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## Sunny Review

### 1. 台灣中正大學紫荊書院同學來訪



八位來自台灣中正大學紫荊書院的同學於九月七日到訪書院，並由書院學生會幹事會成員接待。幹事們向來訪同學介紹本院，亦帶領他們參觀不同設施，加深對書院的認識。透過是次交流，雙方同學都對不同地區的書院概念和校園生活了解更多。



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## College Activities

### 1. Sunny Living Week



House of Sunny Living promotes **healthy lifestyles** and instills **positive energy** by complementing three dimensions of *“health and spiritual well-being”, “sports for life”* and *“go green and lead the society”* to strengthen your body, mind and spirit, and leadership. This year, the College will organize the **Sunny Living Week** again. A wide variety of activities with new elements are designed to train your body, mind and spirit, and encourage your contributions to the environment and society. Let's join together to start a Sunny living style!

如日坊旨於**推廣健康生活**，為同學注入**正能量**，並給合三大元素：**身心健康**、**終身運動**，以及**綠色生活**，讓同學強健體魄，提升精神健康及加強領導能力。書院本年再次舉辦 **Sunny Living Week**，為同學設計多款有益身心及推廣綠色生活的活動，歡迎所有伍宜孫書院同學參加，一同開始充滿陽光朝氣的健康生活!

Date & Time	Activity	Registration Link
15 Sep (Sun) 9:00am - 2:00pm	Eco-hike@Tai Po Kau Nature Reserve 大埔滘生態遊 ( <a href="#">Details</a> )	<a href="#">Registration</a>
16 Sep (Mon) 1:00pm - 2:30pm	Vegetarian Lunch 素宴 ( <a href="#">Details</a> )	<a href="#">Registration</a>
16 Sep (Mon) 3:00pm - 5:00pm	Forest Bath 森林浴 ( <a href="#">Details</a> )	<a href="#">Registration</a>
17 Sep (Tue) 5:00pm - 6:30pm	Sunny Relay Race ( <a href="#">Details</a> )	<a href="#">Registration</a>
18 Sep (Wed) 6:30pm - 8:00pm	Beeswax Food Wrap Workshop 蜂蠟保鮮布工作坊 ( <a href="#">Details</a> )	<a href="#">Registration</a>



<b>19 Sep (Thu)</b> 6:30pm - 8:00pm	Shape You Up : Healthy Snack Making Workshop 愈食愈 FIT - 有營小食製作工作坊 ( <a href="#">Details</a> )	<a href="#">Registration</a>
<b>20 Sep (Fri)</b> 11:30am - 2:00pm	Organic Farm & Student Organizations' Booths 有機農莊及學生團體攤位 (Green Team / Sports Association / c!ab / Rotaract Club)	<a href="#">Registration not required!</a>
<b>22 Sep (Sun)</b> 9:00am - 3:00pm	Visit to T-Park 參觀 [源·區] ( <a href="#">Details</a> )	<a href="#">Registration</a>

### Enquiries:

Miss Carly Lau ([carlylau@cuhk.edu.hk](mailto:carlylau@cuhk.edu.hk) / 3943-3988)

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## 2. GPS Career Development Facilitation Scheme 職涯 GPS 2019/20



GPS Career Development Facilitation Scheme is jointly organized by Wu Yee Sun College and School of Continuing and Professional Studies of CUHK (CUSCS).

The Scheme aims at enriching students self-understanding for planning or embarking on their career development through face-to-dace consultation and assessment by Global Career Development Facilitator (GCDF).

### Programme Content

**Period:** Oct 2019 - Feb 2020

**What to do:** Students will prepare questions/ issues they concern about their career planning. GCDF will guide the students accordingly with professional insights.

**Matching:** 1 student will be matched with 1 GCDF. CUSCS will match the appropriate GCDF in accordance to your background and application information. The results will be announced in the Briefing and Kick-off Ceremony.

**Meeting:** 4 face-to-face meetings (around 1 hour each time) at WYS

**Quota:** 10

### Briefing and Kick-off Ceremony (MANDATORY)

**Date:** 16<sup>th</sup> Oct 2019 (Wed)

**Time:** 7:00pm

**Venue:** College Theatre, UG/F, Wu Yee Sun College

### Application

Complete **online application** at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7514087> and **submit HK\$400 deposit** to Dean of Students' Office (UG09) on or before 20<sup>th</sup> Sep 2019 by 5:30pm

(Deposit is refundable upon completing the Briefing and Kick-off Ceremony, 4 meetings and evaluation survey)

## Enquiries:

Miss Rachel Poon ([rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) / 3943-3942)

