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Sunny Review

1. 2018/19 Summer Programme Introduction Session



Six summer programmes to be organized by the College were introduced at the *Summer Programme Introduction Session* on 6th Mar. Attendees learnt the details and highlights of various programmes. Previous participants of different programmes Mr. Sheung-hei Chan 陳尚禧同學 (Economics/3), Mr. Justin C.Y. Leung 梁澤然同學 (MBChB/2), Mr. Wing-ho Ng 吳穎豪同學 (Professional Accountancy/3), Miss Lee-kuen Wong 黃莉娟同學 (Nursing/3), and Mr. Wai-chaak Yim 嚴瑋擇同學 (Electronic Engineering/2) shared their experiences and gains with the attendees.

The College also encourages students to make good use of the funding schemes provided by the College, namely the [Global Learning Award Scheme](#) and [Service-Learning Project Funding Scheme](#), to support their own initiatives to engage in self-arranged exploration journeys.



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2. Multi-cultural x Sports - Kabaddi



“Kabaddi, Kabaddi, Kabaddi” – Participants kept chanting the word while raiding on the field during the experience session on 5th Mar. Kabaddi is a South Asian traditional sport played by two teams of seven, and is an official event in Asian Games (亞運會). The raider aims to tag out as many defenders as possible and return without being caught, while the defender aims to capture the raider.

Participants first learnt the moves and tactics in the 30-minute demonstration, but they could not wait to begin the intense games! Sometimes the raider got surrounded by defenders and was too late to return to his/her field. Or sometimes the raider scored multiple points by tagging out many defenders. What’s more important is that students learnt about the South Asian sports cultures at the exhausting yet exciting match.

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3. Spanish Cooking Class



A group of Sunnies joined the Spanish Cooking Class conducted by Miss Maria Consuelo Vega Leon, College Member and Assistant Lecturer at the Department of Linguistics and Modern Languages last Tuesday. Students did not only learn to prepare Pan Tumaca and Guacamole using healthy avocados and tomatoes, they also got to know more about food culture in Spain and tried different Spanish food during the tasting session. All of them had an enjoyable evening!



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



A Talk on Liver Health conducted by College Members Professor Grace L.H. Wong (黃麗虹教授), Professor at the Department of Medicine and Therapeutics, Professor Baoting Zhang (張保亭教授), Assistant Director of the School of Chinese Medicine and Professor Joan Z. Zuo (左中教授), Director and Professor at the School of Pharmacy, was held on 7th Mar.

Professor Wong started the talk by introducing common liver diseases and gave dietary and exercises advice to participants for prevention of liver diseases. Professor Zhang then shared with participants the best season of nourishing our liver and suggested us to go to bed earlier and avoid stress. Professor Zuo briefed participants on the relationship between drugs, health supplements and liver. She also advised us to be aware of drug overdose to avoid drug-induced liver injury.

We were very grateful to have College Member Dr. Samuel C.M. Chan (陳忠牧醫生) from University Health Services to moderate the event and to hold an interactive discussion with the participants. Participants also underwent a Fibroscan Examination to know more about their liver health and enjoyed delicious refreshments after the talk.



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5. 荔枝窩文化生態遊 Lai Chi Wo EcoCultural Tour



Joining a group of Master in Sustainable Tourism students yesterday, a number of College students explored Lai Chi Wo (荔枝窩), which is an ancient but well-conserved Hakka village (客家村) in northeastern New Territories. It was an inspiring field trip as Professor Kwai-cheong Chau, Chairperson of Campus Environment Committee and leading teacher of the trip (校園環境委員會主席及領隊鄒桂昌教授), not only shared his tremendous geology and geography knowledge, but also introduced to participants the history, cultures and customs of the Hakka village visited.



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1. 洽蕙藝文計劃訪問藝術團體—石齋之友



承蒙洽蕙堂贊助及推動，伍宜孫書院、崇基學院及聯合書院邀請到本地著名書法策展組織「石齋之友」擔任本年度訪問藝術團體，於四月四日至十八日到訪三院。

訪問藝術團體簡介：

石齋之友緣於一群書法朋友二十多年來在書畫文房店「石齋」的聚會，並於 2003 年註冊為書法策展組織，其宗旨在聯絡國內外書法家，通過展覽活動，推廣中國書法。先後策展有〈書苑掇英——當代香港百人書法展〉、〈滄海連波——香港書家與滄浪書社交流展〉、〈傳承與新意——2007 石齋之友書法展〉、〈臨池清興——香港當代書法家邀請展〉，均獲同道好評。近年將重點放在書法教育，並設立資訊科技組，專任網上推廣工作，在面書設立賬戶，定期上載資料通訊，藉以將中國書法推廣給年輕一代。

