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## College Activities

- [1. Calm and Peace Series 擁抱心「寧」系列: Emotional Wellness Support Through Music 和你聽](#)



很多時，我們心中都有無數的說話，想與人傾訴，但往往難以啟齒，只好把情感收於心底內。音樂卻賦有一種神奇的力量，大家可以在輕鬆及互勉的環境下，通過音樂抒發心中的喜悅及鬱結。同學亦可以藉著歌詞，痛痛快快地表達對社會的歌頌或不滿。

在是次音樂活動中，導師會利用不同樂器同大家 JAM JAM 歌、填填詞，並協合話劇元素，讓同學把內心深處的感受盡情地表達出來。若您有事情想分享，或者有意見想表達，我們都樂意傾聽。

We may have many words trapped inside our heart but don't know how to express freely. Music has magical power. It offers a space for you to share your ups and downs with friends and to gain peer support. Song-writing provides a great way to express your emotions more easily.

Under the guidance of our instructors using different musical instruments, you can express your true emotions through singing, song-writing and elements of drama infused in the workshop. Please join and share your feelings through music with us!

**Instructors :**

Ms. Cheung Kit Yang Carol (UK Registered Music Therapist)  
Mr. Chan Cho Kin (Psychodrama Psychotherapist )

**Date :** 11<sup>th</sup> Feb 2020 (Tue)

**Time :** 6:00 – 7:30pm

**Quota :** 10 students

**Venue :** The Lounge in WYS House of Sunny Living

**Deposit :** \$50

**Registration :** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8394614>

**Registration Deadline :** 4<sup>th</sup> Feb

*\*\*Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation. Place is limited. First-come, first-served. Time of deposit payment will be the determinant.*

**Enquiries :**

Michelle Li ([michelleli@cuhk.edu.hk](mailto:michelleli@cuhk.edu.hk) / 3943 3933)

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**2. Calm and Peace Series 擁抱心「寧」系列：Mindful Calligraphy 「書寫靜心」西洋書法體驗工作坊**



透過**西洋書法**及**靜觀練習**，讓同學提高對身心需要的覺察，體驗在專注中的寧靜與平安，學習好好照顧自己。

**內容:** 介紹西洋書法的基本概念及技巧  
西洋書法練習  
設計個人化的書法練習本封面  
靜觀練習體驗

**導師：**Miss Molly Chan

Molly 是香港大學社會工作學系學士及香港中文大學家庭輔導及家庭教育碩士，並修畢英國牛津靜觀中心及香港靜觀中心合辦之靜觀認知治療導師基礎課程。Molly 曾於不同機構(包括東華三院、聖雅各福群會、身心靈平台等)擔任靜觀及禪繞導師及分享者，擅於融合靜觀修習於輔導工作之中。

**日期：**21<sup>st</sup> Jan (Tue)

**時間：**5:30 pm – 7:15 pm

**地點：**伍宜孫書院西座 112 室

**按金：**\$50 (完成活動後退回)

**報名：**<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8478489>

**截止報名日期：**14<sup>th</sup> Jan (Tue)

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

**查詢：**

Miss Phoebe Wu (3943 3988 / [phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk))

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### 3. 中國書法班



楷書是學習書法的基礎，它的用筆、結構、章法原理，是一切書體的基礎。掌握了楷書的筆法，即通篆隸楷行草的筆法，理通用異而已。掌握了楷書的結構、章法原理，即明書法平正原理所在，為各種書體的結構章法奠定基礎。且楷書的實用性比其它書體高。

本楷書興趣班欲解決的問題有兩方面。一方面是技法內容,包括前述的筆法、結構、章法及準確臨摹方法;另一方面是思維訓練,包括學書觀念、方法、觀察能力的培養。

**導師:** 雷紹華老師

雷老師主修書法篆刻國畫。於香港大學專業進修學院，香港中文大學專業進修學院及自己的書法工作室任教。所教課程涉及篆隸楷行書五種書體，教學方法系統而理性。)