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### 3. Visiting Artist of Hop Wai Art and Cultural Programme 洽蕙藝文計劃：訪問藝術家活動



厚蒙洽蕙堂慷慨支持，香港中文大學伍宜孫書院、崇基學院及聯合書院邀得水墨畫家兼眼醫陳媚音女士擔任訪問藝術家，於 2019 年 10 月來訪，透過一連串活動，與中大員生分享創作心得。

陳醫師生於澳門，在香港完成中學課程，曾獲中大生物系錄取，因有志於醫療工作而負笈臺灣，在臺大醫學系畢業後從事眼科臨床工作至今。自小家學淵深，為嶺南三傑之一陳樹人大師後人；亦師承嶺南大師黃磊生教授門下，習畫三十載。

是次訪問活動包括工作坊、講座及展覽，詳情如下：

#### 水墨畫工作坊 Chinese Painting Workshop

日期 Dates: 8/10/2019 & 10/10/2019 (星期二及四 Tue & Thu)

時間 Time: 7:00 - 9:30 pm

地點 Venue: 崇基學院行政樓地下一層校友室 Alumni Room, L/G Chung Chi College Administration Building

語言 Language: 普通話 / 廣東話 Putonghua / Cantonese

費用 Fees:

--- 按金 Deposit: HK\$100 (若全數出席將獲退還 refundable with 100% attendance)

--- 材料費 Class Materials: HK\$100 (不設退還；包括大長流、小一山馬、小二山馬共三支畫筆，原價 \$140，差額獲書院資助。Non-refundable; 3 brushes included. Original cost at HK\$140 and College subsidy is provided.)

報名 Enrollment: <https://bit.ly/2MFmMxf>

備註 Remarks: 工作坊歡迎伍宜孫書院同學參加 Wu Yee Sun College students are welcome to join.

#### 講座：眼底丹青刮目看—我的醫療與繪畫人生

#### Talk: The Art Journey of an Ophthalmologist

日期 Date: 9/10/2019 (星期三 Wednesday)

時間 Time: 7:00-9:00 pm

地點 Venue: 崇基學院牟路思怡圖書館謝昭杰室 C.K. Tse Room, Chung Chi College Elisabeth Luce Moore Library

語言 Language: 普通話 / 廣東話 Putonghua / Cantonese

報名 Enrollment: <https://bit.ly/2KjoMJI>

備註 Remarks: 講座歡迎中大同學、教職員及校友參加。All CUHK students, staff members and alumni are welcome.

## 眼底丹青刮目看——陳媚音水墨畫展 A Chinese Painting Exhibition by Mei-ying Chen

展覽日期 Exhibition Period: 3/10/2019 – 25/10/2019

開放時間 Time: 9:00 am – 5:00 pm (星期一至五 Monday to Friday)

地點 Venue: 崇基學院行政樓大堂展覽廳 Chung Chi College Administration Building Lobby Gallery

歡迎公眾人士參加 The exhibition is open to public.

查詢：

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

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### 4. 中國繪畫班



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

導師：蔡德怡老師

畢業於香港中文大學藝術系，獲文學士（2011）及藝術碩士（2015），主修中國畫，期間赴浙江大學藝術學系、北京畫院交流進修。曾獲康本國際交流獎學金、2011 傑出藝術新秀獎、詹雲白夫人紀念中國書畫獎、香港當代藝術獎 2012（入選）、才藝發展獎學金 2014（香港特別行政區政府獎學基金），亦為香港藝術館 2017“賽馬會‘藝術館出動’教育外展”受邀藝術家等。蔡氏曾於香港舉辦三次個人展覽，亦同時積極參與多個香港及海外藝術聯展，作品為香港藝術館、本地與海外藏家及機構等收藏。同時在不同學校及公眾機構教授中國繪畫，推廣中國藝術。

日期：2019年10月8日、15、22、29日及11月5日、19日（逢星期二，共六堂）

時間：晚上 6:30 至 9:00

地點：伍宜孫書院西座 112 室

語言：粵語/普通話

人數：最多 20 人

按金：港幣\$400 (出席四堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7883368>

截止日期：9月25日

\*名額有限，先到先得，欲報從速。報名次序以遞交按金先後次序為準。請將按金交至書院院務室。

查詢:

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

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## 5. Get Moving - Accelerated Results 7 and Functional Training 成效加速訓練及功能訓練



Move Alert! Having spent a long time in front of the computer for study, work or entertainment, it's now time to get a stroll or take some easy trainings to strengthen your body!