是次訪問活動包括展覽、書法講座、示範及交流，詳情如下：

--- 2019 年 4 月 4 日 (星期四) 下午 4 時 30 分

勝緣 - 石齋之友書法邀請展 開幕禮

崇基學院行政樓大堂展覽廳

展期：2019 年 4 月 4 日至 4 月 18 日

開放時間：

星期一至五：上午 9 時至下午 5 時

星期六：下午 1 時至 6 時

星期日及公眾假期休息

--- 2019 年 4 月 6 日 (星期六)

專題講座：書法是怎樣練成的 (區大為先生)

時間：下午 2 時至 3 時 30 分

地點：崇基學院行政樓地下 G4 室

書法示範及交流：研究、欣賞「懷素自敘帖」的用筆藝術 (林德茂先生)

時間：下午 3 時 45 分至 5 時 15 分

地點：崇基學院行政樓地下 G4 室

--- 2019年4月13日(星期六)

專題講座：讀帖析微 - 「唐摹神龍本蘭亭集序」(曾廣才先生)

時間：下午2時至3時30分

地點：崇基學院行政樓地下G4室

書法示範及交流：導臨「唐摹神龍本蘭亭集序」(葉榮枝先生主持)

時間：下午3時45分至5時15分

地點：崇基學院行政樓地下G4室

備註：

1) 名額25名；參加讀帖析微-「唐摹神龍本蘭亭集序」講座者將獲優先取錄。

2) 參加者需付材料費\$30(不設退還)及活動按金\$100(完成活動後可退還)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6642731>

活動名額有限，伍宜孫書院、崇基學院、聯合書院員生校友將獲優先取錄。

查詢：

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

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2. Veggie Bouquet DIY Workshop for Graduation 2019



Do you want to be creative and environmental-friendly while having a unique bouquet for your graduation? Come and join our veggie bouquet workshop in the evening of 28th Mar, right before the Photo Day of Wu Yee Sun College!

The veggie bouquet is totally FREE! Your deposit will be refunded once you participate in the DIY workshop.

**DON'T HESITATE AND SIGN UP AT ONCE!
QUOTA IS LIMITED! 😊**

28/3 | 7:00pm | c!ab

畢業蔬果花束製作

Veggie Graduation Bouquet DIY

Deadline: 22/3

Apply Now: <http://bit.ly/VeggieBouquet>

(c!ab × Hong Kong Organic Farm)

Enquiries:

Doris 多多 6152-6127

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3. c!ab Presents - 523 Sakura Festival

March

the beginning of spring,
the season of graduation activities,
the prime time for sakura blossoms to bloom

Sakura captivates with its delicate beauty, even though it is tragically short-lived. However, their fragility reminds us of our youth, always chasing after our dreams, constantly growing until it blossoms into magnificent petals of hope. Being surrounded by Sakura blossoms, we are also able to revel in the miracle that we met our companions, experiencing the beauty of the flowers as we forget all of our worries. We sincerely hope all of you can share this happiness at the *"523 Sakura Festival"* presented by c!ab.



A series of activities stimulating your FIVE senses will be staged. Details as below:

19/3 | 8:00pm | Gallery
櫻花甜品派發
FREE dessert in Sakura presentation
Come and Join us!

21/3 | 7:00pm | c!ab
櫻花匙扣工作坊
Sakura Pendant Making Workshop
Apply Now: <http://bit.ly/SakuraPendantMaking>

26/3 | 7:00pm | c!ab
靛藍絞染工作坊
Shibori Indigo Dyeing Workshop
Apply Now: <http://bit.ly/ShiboriIndigo>

25/3, 27/3 & 29/3 (Photo Day) | 7:00pm | Canteen
"WYS ON AIR" 飯堂廣播 - Canteen Broadcast
Message Collection Box: <http://bit.ly/WYSOnAir>

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4. 2019 Overseas Summer Programme New Zealand Language and Culture Study Tour

Join us for a unique 3-week language and culture programme in magnificent New Zealand. **Stepping outside the four walls of the classroom**, this Study Tour will give you a rare opportunity to **immerse yourself in New Zealand's culture and the local community of English speakers**.

--- *Enrich your knowledge of New Zealand through a series of short talks and discussions by speakers from **Massey University and the University of Auckland**.*

--- *Travel throughout the North and South Islands to experience the natural wonders of New Zealand and the history and customs of its people.*

--- *Meet locals in New Zealand's key agricultural and cultural industries, such as wine makers, farmers and those working at Maori cultural sites.*

--- *Immerse yourself in English through a series of language tasks, culminating with an interactive language/culture project.*

If you crave adventure and want to hone your English skills in an authentic environment while learning about a new culture, then come to New Zealand!