**日期:** 3月4日、11、18日、25日及4月8日 [逢星期三，共五堂]

**時間:** 5:30 pm - 8:00 pm

**地點:** 伍宜孫書院西座 112 室

**按金:** 港幣\$300 (出席四堂可獲退回全部按金)

**報名:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8696483>

**截止日期:** 2月25日

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

**查詢:**

胡佩德小姐 (3943 3988 / [phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk))

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## 4. Sports for Self-care: Yoga and Fitness Training



## 1. YOGA CLASS

**Date:** 3<sup>rd</sup> Feb, 10<sup>th</sup> Feb, 17<sup>th</sup> Feb, 24<sup>th</sup> Feb (Mondays)  
2<sup>nd</sup> Mar, 9<sup>th</sup> Mar, 16<sup>th</sup> Mar, 23<sup>th</sup> Mar (Mondays)

**Time:** Class A: 7:00 - 8:00pm  
Class B: 8:00 - 9:00pm

**Venue:** W112-114

**Quota:** 14 (per class)

**Fee:**

College student \$300 (\$200 will be refunded upon completing at least 7 lessons)

College member \$200

**Instructor:** Ms. Ivy Lam

**Application:** Interested students please fill in application form at [HERE](#) AND submit deposit to Dean of Students' Office **on or before 5:00pm, 17<sup>th</sup> Jan**. First-come first-served.

**PE Marks:** 4

**Enquiries:**

Miss Chillies Tam (3943 3934 / [chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk) )



## 2. CORE TRAINING | POSTURE IMPROVEMENT TRAINING

## Core Training

Trainer: Mr Ryan Chan

Date: 5<sup>th</sup> Feb, 12<sup>th</sup> Feb, 19<sup>th</sup> Feb, 26<sup>th</sup> Feb (Wed)

Time: 9:00 pm - 10:00 pm

## Posture Improvement Training

Trainer: Ms. Vanessa Chan

Date: 6<sup>th</sup> Feb, 13<sup>th</sup> Feb, 20<sup>th</sup> Feb, 27<sup>th</sup> Feb (Thu)

Time: 8:00 pm - 9:00 pm

**Venue:** College Gymnasium

**Quota:** 12 (per class)

**Fee:** \$200 (refundable upon completing at least 3 lessons)

### Application:

Interested students please complete application form at [HERE](#) AND submit deposit to College Dean of Students' Office (UG09) **on or before 5:00 pm, 17<sup>th</sup> Jan.** (According to the order of submission of the deposit, First-come first-served)

**PE Marks:** 4

### Enquiries:

Miss Chillies Tam (3943 3934 / [chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk))

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

Instructor 導師:  
Mr Ryan CHAN

Date: 15/01/2020 (Wednesday)  
Time: 18:00 - 20:00  
Venue: College Gym  
Quota: 12 (First-come-first-served)

日期: 15/01/2020 (三)  
時間: 18:00 - 20:00  
地點: 數院健身室  
名額: 12 (先到先得)

Registration 報名:  
<https://bit.ly/39ejf9C>

\*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獲中大健身室使用證書

For those who have registered successfully a confirmation email will be sent to you and please observe the following:  
- Please gather at the College Fitness Room (L/G/F Former University Guest House) before the class starts  
- Please dress in appropriate clothing and wear sports shoes.  
- Please bring along the fee (Cheques: HK\$20 / Small HK\$20) to be submitted after the class for the application of CUHK Fitness Room User Card or Certificate.  
- Please tender the exact amount of fee.