### Accelerated Results 7 成效加速訓練

*Get superior body shape fast, utilizing low reps, low weight and little rest*

**Date:** Sep 25; Oct 2, 9, 16

**Time:** 19:00-20:00

**Instructor:** Mr. Ryan Chan

### Functional training 功能訓練

*Trains the entire movement of your body to better perform everyday activities.*

**Date:** Sep 26; Oct 3, 10, 17

**Time:** 20:00-21:00

**Instructor:** Ms. Vanessa Chan

**Venue:** College Fitness Room

**Quota:** 12 (per class)

**Deposit:** \$200 (per class) [refundable upon completing at least 3 lessons]

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

**Application:** Interested students please complete application form at

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7878880> AND submit deposit to College Dean of Students' Office (UG09) **on or before 5:00pm, 18<sup>th</sup> Sep**

**PE Marks:** 4

**Enquiries:**

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

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## 6. Fitness Room User Introductory Course 2019/20 健身室使用者課程 2019/20





**Fitness Room User Introductory Course**  
健身室使用者課程

Instructor 導師:  
Ms. CHAN Po Ling

Date: 19/09/2019 (Thursday)  
Time: 8:00pm - 10:00pm  
Venue: College Fitness Room  
Quota: 12 (first come, first served)

日期: 19/09/2019 (星期四)  
時間: 8:00 - 10:00pm  
地點: 書院健身室  
名額: 12 (先到先得)

Registration 報名:  
<http://bit.ly/2K0R0VE>

\*Year 1 students may obtain the CUHK Fitness Room User Certificate from PE lessons.  
一年級同學可於體育課中向中文健身室獲發證書

For those who have registered successfully, a confirmation email will be sent to you and please observe the following:  
凡成功註冊同學，請留意以下事項:  
- Please gather at the College Fitness Room (L4/F, Former University Guest House) before the class starts.  
- Please dress in appropriate clothing and wear sport's shoes.  
- Please bring along the fee (Student: HK\$200 / Staff: HK\$300) to be submitted after the class for the application of CUHK Fitness Room User Card or Certificate.  
- Please tender the exact amount of fee.  
成功註冊同學請於開課前，並留意以下事項:  
- 請於書院健身室 (前大學賓館L4/F) 集合  
- 請帶備申請費及運動鞋  
- 請於課後提交申請費 (學生: 200 / 職員: 300)。  
- 請帶備準確及現款申請費，請攜帶收據單據，以便核對。  
查詢 Enquiries: Miss Kiki Chan (kiki.chan@cuhk.edu.hk / 3943-3934)

The full Sea-view Fitness Room is open for use. In accordance with the University's guidelines, only those who can present valid CUHK Fitness Room User Cards can use Fitness Rooms on University campus. Students/ members who are not CUHK Fitness Room User Card holders may attend a Fitness Room User Introductory Course organized by the College with details as follows:

**Date:** Thursday, 19<sup>th</sup> Sep  
**Time:** 8:00 - 10:00pm  
**Venue:** College Fitness Room  
**Quota:** 12 (first come, first served)  
**Instructor:** Ms. Chan Po Ling

**Application:**  
<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7885660>

**Application Deadline:** 16<sup>th</sup> Sep

\*Year 1 students may obtain the CUHK Fitness Room User Card from PE lessons.

**Enquiries:**  
Miss Kiki Chan ([kiki.chan@cuhk.edu.hk](mailto:kiki.chan@cuhk.edu.hk) / 3943-3934)

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## 7. Yoga Class 2019/20 Term 1

The aim for yoga practice is more than advanced poses. Achieving a balanced state of mind and body is what you can get in our yoga class.

**Date:** 30<sup>th</sup> Sep, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> Oct; 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> Nov (Mondays)  
**Time:** Class A --- 7pm to 8pm // Class B --- 8pm to 9pm  
**Venue:** W112-114, Wu Yee Sun College  
**Quota:** 14 (per class)

**Fee:**  
College student \$300 (\$200 will be refunded upon completing at least 5 lessons)  
College member \$200

**Application:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7579823>

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

**Instructor:** Ms. Ivy Lam

**PE Marks:** 4

**Enquiries:**  
Miss Kiki Chan (3943-3934 / [kiki.chan@cuhk.edu.hk](mailto:kiki.chan@cuhk.edu.hk))

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## 8. 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 Gymnasium!