Date : 31st May to 19th Jun

Programme Fee (HKD) [After subsidy] : \$19,500

Programme fee covers:

- International return flight from Hong Kong to New Zealand
- Domestic return flight to Queenstown
- Accommodation
- DIY breakfasts and lunches packed by students (2/3 of total meals) + 2 dinners
- Local transport for group activities
- Interesting talks and discussions
- Unforgettable activities, excursions and tours **e.g. Hobbiton Movie Set, Glowworm caves, Maori cultural village, Fiordland tour**

Programme fee does not include:

- Tourist Visa (tourist visa waiver for HKSAR passport holders)
- Dinners (students may prepare their dinners in shared kitchens)
- Activities and transport during students' free time

For tentative itinerary, please click [here](#).

Programme Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6938790>

Interview: 9am – 2pm on 18th Mar *(Please indicate UNAVAILABLE time slot on the application form if any)*

Deadline: 13th Mar

Enquiries:

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

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

Extra Financial Support:

1. Students who have financial need can apply for extra financial support from the College Exchange and Travel Grant/Loan: https://www.wyys.cuhk.edu.hk/cms/wp-content/files_mf/1549961653ExchangeandTravelGrantandLoan2018192nd.pdf

2. Students receiving means-tested student financial assistance from the Student Finance Office of the Working Family and Student Financial Assistance Agency, or from a family that is receiving Comprehensive Social Security Assistance from the Social Welfare Department can apply for subsidy under the **Scheme for Subsidy on Exchange for Post-secondary Students (SSE) / Scheme for Subsidy on Exchange to Belt & Road Regions for**

Post-secondary Students (SSEBR). Office of Academic Links will invite students via email to submit an application for SSE/SSEBR. For details, please refer to [here](#). (Enquiries : Ms. Elaine Poon at 3943 7588)

Remarks:

1. All students must depart and return together with the arranged flight schedule.
2. The College reserves the right to make changes in fees, schedules, and courses without notice, and to cancel courses in case of insufficient enrollment.



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5. Professional Learning Scheme in Shanghai 上海專業研習計劃 (Chinese Only)





暑期實習往往要「投資」至少一至兩個月時間，對非主修科行業心動又不敢行動？上海專業研習計劃歡迎**不同主修同學**參與兩星期研習，直接與資深管理層及年青企業家互動討論，了解不同行業的發展趨勢，對比上海與香港的異同。

同學亦可藉此機會學習與不同背景的專業人士交流，拓闊視野，建立自己的人際網絡。

<p>企業家交流</p>	<p>了解概況 – 與區文中先生、年青企業家、資深企業管理層、專業投資者對談</p> <ol style="list-style-type: none"> 1) 職涯規劃 2) 獵頭公司招聘 3) 香港人在內地就業/ 創業/ 投資的挑戰 4) 內地經濟發展與企業投資 <p>淘課、天絡行、微醫及大搜車的代表與同學共進晚餐，於「企業參觀」前與同學互相認識，促進參觀時的交流。</p>
<p>企業參觀</p>	<p>親身體驗 – 上海及杭州分組企業參觀</p> <ol style="list-style-type: none"> 1) 個案研究 2) 與人力資源部、市場推廣部及資深管理層交流 <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>淘課</p>  <p>www.taoke.com</p> <p>微醫</p> </div> <div style="text-align: center;"> <p>天絡行</p>  <p>SKYNET</p> <p>大搜車</p> </div> </div>



大搜车

專業研習	學以致用 – 5 天研習期 1) 參與前線工作； 2) 涉獵公司研究項目；及/或 3) 自訂考察題目
	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> 上海半島酒店  </div> <div style="text-align: center;"> 騰訊  </div> <div style="text-align: center;"> 馬克華菲  </div> </div>

詳情：[按此查閱](#)

報名：請於 **3 月 17 日前**遞交[網上申請](#)

查詢：

余寶婷女士 (3943-3937/ soniayu@cuhk.edu.hk)

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6. 2019 暑期文化交流活動：「追尋歷史的軌跡---西安」(Chinese Only)

西安，古稱長安，歷史上曾有十三個中原朝代(如周、秦、漢、隋、唐)在此建都，文化歷史蓄積深厚，保留了不少歷史遺跡和文化遺產。

是次參與學生分別來自三所院校，包括我們書院、西安交通大學仲英書院，以及澳門大學何鴻燊東亞書院。參加者除了可以藉此了解中國歷史和文化，還可以與內地及澳門高校的學生進行交流，了解彼此教育制度與生活方式的異同。