成功報名者將收到電郵確認，並請留意以下事項：  
- 請於舊院健身室（前大學賓館L/G/F）集合  
- 請穿著合適服裝及運動鞋  
- 請於課後繳交報名費（學生：\$20 / 職員：\$30）  
- 用於申請中大健身室使用卡或證書，請攜帶準確的費用，不得找換

查詢 Enquiries: Miss Chillies TAM (3943-3934 / [chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk))

## 3. FITNESS ROOM USER INTRODUCTORY COURSE

Date: 15<sup>th</sup> Jan (Wed)

Time: 6:00 - 8:00pm

Venue: College Fitness Room

Quota: 12 (first come, first served)

Instructor: Mr. Ryan Chan

Application form at [HERE](#)

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

### Enquiries:

Miss Chillies Tam (3943 3934 / [chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk))

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## 5. 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 29<sup>th</sup> Jan):**

8<sup>th</sup> Jan – 15<sup>th</sup> Apr

Time: 9:00 pm - 11:00 pm

Venue: College Fitness Room

**Ms. Vanessa Chan**

**Dates (Every Thu, Except 30<sup>th</sup> Jan):**

9<sup>th</sup> Jan – 16<sup>th</sup> Apr

Time: 8:00 pm – 10:00 pm

Venue: College Fitness Room

Target: Wu Yee Sun College Students and Staff Members

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

**Enquiries:**

Miss Chillies Tam (3943 3934 / [chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk))

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## College Announcements

### 1. Closure of College Building during the Chinese New Year

庚子年農曆新年期間書院大樓關閉

The College building will be closed from 11:00 pm on 23<sup>rd</sup> Jan to 8:00 am on 29<sup>th</sup> Jan for Chinese New Year holiday. **Residents please leave the hostels and the College building by 11:00 pm on 23<sup>rd</sup> Jan.** Non-local and exchange students who need to stay in the hostel during this period, please submit an online application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8450525> **by 12<sup>th</sup> Jan** for the Wardens' consideration. Those who do not obtain special approval from the Wardens will **NOT** be able to access the College building and hostels with their CU Link Cards during the holiday period. Thank you for your kind attention.

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### 2. Meeting of Student Hostels Committee – Next Meeting Date (17<sup>th</sup> Jan)

The upcoming meeting of Student Hostels Committee will be held at 9:30 am on Fri, 17<sup>th</sup> Jan. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the Committee (College Student Union: [wysu1920@gmail.com](mailto:wysu1920@gmail.com); Resident Association: [sungrazian@gmail.com](mailto:sungrazian@gmail.com); Non-Residents Association: [jaudukwys19@gmail.com](mailto:jaudukwys19@gmail.com)) prior to the meeting. Thank you for your valuable input.

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### 3. Meeting of Campus Environment Committee - Next Meeting Date (14<sup>th</sup> Jan)

The upcoming meeting of Campus Environment Committee will be held at 3:00 pm on Tue, 14<sup>th</sup> Jan. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the Committee (College Student Union: [wyssu1920@gmail.com](mailto:wyssu1920@gmail.com); Resident Association: [sungrazian@gmail.com](mailto:sungrazian@gmail.com); Non-Residents Association: [jaudukwys19@gmail.com](mailto:jaudukwys19@gmail.com)) prior to the meeting. Thank you for your valuable input.

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#### 4. Meeting of Sunny Sports Committee – Next Meeting Date (13<sup>th</sup> Jan)

The upcoming meeting of Sunny Sports Committee will be held on 13<sup>th</sup> Jan (Mon) at 4:30 pm. College students can approach the corresponding student members through the College Student Union ([wyssu1920@gmail.com](mailto:wyssu1920@gmail.com)) and Sports Association ([sunnywyssa@gmail.com](mailto:sunnywyssa@gmail.com)) if there are any suggestions or comments. Thank you for your valuable input.

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#### 5. Arrangement for Gown Borrowing and Photo Day for Graduating Students of 2019/20

The College Photo Day has been scheduled for 27<sup>th</sup> Mar (Fri). Graduating Class of 2019/20 may visit the College Office (G03, G/F, East Block) during office hours from 10<sup>th</sup> Jan (Fri) until 7<sup>th</sup> Feb (Fri) for graduation gown and cap size trial.