**Mr. Ryan Chan**

**Dates (Every Wed, Except Public Holidays):**

- Sep 11, 18, 25
- Oct 2, 9, 16, 23, 30
- Nov 6, 13, 20, 27

Time: 18:00-20:00

Venue: College Fitness Room

**Ms. Vanessa Chan**

**Dates (Every Thu, Except Public Holidays):**

- Sep 12, 19, 26
- Oct 3, 10, 17, 24, 31
- Nov 7, 14, 21, 28

Time: 20:00 – 22:00

Venue: College Fitness Room

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

**Enquiries:**

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

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**9. Service-Learning Trip to Myanmar (2019/20 Winter)**

The College is going to organize a **Service-Learning trip to Myanmar** in the coming winter break. Participants will be divided into groups to plan the service content for different targets (e.g. children, elderly, youth), but all service will be executed by all participants together. More details are listed below.

**Dates:** 21<sup>st</sup> to 28<sup>th</sup> Dec 2019

**Location:** Myanmar (Yangon)

**Quota:** 18 students (MUST follow group flight schedule)

**Programme Fee#:** HK\$1,200 (Non-refundable ; **Excluding** VISA application fee, if applicable)

**Deposit\*:** HK\$500 (refundable if attend at least 2 meetings and finish all tasks assigned)

**Application:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6901802>

**Application Deadline:** 15<sup>th</sup> Sep (this Sunday)

**Interview (Tentative):** 24<sup>th</sup> Sep

(Please indicate **UNAVAILABLE** timeslots on the application form if any)

**Pre-trip Meetings (Tentative):**

1<sup>st</sup> : 10<sup>th</sup> Oct (6:45pm-9:15pm)

2<sup>nd</sup> : 30<sup>th</sup> Oct (6:45pm-9:15pm)

3<sup>rd</sup> : 21<sup>st</sup> Nov (6:45pm-9:15pm)

**Enquiries:**

Miss Rachel Poon ([rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) / 3943-3942)

Miss Katie Yu ([katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) / 3943-3935)

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## College Announcements

### 1. The "Sunny" Award & Admission Scholarship for Outstanding Artistic Achievements 2019/20

學生請以 **伍宜孫書院** 為首選  
Eligible for students who placed **WU YEE SUN COLLEGE** as their 1st College preference

### 2019/20入學獎學金

### ADMISSION SCHOLARSHIPS

#### The "Sunny" Award

**HK\$15,000 / \$10,000**

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

嘉許持樂觀積極態度，並具創意、熱誠及遠見，能展現書院使命「彰顯創新志業，承擔社會責任」的書院新生

立即申請  
Apply Now

2019年10月7日截止接受申請

#### 藝術傑出入學獎學金

**Admission Scholarship for Outstanding Artistic Achievements**

**HK\$8,000**

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

嘉許於藝術包括文學 / 表演 / 視覺藝術 / 電影 / 媒體藝術或音樂方面表現傑出的書院新生

立即申請  
Apply Now

Applications open until 7 Oct 2019

Enquiries: Ms Karen Yu | 3943 3936 | [karenyu@cuhk.edu.hk](mailto:karenyu@cuhk.edu.hk)

### --- The "Sunny" Award - HK\$15,000 / HK\$10,000

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

**Online Application:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7525520>

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

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

**Online Application:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7526512>

\*\*Both scholarships are eligible for freshmen who placed Wu Yee Sun College as their 1<sup>st</sup> College Preference.

**Application Deadline:** Monday, 7<sup>th</sup> Oct 2019

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

#### **Enquiries:**

Ms Karen Yiu ([karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk) / 3943-3936)

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## 2. College Hostel Grant 2019/20

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2019/20 will be maximum \$4,192 per year.

Application is now open **until Friday, 11<sup>th</sup> Oct**. Students with Term 1 or whole year residence are eligible to apply.

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

**Application Form:** [https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1567992397HostelGrantApplicationForm201920\\_Term1.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1567992397HostelGrantApplicationForm201920_Term1.pdf)

#### **Enquiries:**

Ms Karen Yiu ([karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk) / 3943-3936)

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## 3. College Student Grant/Loan 2019/20 (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2019/20. There will be two rounds of applications: the September round is open to non-freshmen ONLY while the January round will be open to freshmen ONLY. Students who have financial difficulties are reminded to first apply for Government financial aid (Tertiary Student Financial Scheme).

Application is now open for non-freshmen **until Friday, 11<sup>th</sup> Oct**. Please download the application form from the following link and submit the completed form with supporting documents to the College Office (G03, G/F, East Block) before the deadline.

**Application Form:** [https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1567992446StudentGrantandLoan201920\\_NF.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1567992446StudentGrantandLoan201920_NF.pdf)

#### **Enquiries:**

Ms Karen Yiu ([karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk) / 3943-3936)

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## 4. Room Share Scheme 2019/20 2019 至 20 年度特別宿位計劃

Room Share Scheme (特別宿位計劃) for 2019/20 is now open for application.