活動內容(暫定)：

- 參觀古蹟,例如：兵馬俑、鐘鼓樓、城牆、碑林.....
- 漢服體驗
- 到訪「袁家村」參觀新農村建設

- 義教
- 學習秦腔表演(自由參與)

活動詳情

日期：2019年7月8日至15日(8日)

地點：西安

合辦院校：西安交通大學仲英書院、澳門大學何鴻燊東亞書院

申請資格：伍宜孫書院全日制本科生（本地生優先）

名額：10人（視乎報名情況按申請表內容進行篩選或面試）

費用：港幣1,000元正(不予退回)

按金：港幣500元正(出席簡介會及完成分享活動者可獲全數退回)

註：

1. 如同學於確認參加後退出，所繳費用及按金將不獲退還。

2. 書院隔年舉辦暑期回訪，接待曾與書院合辦暑期計劃的內地院校，從而促進各地學生的交流。參加西安活動的同學須按書院安排，於7月23日至29日接待內地5所大學(包括西安交通大學)的學生到書院進行回訪。如同學因特別原因未能參與整項回訪活動，請在報名表上選取你能參加的日子，及註明未能出席其他日子的原因，並提供相關資料。

報名方法：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6908202>

截止報名日期：3月14日

查詢：

潘嘉欣小姐(3943 3942 / rachelpoon@cuhk.edu.hk)

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

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7. 2019 暑期文化交流活動：哈爾濱工業大學小衛星學者計劃 – 中俄友誼之旅 (Chinese Only)



日期：2019年6月7日至16日(10天)

地點：哈爾濱、俄羅斯

接待院校：哈爾濱工業大學

申請資格：伍宜孫書院全日制本科生（本地生優先）

名額：10 人（視乎報名情況按申請表內容進行篩選或面試）

費用(註)：香港至哈爾濱之半額交通費(書院或大學將資助半額交通費，上限 HK\$3,000；參加者須自行購票)
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。如同學於確認參加後退出，所按金將不獲退還）

行前簡介會：4 月 11 日下午 2 時 30 分至 4 時(未能出席行前簡介會同學的報名將不獲考慮)

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. 參加者必須持有香港特區護照或澳門特區護照或中國護照及多次往返回鄉證，有效期為出境日期算起(即6月7日起)8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. 參加者將自動由大學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。

報名方法：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6908202>

截止報名日期：3 月 14 日

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：分三組前赴符拉迪沃斯托克(海參崴)、哈巴羅夫斯克(伯力)、布拉戈維爾申斯克(布市)進行參觀和到訪當地大學。

查詢：

潘嘉欣小姐 (3943 3942 / rachelpoon@cuhk.edu.hk)

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

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8. 2019 Overseas Summer Programme: Norway & Denmark Green Tour



Theme: To explore the green initiatives and development of environmental protection in Norway and Denmark

Destination: Norway (Molde, Stavanger) & Denmark (Copenhagen)

Date: 16th to 29th Jun (13 nights: Arrive in Molde on 16 Jun, dismiss in Copenhagen on 29th Jun; Round trip transport arranged and paid by students)

Leading Teacher: Dr. Sin-cheung HO (Department of Systems Engineering and Engineering Management)

Programme fee: HKD 7,000 (Non-refundable)

Deposit: HKD 1,500 (Refundable with full attendance of pre-trip meetings, project completion and fulfill requirement on student sharing)

**** Both programme fee and deposit submitted will not be refunded if student chooses to withdraw from the programme AFTER submitting them****

Quota: 10-15 students

Programme Content:

- Visit to Molde University College
- Company visit (plastic recycling, source segregation, recycling of waste, sustainable producer of food for fish farms)
- Guided Green tour
- Group project by students

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6919794>

Registration Deadline: 14th Mar

Interview: 3-7pm on 22nd Mar (Please indicate your **UNAVAILABLE** timeslots on the application form if any)

Pre-trip meetings: 11th Apr (7:00 pm - 9:00 pm); 14th May (2:30 pm-4:30 pm); 3rd Jun (3:00 pm - 5:00 pm)

Programme Fee Covers:

- Local transportation
- Accommodation
- Guided tour

Programme Fee Excludes:

- Airfare (round-trip ticket)

- Meals, other daily expenses & miscellaneous

Enquiries:

Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

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

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9. Plyometric Training & HIIT 漸進式體能訓練及高強度間歇式訓練