For **Gown Borrowing**, students are required to complete below online Form of Undertaking and submit the bank-in slip of HK\$680 deposit to the College Office by 7<sup>th</sup> Feb (Fri). The gown borrowing period will be from 27<sup>th</sup> Feb to 20<sup>th</sup> Apr:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8681536>

Please note **Class Representatives** will collect gowns on behalf of graduating students. Please submit the names and contact details of your class rep by 17<sup>th</sup> Feb (Mon) via the following link:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8680790>

For departmental societies who wish to organize **Celebratory Activity during the College Photo Day**, please complete below online application form by 17<sup>th</sup> Feb:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8682043>

**Enquiries:**

Ms. Cassie Li (3943-3941 / [cassieli@cuhk.edu.hk](mailto:cassieli@cuhk.edu.hk))

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#### 6. Dorsett Young Entrepreneur Scholarship





Dorsett Young Entrepreneur Scholarship (DYES) is an award offered by Dorsett Hospitality International Limited. The awardees will be offered up to HK\$80,000, which is subjected to the total number of applications, with 2-4 quota per year.

DYES aims at providing students, who are year 2 or above and preferably have exposure to Mainland China, an opportunity to demonstrate entrepreneurial talents with innovative ideas to set-up their own business, targeting Hong Kong and/or the Mainland China market. You can submit your application individually or in a group comprised of at least 50% WYS students.

Please check out the details through the website <http://www.wys.cuhk.edu.hk/funding-scheme.php> Simply click “Dorsett Young Entrepreneur Scholarship” and download the guideline for further details.

Should you be interested in developing your own business, submit the application form together with ONE page Summary and ONE page Business Model Canvas on or before **22<sup>nd</sup> Jan**.

**Enquiries:**

Miss Florence Tsui (3943-9767 / [florecetsui@cuhk.edu.hk](mailto:florecetsui@cuhk.edu.hk))

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**7. College Sports Teams Tryout (2019/20 Term 2) 書院運動隊伍選拔 (2019/20 下學期)**



Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's & Women's Badminton	17 <sup>th</sup> Jan (Fri)	6:00 - 8:00 pm	Yeung Ming Biu Indoor Sports Centre	Mr. Nelson LAM 39433987
Men's & Women's Table Tennis	22 <sup>nd</sup> Jan (Wed)	7:00 - 9:00 pm	Shaw College Multi- purpose Sports Hall	Mr. T. F. Cheung 39433986
Men's & Women's Tennis	22 <sup>nd</sup> Jan (Wed)	8:00 - 10:00 pm	Tennis Court No. 6, 7 & C.C. Tennis Court	Mr. T. F. Cheung 39433986

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## 8. Sunny Passion Programme 2019/20



Living Up to Wu Yee Sun College's Core Value - "Creativity", "Entrepreneurship" and "Social Responsibility" - Apply NOW!

Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. You're invited to apply this programme individually or in group with at least 50% of Wu Yee Sun College students, competing for Gold, Silver and Bronze Award. Winners will get HK\$10,000, HK\$6,000 and HK\$4,000 respectively to implement, promote or demonstrate their project ideas to the others!

Just submit the application form with ONE A4 page Business Model Canvas in hardcopy to the College Office (Rm G03, Wu Yee Sun College) on or before 21<sup>st</sup> Jan, 2020. Express your ingenious creativity and make our society a better one!

Please check out the following link for details: <https://www.wys.cuhk.edu.hk/news/sunny-passion-programme-2019-20/>

### Enquiries:

Miss Phoebe Wu (3943-3988 / [phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk))

Miss Florence Tsui (3943-9767 / [florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk))

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## 9. Reaching Out Award 2019/20 Now Open for Application

Wu Yee Sun College full-time undergraduate students are now invited to apply for the **Reaching Out Award 2019/20 (ROA)** offered by the HKSAR Government.

The award, in the amount of HK\$10,000 for each successful applicant, aims to support students in participating in events/competitions (e.g. conferences/forums/workshops/seminars/training camps/competitions/service projects etc.), internships or placements (credit-bearing/non-credit bearing), field/study trips or courses (e.g. foreign language immersion programmes/academic exchange programmes etc.) which are conducted outside Hong Kong in 2019/20 academic year (1<sup>st</sup> Sep - 31<sup>st</sup> Aug).