**Scheme Details:** [https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1564640975WYS\\_Hostel\\_RSS\\_201920\\_Guideline.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1564640975WYS_Hostel_RSS_201920_Guideline.pdf)  
**Online application from 2<sup>nd</sup> to 23<sup>rd</sup> Sep 2019:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7754874>

Please be reminded that:

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

### Enquiries:

Ms. Polly Po ([polly@cuhk.edu.hk](mailto:polly@cuhk.edu.hk) / 3943-1741)

Miss Zalon Wong ([zalonwong@cuhk.edu.hk](mailto:zalonwong@cuhk.edu.hk) / 3943-9773)

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## 5. Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman 黃學斌紀念獎學金(優異新生)

The poster for the Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman (黃學斌紀念獎學金) is presented in both English and Chinese. It lists various categories of distinguished freshmen, including Arts, Business, Education, Engineering, Law, Medical, Science, and Social Science. The poster also details the eligibility criteria, which require students to have achieved Level 5\*\* or above in two subjects in HKDSE and to have demonstrated leadership in social services or talents in creativity or innovation. The award amount is HK\$2,000 - HK\$3,000 per semester, and the application deadline is 15 Sep 2019. A QR code is provided for more information.

Acknowledge local freshmen of respective faculty with Level 5\*\* in 2 subjects or above in HKDSE and proven leadership in social services or shown talents in creativity or innovation.

- Distinguished Arts Freshman
- Distinguished Business Freshman
- Distinguished Education Freshman
- Distinguished Engineering Freshman
- Distinguished Law Freshman



- Distinguished Medical Freshman
- Distinguished Science Freshman
- Distinguished Social Science Freshman

**Award Amount:** HK\$25,000 – HK\$50,000 per recipient

**Eligibility:** Local freshmen admitted via JUPAS stream who placed Wu Yee Sun College as their 1<sup>st</sup> College Preference

**Online Application:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7527860>

**Deadline:** 15<sup>th</sup> Sep (this Sunday)

**Enquiries:**

Ms Karen Yiu ([karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk) / 3943-3936)

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## 6. Dorsett Admission Scholarship for Hospitality and Real Estate Freshman 帝盛入學獎學金 - 酒店旅遊及房地產學系新生

Eligibility 獲獎資格	Award Amount 獎學金額
College freshmen of Hospitality and Real Estate Programme with outstanding academic results and participation in extra-curricular activities. Eligible for students who placed Wu Yee Sun College as their 1 <sup>st</sup> College Preference. Applicable for all local and non-local freshmen admitted in 2019. 適合於成績優異、並在課外活動中積極參與的學生。 適用於將吳業孫學院列為第一志願。 適用於所有於2019年入讀之本地及非本地學生。	HK\$40,000 per recipient 每位獲獎者HK\$40,000
Application Method 申請方法	Online application until 15 Sep 2019 網上申請至2019年9月15日截止

Please visit College website for more information about admission scholarships.  
請參閱學院網頁以获取更多詳情: [www.cuhk.edu.hk/undergraduate](http://www.cuhk.edu.hk/undergraduate)

Contact Us: 3943-3936 | [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk)

Acknowledge outstanding freshmen studying in Hospitality and Real Estate Programme based on academic performance and participation in extra-curricular activities.

**Award Amount:** HK\$40,000

**Eligibility:** Local and non-local freshmen who placed Wu Yee Sun College as their 1<sup>st</sup> College Preference

**Online Application:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7527621>

**Deadline:** 15<sup>th</sup> Sep (this Sunday)

**Enquiries:**

Ms Karen Yiu ([karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk) / 3943-3936)

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## 7. Application for Deferment of Fees

Students who have financial difficulties and would wish to defer payment on tuition and/or hostel fee, please submit application form together with supporting documents to the College Office (G03, G/F, East Block) **on or before 23<sup>rd</sup> Sep (Mon)**. Late applications and incomplete forms will not be processed.

Application Form Download Link:

[https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1566792329WYS\\_FeeDeferment\\_201920\\_T1\\_Form.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1566792329WYS_FeeDeferment_201920_T1_Form.pdf)

**Enquiries:**

Ms Karen Yiu ([karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk) / 3943 3936)

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## 8. 書院儲物箱申請 (2019/20) Locker Application for College Students/Student Organizations (2019/20)

Lockers are now available for WYS College students and student organizations to apply.

