gl/forms/xALTpKtrqUZ2B4Qp1

9. Student Residence Bursary Scheme 2018/19 (for students who reside in hostel for the second term only)

In order to help those needy students who are not able to benefit substantially from the Community Care Fund (CCF) hostel subsidy, the CUHK Student Residence Bursary Scheme was launched in 2014/15 academic year.

Eligibilities

- 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 Apr 2017 to 31st Mar 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 as follows:

<u>Household Size</u>	Monthly Household Income
1 person	\$8,500
2 persons	\$21,100
3 persons	\$33,100
4 persons	\$42,100
5 persons	\$43,700
6 persons or more	\$44,000

(4) be not able to benefit from CCF hostel subsidy or receive less than \$1,360 per term under the CCF hostel subsidy.

The value of bursary will be maximum \$1,360 per term. Eligible students who live in hostel for the second term only should submit their online application via CUSIS from 7th Jan to 28th Feb. Applicants are required to print out Section 7 of the online application form and submit together with supporting documents to the College Office on or before 28th Feb 2019. Students who reside in hostel for whole year and have submitted their applications in the first term need not submit their application again.

Details: http://admission.cuhk.edu.hk

Enquiries:

Office of Admissions and Financial Aid (3943-1898)

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To unsubscribe, please email us at info.wys@cuhk.edu.hk.