Learn more about the selection criteria, supporting documents required and application procedures here: <https://www.wys.cuhk.edu.hk/news/reaching-out-award-201920-now-open-for-application/?lang=zh>

**Application Deadline: 5:30 pm, 7<sup>th</sup> Feb 2020**

Enquiries:

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

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## 10. Exchange and Travel Grant/Loan 2019/20

**Wu Yee Sun College Exchange and Travel Grant / Loan**

**申請資格 Eligibility**

獲選參加學院交換計劃或海外中文暑期活動/交流、並有經濟需要的課程學生  
College students with financial needs who are selected for semester or year exchange programme or going overseas for summer activities/exchanges

同學必須讀的是本地學科  
For Grants, applicants must be local undergraduate students.

中文活動舉行期間 For Programmes/Activities	申請日期 Application Period	結果公佈日期 Application Result
Feb 2019 - May 2019	15 Dec 2018 - 18 Apr 2019	30 Apr 2019
Jun 2019 - Sep 2019	19 Apr 2019 - 18 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 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 2020, application is now open until 17<sup>th</sup> Apr 2020.**

For programmes/activities held in Jun 2020 – Sep 2020, application will be open from 18<sup>th</sup> Apr – 14<sup>th</sup> Aug 2020.

Check out the following link for more information including eligibility: [https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1576638338ExchangeandTravelGrantandLoan2019202nd.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1576638338ExchangeandTravelGrantandLoan2019202nd.pdf)

**Enquiries:**

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

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## 11. “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 Ming-kay Poon (潘銘基教授), College 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
- Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Associate Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care

Every Sunnie is welcome!

**Academic Year 2019/20 (Term 2)**

**Date:** Every Mon

**Time:** 2:30 pm – 3:30 pm

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

**Enquiries:**

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

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

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## 12. 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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## 13. 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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## 14. 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/WYS/frs/WYSLogin.aspx>).

**Enquiries:**

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## 15. 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.wyys.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



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 Phoebe Wu (3943 3988 / [pheobewu@cuhk.edu.hk](mailto:pheobewu@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 mainly supports daily and social activities with the participation of Both local students And international / incoming exchange students (i.e. there should be at least one local student AND at least one international / incoming exchange student.)

Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

**More Details:** <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

**Enquiries:**

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

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 / [florecetsui@cuhk.edu.hk](mailto: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

The Global Learning Award Scheme (GLAS) aims to encourage students to initiate or participate in **non-local** academic or experiential learning programmes with the main purpose of **LEARNING**. Applicants will be awarded the “Global Learning Award” and receive the award amount after completing all post-trip requirements on time.

Some examples are students’ self-initiating trips or joining overseas conferences, competitions, field trips, courses, internship/major-related placement, research, voluntary service, cultural tour. **Programmes organized and subsidized by the College and Term-long Exchange Programmes are EXCLUDED.**

### Eligibility

All Wu Yee Sun College students (except exchange students) are eligible for application. For final year students, the programme joined or planned must be finished by their corresponding graduation date.

### Maximum Award Amount

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

	Programme Length <sup>(1)</sup>	Programme Nature	Maximum Award amount
<b>Short-term</b>	Shorter than one month	Self-initiated programme <sup>(2)</sup>	HK\$12,000 or 100% of cost of the particular items <sup>(4)</sup> <i>(whichever is lower)</i>
		Participating in organized programme <sup>(3)</sup>	HK\$5,000 or 50% of cost of the particular items <sup>(4)</sup> <i>(whichever is lower)</i>
<b>Long-term</b>	One to six months	Self-initiated programme	HK\$15,000 or 100% of cost of particular items <sup>(4)</sup> <i>(whichever is lower)</i>
		Participating in organized programme	

#### **(1) Programme Length:**

Exclude transportation time; only count from start date of the first activity to the end date of the last activity.

#### **(2) Self-initiated programme:**

A programme that is not organized by any units. Students need to plan the whole programme itinerary and daily activities.