**Options for Lockers and respective locations:**

- I. College Locker: 1/F, East Block (opposite to Learning Commons)
- II. YIA Locker: 4/F, Yasumoto Academic International Park (near Room 406 & 410)
- III. WMY Locker: 5/F, Wu Ho Man Yuen Building
- IV. More than 1 locker

Students / student organizations can apply at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7983372>. Successful applicants will be assigned lockers for use in the period **2<sup>nd</sup> October 2019 – 27<sup>th</sup> April 2020**.

**Application Procedures**

- 1) Submit application online by **12:00 noon on 20<sup>th</sup> Sep**. First come, first served.
- 2) Submit a deposit of \$50 via HSBC or Hang Seng Bank ATM to The Chinese University of Hong Kong (293-005005-018) **AFTER** being notified by email of the success of application.
- 3) Submit the bank-in slip / ATM advice to the Dean of Students' Office (UG09) in person **on or before 12:00 noon on 27<sup>th</sup> Sep** after receiving the confirmation email sent by the Office.
- 4) We will follow your preference to assign locker(s) as far as possible, subject to the number of applications.

**Regulations for the Use of Lockers**

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

**Enquiries:**

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

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## 9. College Sports Teams Tryout 2019/20 Term 1 書院院隊選拔 (2019/20 上學期)

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

Sports Team 項目	Date 日期	Time 時間	Venue 地點	Coach / Coordinator Tel. No. 教練/協調員電話
Men's & Women's Basketball	Sept., 13 (Fri)	6:00 – 8:00 p.m.	Yeung Ming Biu Indoor Sports Centre	Mr. T. F. Cheung 3943-3986
Men's Soccer	Sept., 10 (Tue)	7:00 – 9:00 p.m.	Soccer Pitch, Lingnan Stadium	Mr. Nelson LAM 3943-3987
Men's & Women's Volleyball	Sept., 11 (Wed)	6:00 – 8:00 p.m.	United College Thomas Cheung Gym.	Mr. Nelson LAM 3943-3987
Men's & Women's Swimming	Sept., 9 (Mon)	6:00 – 8:00 p.m.	Swimming Pool	Mr. Nelson LAM 3943-3987
	Sept., 11 (Wed)	6:00 – 8:00 p.m.		
Men's Rowing	Sept., 17 (Tue)	6:30 – 9:00 p.m.	Grand Stand, HCF	Mr. T. F. Cheung 3943-3986
	Sept., 19 (Thur)	6:30 – 9:00 p.m.		
Women's Rowing	Sept., 18 (Wed)	6:30 – 9:00 p.m.	Grand Stand, HCF	Mr. T. F. Cheung 3943-3986
	Sept., 23 (Mon)	6:30 – 9:00 p.m.		
Men's & Women's Athletic	Please contact Mr. T. F. Cheung to arrange tryouts according to Track & Field Events before 18/10			Mr. T. F. Cheung 3943-3986 <a href="mailto:tfcheung@cuhk.edu.hk">tfcheung@cuhk.edu.hk</a>

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## 10. 宜孫劇社招募台前幕後工作人員

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



咦?! 差你一個咋喎  
無錯就係你啦

**宜孫劇社現正招募台前幕後人員 (Actor/Actress/SM/Light/Sound/Set/Image)**

無論你有冇經驗 都無任歡迎~~  
想做演員既你 記住密切留意我地稍後落實的 casting 日期啦  
想做幕後人員都唔好等啦，快啲攞下面條 link 報名啦!!!

**[REGISTER NOW!](#) 9月20號就截止架喇!**

有問題可以 contact:  
Elton (9409 1392) / Chris (5116 9207)

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## 11. Warm Reminders on Phone Deception, Academic Honesty and Identity Misuse 提防電話詐騙、注意學術誠信及正確證件使用



### Phone Deception 電話詐騙

Beware of phone deception – always verify a caller’s identity, and don’t get conned. 核實來電，提防受騙。

**Latest Scam Alerts 最新騙案警示：** [https://www.police.gov.hk/ppp\\_tc/04\\_crime\\_matters/adcc/alerts.html](https://www.police.gov.hk/ppp_tc/04_crime_matters/adcc/alerts.html)

### Academic Honesty 學術誠信

The Chinese University of Hong Kong places very high importance on honesty in academic work submitted by students, and adopts a policy of **zero tolerance** on academic dishonesty. Any related offence will lead to disciplinary action including termination of studies at the University.