Curious about how to use the agility ladder and kettle bell in gym room? Wanna lose fat quickly but healthily? Our fitness trainers will give you tailor-made advice to enhance your fitness performance!
健身室的敏捷梯、壺鈴，好奇又唔知點用？想極速瘦身又怕太chur？
教練逐一為你拆解及指導，從而提升你的運動表現！

Plyometric Training 漸進式體能訓練

- Build Explosive Power and Improve Agility 增強爆發力及改善敏捷度

Date: 20th, 27th Mar; 3rd, 10th Apr

Instructor: Mr. Sebastian Chan

HIIT 高強度間歇式訓練

- Burn Fat and Enhance Body Shape 快速消脂，改善身體線條

Date: 21st, 28th Mar; 4th, 11th Apr

Instructor: Ms. Vanessa Chan

Time: 7:00 pm - 8:00 pm

Venue: College Gymnasium

More Details: <https://bit.ly/2wuLFBU>

Application: <https://bit.ly/2tNvr6c> (5:00pm, 14th Mar)

PE Marks: 4

Enquiries:

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

10. Sunny Yeah Promotion

[以下內容為宜嘢依夜籌委會撰寫，並經書院電郵傳送。]

The following message is drafted by Organizing Committee of Sunny Yeah and sent via College.]



Singing Contest (Preliminary Round): 13th Mar – 14th Mar

Ball: 20th Mar

Singing Contest (Preliminary Round) 伍唱初賽

如果覺得平時係沖涼個陣唱歌唔夠喉，咁就一定要黎參加伍唱啦！除左可以比更多人聽到你既天籟之音之外，又唔洗係房到嘈住 roommate，更有機會能夠晉級到決賽！

今年我地為左可以有更公平更多元素既賽事，仲增設咗 rap 組同唱跳組，所以唔好再諗啦~ 快 d 報名參加啦!

Here comes the Wu Yee Sun Singing Contest!!!

If you are still unsatisfied with just singing in the bathroom while taking a shower, the singing contest is definitely a way to go!!

Joining the contest, you can freely show off your beautiful voice without disturbing your roommates. All participants will get the chance to advance to the final round. Maybe you will be the next CHAMPION!!

In pursuit of fairness and diversification, divisions of RAP and DANCE-SING have been newly added this year.

Looking forward to your active participation!!

報名傳送門 Registration Form: <https://goo.gl/forms/xHQMtMcdUcdIA8Hp1>

日期 Date and Time : 13th – 14th Mar (Wed-Thu) 7:00 pm - 10:00 pm

地點 Venue : 伍宜孫書院 UG/F 樓演藝廳 College Theatre, UG/F, Wu Yee Sun College

報名費用 Participatory Costs:

- 個人組別 Solo | \$ 60

- 組合組別 Group | \$ 80

- 饒舌組別 Rap | \$60 [報名人數少於3隊將不設開此組別，參加者自動撥入個人組別或組合組別，組合需補回二十元參加費 If there is less than 3 units of participants, this category will be closed. Participants in this category will automatically arranged into the Solo or Group. For those assigned to Group, they have to pay extra \$20.]

- 唱跳組別 Dance-sing | \$60 [報名人數少於3隊將不設開此組別，參加者自動撥入個人組別或組合組別，組合需補回二十元參加費 If there is less than 3 units of participants, this category will be closed. Participants in this category will automatically arranged into the Solo or Group. For those assigned to Group, they have to pay extra \$20.]

- 搞笑組別 Variety Group | \$120 [報名人數少於2隊將不設開此組別，參加者可獲全額退回報名費 If there is less than 2 units of participants, this category will be closed. Participants in this category can have full refund of application fee.]

詳情請參閱賽制 Detailed information :

https://drive.google.com/file/d/1mlZGc12H4cZx2BLmUL4_o8TMt8Vup8R3/view?usp=drivesdk (中文版)

https://drive.google.com/file/d/16TVJvrStbbU6D_XGVM5vGQEkXybQZu1A/view?usp=drivesdk (English)

11/3 00:00 後所有報名都係撥入 walk-in

同學記得帶備 3 樣野 :

1. 用 USB 入好你既 MMO

2. 5 份歌詞

3. 報名費 ! ! ! ! ! ! ! !

帶漏一樣都唔可以參賽架

★ ★ 不過 你都可以係 12/3 23:59 前將你既 MMO 寄黎 wys2019yyyy@gmail.com

咁就可以唔駛帶 USB 啦~

但記得!!!! 都係要帶歌詞同報名費架

由於參賽人數眾多

Walk-in 有機會因時間關係被拒絕參賽

攤位開放時間待定，詳情請留意我地 Facebook page

Booth operation time will be announced on our Facebook page: [宜嘢依夜 SunnyYeah](#)

**每次填寫參賽表格只限申請單一參賽組別。參賽者如欲申請參加多個組別，請再次填寫此表格。

**Each submission should only involve the registration of one category of the competition, if you wish to participate in more than one category, please submit this form again, accordingly.