#### **(3) Participating in an organized programme:**

Participate in an overseas tour, course, research work, internship program or major-related placement organized by other units.

#### **(4) Maximum award amount:**

Only the cost of the following **particular items** are taken into consideration when deciding the maximum award amount:

(a) Round-trip transportation cost

(b) Local accommodation cost

(c) Registration fee / Programme fee for students participating in organized programmes

\*\*Visa application fee or insurance cost is **NOT** included

### Application Timeline

Application is opened twice a year - Winter and Summer Rounds. Students can submit only one application for each round (regardless of programme nature / programme length / individual or group application). However, students could apply for unlimited rounds throughout their years of study.

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

### Selection Criteria

The College has discretion to decide the number of approved applications and respective amount of approved subsidies. The quality & purpose of the programme and the quality of the proposal will be the main considerations in evaluating applications. The better the quality is, the higher the chance applicants can be granted high award amount. Applicants would be invited to attend an interview for further assessment.

### Application

Applicants should complete and submit the online application form (<https://www.wys.cuhk.edu.hk/exchange.php?cat=others>) with all supporting documents by the application deadline of each round (31/10 for Winter Round; 30/4 for Summer Round). No hard copy is required.

Application can be on individual or group bases but **only self-initiated programmes are eligible for group application**. For group application, each applicant MUST submit one application form but can upload the same proposal and budget as other group members. Also, only one written report is required for the post-trip submission of group application.

Students could send their request to [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) and [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) with detailed proposal and budget **at least 1 month before application deadline** if they would like to seek comments from Student Exchange Committee members.

### **Enquiries:**

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

Miss Katie Yu (3943 3935 / [katieyu@cuhk.edu.hk](mailto: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](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 Chillies Tam ([chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk) / 3943-3934)

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## Other Activities & Announcements

### 1. Reminder on Information Security: Machines running on Windows 7

*(Extract from ITSC e-Newsletter; login required)*

Microsoft will end the extended support of Windows 7 and Windows Server 2008 on 14<sup>th</sup> Jan 2020. To reduce cybersecurity threats and vulnerabilities, ITSC has been working with departments (LAN Administrators) to retire or upgrade the related university owned machines.

Endorsed by the 1st (2018) IT Governance Committee meeting, **machines running on Win7 and Windows Server 2008 would not be allowed to connect to the campus network after 14<sup>th</sup> Jan 2020.**

Students are hereby reminded that the above will be applied to all campus network (**including wired connection and Wi-Fi**) on College campus, such as at the Learning Commons and hostel rooms. Please arrange the necessary upgrade as appropriate. Thank you for your kind attention.

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### 2. Flourishing First Year Programme 心盛計劃 2019-20



Flourishing First Year@CUHK is a tailor-made programme for all NEW students. More than 20 workshops on various virtues of leaders will be provided throughout the academic year to support students to flourish as an everyday leader.

#### *How does Flourishing First Year@CUHK work?*

- Step 1:** [Register](#) to be a member and receive promotion of upcoming workshops/ activities
- Step 2:** Choose your favourite workshops and get our welcoming gifts
- Step 3:** Complete at least 3 workshops from 3 different modules -- \$50 Cafe330 Coupon
- Step 4:** Complete at least 6 workshops from all 6 modules -- Big prize! (to be announced later)
- Step 5:** Becoming an Everyday Leader

#### **Programme Details and List of Workshops:**

<https://www.osa.cuhk.edu.hk/services/flourishing-first-year-programme>

#### **Enquiries:**

Office of Student Affairs (3943 8652 / [osa@cuhk.edu.hk](mailto:osa@cuhk.edu.hk))

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### 3. Community Resources for Emotional Support and Mental Health Promotion

#### **<Samaritan Befrienders HK>**

Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

#### **[24-hour Hotline: 2389-2222](#)**

*Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead*

#### **[Suicide Crisis Intervention Centre: 2341-7227 for appointment](#)**

*Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services*

#### **[Family Helpline: 2319-1177](#)**

*Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis*

\*\*\*\*\*

#### **<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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