香港中文大學對學生作業有嚴格的學術誠信要求，違反學術誠信的個案，一律以**零容忍**政策處理。違反有關規定的學生予以懲處，嚴重者包括開除學籍。

**Details 詳情：** <https://www.cuhk.edu.hk/policy/academichonesty/>

### Identity Misuse 證件使用

Identity misuse can lead to serious consequences. Do not use others’ CU Link Cards or lend yours to others. 冒用證件，後果嚴重。同學切勿貪一時之便，使用他人的中大通，或借證予他人使用。

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## 12. “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 2019/20

**Date:** Every Wednesday

**Time:** 4:30 pm – 5:30 pm

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



**Enquiries:**

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

Ms. Sonia Yu (3943-3937 / [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk))

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### 13. 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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### 14. Exchange and Travel Grant/Loan 2019/20



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

There are different rounds of applications. **For programmes/activities held in Oct - Jan 2020, application is now open until 13<sup>th</sup> Dec 2019.**

For programmes/activities held in Feb 2020 – May 2020, application will be open from 14<sup>th</sup> Dec – 17<sup>th</sup> Apr 2020.

Check out the following link for more information including eligibility: [https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf)

**Enquiries:**

Ms. Karen Yiu (3943-3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

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### 15. Got Talents – Photography, Poster Design, MC and a lot more!

Are you interested in or excellent at any of the fields below?

--- **Photography / Video-production**

--- **Art & Design (e.g. posters or infographics)**

- Simultaneous Interpretation
- Master of Ceremonies
- Audio & Video Control
- Writing (e.g. creative writing or student reporter in publications)

The College is recruiting all sorts of talents to contribute in various College events. 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](mailto:kiki.chan@cuhk.edu.hk))

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

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

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

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

各位同學只須填妥[申請表](#)，連同會員費，交回伍宜孫書院地下院務室即可。

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# College Funding & Awards Schemes

## 1. Care and Well-being Fund for Mental Wellness Activities



The College encourages students to pursue a healthy and sunny life. If you would like to join any non-College organized activities **to strengthen your own mental wellness** or **to enrich your relevant knowledge so as to provide support to your peers**, you are most welcome to apply for our **Care and Well-being Fund for Mental Wellness Activities**. The Fund now provides greater support to allow a wider choice of activities of your interest. Details can be found below:

### **Eligibility:**

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

### **Examples:**

Meditation, Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Peer Support Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course etc.

### **Funding Amount per student per activity:**

Maximum amount increased from \$800 to **\$1,500**, 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](mailto: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](http://www.wys.cuhk.edu.hk/exchange.php?cat=others)

### **Enquiries:**

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto: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](mailto:florencetsui@cuhk.edu.hk))

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

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

### Application

Before submitting the online application form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7362342>), please read through all guidelines and samples on the webpage.

Round	Applying for trips taken during (for trips overlapping both rounds, first date of the trip shall determine the application period)	Application period
Winter	1 <sup>st</sup> Nov – 30 <sup>th</sup> Apr	1 <sup>st</sup> May – 31 <sup>st</sup> Oct
Summer	1 <sup>st</sup> May – 31 <sup>st</sup> Oct	1 <sup>st</sup> Nov – 30 <sup>th</sup> Apr

### Enquiries:

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

## 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](mailto: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.wyys.cuhk.edu.hk/whole-person-development/sports-health-education/>

**Enquiries:**

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

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## Other Activities & Announcements

### 1. Events of The Hong Kong Management Association

The Hong Kong Management Association (HKMA) would like to invite you to join the following events under their Youth Development Scheme. Upon satisfactory attendance to any three HKMA events during Sep-Dec 2019, students will be invited to HKMA internship program.

Kindly note that these events are provided for free for HKMA student members only, so interested students please first register for HKMA student membership online at <https://www.hkma.org.hk/free/membership/studentMember/>. It is FREE to register for HKMA student membership. Afterwards, students could register for the following events by going to the survey monkey link at <https://www.surveymonkey.com/r/JGBRRCY> directly.

Below lists event details for your reference.