舞會 Ball

那年十八，母校舞會....但係母校冇舞會?!!!! 連站著如嚟囉既機會都有?!!!!

機會黎啦飛雲，宜孫舞會等緊你呀！表演跳舞飲酒 要咩有咩，仲邀請到 blaster!!!!

一齊 high 到最尾！仲點會站著如嚟囉?快啲報名啦啦啦啦!!!!

Never been to a ball? Here's your chance!!!

Sunny Yeah Ball is waiting for you! Dance with others, watch mesmerizing performances, enjoying some cocktail, we have all you ever want and desire! Also, we have invited a great band - Blaster to join our party! Let's have the time of our lives all night long!

What are you waiting for? Join the Sunny Yeah Ball right now right by clicking the link below!!

報名傳送門 Registration Form:

https://docs.google.com/forms/d/1dNJWnrT7Ofy3V88kWJMfs5gZie4f9L_OdmpEg3WJ09g/viewform?edit_requested=true

日期 Date and Time : 20th Mar (Wed) 7:00 pm - 10:00 pm

地點 Venue : 伍宜孫書院學生膳堂 Wu Yee Sun College Dining Hall

票價 Ticket :

\$90 (單人 Single) // \$87 (不過三優惠 GPA less than 3.00) // \$80 (五人同行 Group of five or above)

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11. 電影欣賞 Movie Appreciation: 廣告牌殺人事件 Three Billboards Outside Ebbing, Missouri



電影 Movie: 廣告牌殺人事件 Three billboards outside Ebbing, Missouri

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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12. 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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College Announcements

1. Experiment Led by College Fellow Professor Ming-chung Chu Recognised by UGC as Area of Excellence

(Source: [Press Release of Communications and Public Relations Office](#))

A team of particle physics researchers from across local institutions, led by Professor Chu Ming-chung (朱明中教授), College Fellow and Professor at the Department of Physics, working on a project to study the fundamental structure of matter, has recently been awarded funding in excess of HK\$78 million from the Areas of Excellence (AoE) Scheme under the University Grants Committee (UGC 大學教育資助委員會). The award will boost the team's involvement in the ATLAS experiment, based at The European Organisation for Nuclear Research (known as CERN 歐洲核子研究中心). The team will be leading in some areas of Higgs particle properties measurement and the ATLAS detector upgrade, as well as contributing to the R&D work of the proposed Electron-positron Collider in China. The project will substantially raise the profile of Hong Kong scientists and their global influence.

Professor Kong-Pang Pun (潘江鵬教授), College Fellow and Associate Professor at the Department of Electronic Engineering and Professor Luis Roberto Flores-Castillo, College Member and Assistant Professor at the Department of Physics, are also participating in this collaborative research.

More media coverage can be found below:

[三大團隊獲撥款分析「上帝粒子」 研抗輻射零件](#) (On.cc 06.03.2019)

[三大研新品片升級 ATLAS 探測器 教資會撥 7800 萬參與研「上帝粒子」](#) (Mingpao 06.03.2019)

[三大院校合組團隊獲教資會資助 7800 萬元 赴歐洲研究「上帝粒子」](#) (HK01 06.03.2019)

Congratulations from all the Sunnies on this proud achievement!

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2. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be out of town from 15th to 17th Mar. During this period, Professor Sunny K.S. Kwong (鄺啟新教授), Associate College Master and Director of University Planning Office, has been appointed the Acting Master of Wu Yee Sun College.

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3. Wu Yee Sun College The Most Popular Canteen Staff Polling (2018-19 Term 2) 伍宜孫書院飯堂最受歡迎員工選舉 (2018-19 下學期)



多謝大家對書院最受歡迎飯堂員工選舉的支持，伍宜孫書院自舉辦最受歡迎飯堂員工選舉後，飯堂服務質素不斷提升。新一輪投票現正舉行，希望大家踴躍投票，為改善飯堂質素出一分力。

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

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)

Please click the link below to vote for the most popular canteen staff. Each student/staff can vote for three canteen staff at most.