Event	Time and Venue	Description	Flyer	Registration Deadline
HR 2.0 – Profit from HR Digitalization	13 <sup>th</sup> Sep, Fri 14:00-16:30 HKBU Kowloon Tong Campus	Companies are making better use of HR digitalization in employee training and the recruitment of the best possible candidate. How should students make themselves better prepared for this trend so to compete in the globalized workforce?	<a href="#">Flyer Here</a>	10 <sup>th</sup> Sep, Tue
Mr David Yeung from Green Monday - Sharing on Leadership and Management	17 <sup>th</sup> Sep, Tue 16:00-17:30 @Pico Tower, Wan Chai	David Yeung is the Founder & CEO of Green Monday, a multi-faceted social venture with the mission to take on the world’s most pressing crises of climate change, food insecurity and public health. He has also pioneered a one-of-a-kind integrated platform that engages and empowers millions of people, along with public and private sectors, towards green awareness, action and economy. We are pleased to have David to share his entrepreneurial journey and success story.	<a href="#">Flyer Here</a>	12 <sup>th</sup> Sep, Thu
Company Visits: Microsoft	8 <sup>th</sup> Oct, Tue 15: 00-17:00 @Cyberport	Representatives from the company will be sharing their industry trend, daily operation, talent need and advice on career plan, even tips on applying their internship / graduate opportunities.  Tour will be given around the office /restaurant so students will have a taste on the daily operation of the industry.	<a href="#">Flyer Here</a>	2 <sup>nd</sup> Oct, Wed
Company Visits: McDonald’s	14 <sup>th</sup> Nov, Thu 15: 00-17:00 @Hunghom train station			11 <sup>th</sup> Nov, Mon

**Enquiries:**

Ms Esan Lee of HKMA ([esanlee@hkma.org.hk](mailto:esanlee@hkma.org.hk) / 2774-8575 / 9329-3393)

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

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

Applicants should complete and submit the online application via CUSIS (Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select “University Bursaries and Loans”) during the period **from 2<sup>nd</sup> to 30<sup>th</sup> Sep**.

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

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

#### Eligibility

To be eligible to apply for the CUHK Student Residence Bursary 2019/20, 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 1<sup>st</sup> Apr 2018 to 31<sup>st</sup> Mar 2019) lower than the median of the monthly household income published in the most recent Quarterly Report on General Household Survey by the Census and Statistics Department (*Please refer to the Guidelines for the monthly household income bandings*);
- (4) be not able to benefit from Community Care Fund (CCF) hostel subsidy or receive less than \$1,420 per term under the CCF hostel subsidy.

#### Amount of Bursary

1. For eligible needy students who are not able to benefit from CCF hostel subsidy, the value of each bursary will be \$1,420 per term.
2. For eligible needy students who receive less than \$1,420 per term under CCF hostel subsidy, the value of each bursary will be the difference between \$1,420 and the approved amount of CCF hostel subsidy.
3. The maximum amount of bursary for residents of all types of shared rooms will be the same.

#### Application Procedures

1. Eligible students who live in hostel for the first term or the whole year should submit their online application in Chinese University Student Information System (CUSIS) (*Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "Student Residence Bursary"*) during the application period **from 2<sup>nd</sup> Sep to 31<sup>st</sup> Oct 2019**.
2. Applicants should print out Section 7 of the online application form and submit together with the supporting documents to the College on or before the application deadline.

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

#### *Enquiries:*

*Office of Admissions and Financial Aid (3943-1898 / 3943-7205)*

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### 4. Government Tertiary Student Finance Scheme / Non-means-tested Loan Scheme 政府資助專上課程學生資助計劃 / 全日制大專學生免入息審查貸款計劃

New College students who have financial difficulties should apply for **Government Tertiary Student Finance Scheme (TSFS)** or **Non-means-tested Loan Scheme (NLSFT)**. Applications should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through "SFO E-link - My Applications" at <http://ess.wfsfaa.gov.hk> **on or before 23<sup>rd</sup> Sep**.

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

#### *Enquiries:*

*Government Student Finance Office (2152-9000)*

*Office of Admissions and Financial Aid (3943-5271 / 3943-1898)*

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### 5. The Rhodes Scholarship 2020 for Hong Kong (Tenable at the University of Oxford)

The Rhodes Scholarship 2020 for Hong Kong tenable at the University of Oxford is now open for application until 30th Sep by 23:59 (Hong Kong time).

The Rhodes Scholarship is a prestigious international scholarship programme in the world, enabling outstanding young people from around the world to undertake full-time postgraduate study at the University of Oxford. Rhodes Scholarships are for young leaders of outstanding intellect and character who are motivated to engage with global challenges, committed to the service of others and show promise of becoming value-driven, principled leaders for the world's future. For more information about the Scholarship, please visit: <http://www.rhodeshouse.ox.ac.uk/>.

**More information:** <http://admission.cuhk.edu.hk/assets/oafa/Scholarships/Overseas/poster-rhodes-2020.pdf>

**Enquiries:**

Office of Admissions and Financial Aid ([sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk) / 3943-7204)

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## 6. <賽馬會心導遊計劃>一站式網上自助心理支援平台

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

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

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

立即登入 [www.jctourheart.org](http://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](mailto:info.wys@cuhk.edu.hk).