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6944263>

投票日期 Voting period : 1st to 31st Mar

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



The College Photo Day will be held on 29th Mar (Fri). Graduating students of 2018/19 please refer to the below for details:-

1) Group Photo for Graduating Class of 2018/19 & College Members

Time: **2:00 pm** (Please arrive by 1:45 pm and follow the instructions from photographer)

Venue: Central Courtyard (Rain Plan: Student Canteen)

2) Faculty & Departmental Photo-taking

Time: 1:00 pm – 3:05 pm

Venue: Central Courtyard (Rain Plan: Student Canteen)

[View Full Photo-taking Schedule](#)

3) Celebratory Decorations by Student Bodies

Venue: UG/F and LG/F (Rain Plan: Gallery & 1/F West Block)

[View Floor Plans](#)

The gown borrowing period is from 28th Feb (Thu) to 15th Apr (Mon). Return of gowns should be made by individual students on or before 15th April (Mon) during office hours to the College Office (G03, G/F, East Block). **Please note the returning place will be changed to College Theatre, UG/F on 15th April (Mon).**

Enquiries:

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

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5. “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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6. 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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7. Exchange and Travel Grant/Loan 2018/19

Wu Yee Sun College Exchange and Travel Grant / Loan

申請資格 Eligibility
獲選申請學院交換或海外學年/暑期活動/交流、或短期海外遊歷的學生
College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities / exchanges

交流活動類別/類別 The Programme/Activities	申請日期 Application Period	結果公布日期 Application Result
Feb 2019 - May 2019	15 Dec 2018 - 18 Apr 2019	30 Apr 2019
Jun 2019 - Sep 2019	19 Apr 2019 - 16 Aug 2019	30 Aug 2019
Oct 2019 - Jan 2020	17 Aug 2019 - 15 Dec 2019	30 Dec 2019

最高資助額 Maximum Amount of Subsidy
獎學金(Grant)-\$5,000 - 貸款(Loan)-\$5,000

YOUR only LIMIT IS YOU

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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8. Book Exchange Corner at The Lounge in House of Sunny Living 如日坊—漂書閣

A Book Exchange Corner has been set up at The Lounge in House of Sunny Living. Students and staff are welcome to donate good books for exchange. You can come to The Lounge to pick a book which is of interest to you and at the same time, please leave down a good book for exchange.

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9. Venue Booking of Terrace of Dreams for Barbecue Activities 借用圓夢臺 (燒烤活動用途)

If students would like to reserve Terrace of Dreams for Barbecue activities, you may follow the procedures below to submit application.

Step 1: Reserve Terrace of Dreams at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4082730> at least THREE working days prior to the event date.

Step 2: Receive booking results via email from College

Step 3: Go through the rules & regulations, then submit application to Student Union for reserving BBQ Stove <https://drive.google.com/drive/folders/0B2BJiMcr2icqWkE4V3dmMWJXVkE>

Please be reminded BBQ can only take place in designated time and location:

Booking Period: Mon – Thu, 4:30 pm - 11:00 pm

Designated Location for BBQ: Terrace of Dreams

*Booking of Terrace of Dreams via this online application can only be made for BBQ activities. For other activities organized by student bodies, student bodies concerned should submit booking request via online booking system (<https://www6.cuhk.edu.hk/WYYS/frs/WYYSLogin.aspx>).

Enquiries:

Miss Rachel Poon (3943-3942 / rachelpoon@cuhk.edu.hk)

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10. Displaying Promotion Poster and Video in College

To enhance the promotion channels and encourage student creativity, College student bodies may submit online application to display poster and video in College for their activities.

Display Locations*:

1. Video wall at College Gallery (G/F)
2. TV at Lift Lobby, East Block (G/F)
3. TV at Lift Lobby, West Block (G/F)
4. TV at Student Canteen (LG/F)

*College student bodies cannot select display locations.

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

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4616428>

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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 / florecetsui@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 [webpage](#) 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.

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

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	1 st Nov – 30 th Apr	1 st May – 31 st Oct
Summer	1 st May – 31 st Oct	1 st Nov – 30 th 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. Manulife / HKMA DMC Digital Marketing Summit



Date: 29th Mar

Time: 1:30 pm - 6:00 pm (Summit)

6:00 pm - 7:00 pm (Networking)

Venue: HKMA Advanced Management Development Centre, 3/F, Tower 2, South Seas Centre, 75 Mody Road, Tsim Sha Tsui, Kowloon

Language: English

Fee: Free of Charge

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

Application: Interested students please email soniyu@cuhk.edu.hk on or before **12th Mar** with following details:

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

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2. HCMS Scholarship Presentation Seminar 2018/19



If students want to know more about HR as their future career, it will be a great opportunity for students to learn from their peers and HR Leaders from Swire Beverages, New World and KPMG.

Date: 23rd Mar (Sat)

Time: 9:00 am - 1:00 pm (Registration starts at 8:45 am)

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

Fee: Free of charge

First Part: (in English) - Scholarship Presentation from students of seven universities

Topic: As a young HR professional, how do you contribute to harness opportunities in organizations for Hong Kong's competitiveness?

Second Part: (in Cantonese) - Sharing from HR Leaders (in panel discussion format)

Theme: 筍工 x Fit 馬

- **Ms Theresa Chong** (Human Resources Director, Swire Beverages Limited)

- **Mr Garrick Lau** (Assistant General Manager, Strategic Planning & Community Engagement, New World Development Company Limited)

- **Ms Karen Leung** (Manager, HR, KPMG)

- **Ms Yetta Chan** (1st Runner Up of HCMS Scholarship 2016-2017)

- **Ms Annie Lai** (Champion of HCMS Scholarship 2017-2018)

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

Application: Interested students please email soniayu@cuhk.edu.hk on or before 15th Mar with following details:

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

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3. 日常心活「靜觀 x 咖啡工作坊」(3月27日) Mindfulness x Coffee Workshop 27th Mar 2019



未知上一次大家放下手機，靜心品嚐一杯咖啡是什麼時候呢？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 x 咖啡工作坊」邀請你通過靜觀方法，專心沖製咖啡，從過程中覺察自己的情緒、思想和身體感覺，了解自己多一點。

When was the last time you put down your phone and observe your footsteps, notice your breaths, and listen to your inner voice?

We invite you to spend an evening of your hustle and bustle university life to observe your bodily sensations, feelings, and thoughts and to take care of yourself by practicing mindfulness.

Date: 27th Mar (Wed) 18:30 – 20:30

Venue: W116, Wu Yee Sun College

Language: Cantonese

Fee: Free

Target: College students

Quota: 20

查詢 Enquiries : 3943 4378

報名表格 Program Details and Registration: <https://goo.gl/forms/eES1t7nhcsuA3qi53>

*「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。

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4. Earth Hour 2019 地球一小時 2019

Pledge now to support Earth Hour by turning off all non-essential lights for one hour on Sat, **30th Mar at 8:30pm!** Wu Yee Sun College, together with other Colleges and Units of CUHK, will support to this global campaign to show our commitment to combat climate change and reduce our ecological footprint.

During Earth Hour, all non-essential lighting on UG/F Podium and 5/F Sky Garden will be switched off as a gesture of support. Every one of you, especially hostel residents, is invited to take action by switching off your lights!

More details of the campaign can be found at <https://earthhour.wwf.org.hk/en/home/>.

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5. Recruiting Mentors for Stanford University Students at CUHK in Term 1 of 2019-20

Grab the chance for an unprecedented opportunity to broaden your international perspective and be rewarded with lifelong friendships, improve communication skills, and enhanced cross-cultural understanding. In addition, you will receive a student helper allowance of HK\$1,000 at the end of the program!

In Term 1 of 2019-20, 25 students from Stanford University will study at CUHK through Stanford's Bing Overseas Studies Program (BOSP). The Office of Academic Links is now recruiting a total of 10 students to become student mentors to Stanford students.

Expectations for Mentors

- To become mentors for Stanford students studying at CUHK
- To facilitate a smooth transition from California to Hong Kong for the students
- To engage in meaningful cross-cultural interactions with the students

Examples of Engagements with Stanford Students

- Communicate with the students before arrival and set their expectations about CUHK and Hong Kong
- Assist the students to get settled in at CUHK (*e.g. airport pick-up, hostel check-in, shopping for necessities, etc.*)
- Tour the students around CUHK/Hong Kong and introduce them to Chinese and Hong Kong culture

Training to be Provided for Mentors

- Interacting Across Cultures: 25 (afternoon) or 26 March (evening)
- Emotional Intelligence: Early April (evening)

If you are interested, email Jonas at jonasto@cuhk.edu.hk with the following information **on or before Wed, 13th Mar**:

- Full Name
- Student ID
- CUHK email address
- Previous experience as a student buddy/mentor (provide name(s) of program(s) previously attended)

Depending on student response, a short interview may be required to shortlist candidates. Information on such arrangement (if necessary) will be provided in due course after the application deadline.

This valuable opportunity is not to be missed. If you have any question, feel free to contact Jonas at jonasto@cuhk.edu.hk. We look forward to receiving your application!

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6. 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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7. 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 1st Feb to 15th 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 **11th to 15th 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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8. <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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To unsubscribe, please email us at info.wys@cuhk.edu.hk.