

College Activities 書院活動

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- [Music Sharing by College Master](#) 院長音樂分享
- [Yoga at Home](#) 家居瑜伽 <Deadline this Fri>
- [Virtual Forest Bath](#) 虛擬森林浴
- [Boost Your Immunity : Light Food Making Workshop](#) 抗疫有營輕食製作

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College Activities

1. Sunny Living Week



Feeling soooooo dull staying at home, watching TV dramas and playing video games all day? Want to live a sunny, healthy and meaningful life like before? Don't miss the chance to join the online activities during Sunny Living Week from 5-9 Oct. The Week aims to strengthen your body, mind and spirit and instill **positive energy** by complimenting three dimensions of "Health and Spiritual Well-being", "Sports for Life" and "Go Green and Lead the Society". It hopes that students can **stay strong and positive to overcome unexpected difficulties at all times** and get started the journey of Sunny Living for different challenges in the future.

日日宅在家中，唔喺煲劇，就喺打機，人都頹廢晒？想重拾陽光活力的自己，宅出健康，宅出意義？那就萬勿錯過書院於 Sunny Living Week 為你精心炮製嘅多項網上活動，藉着透過三大元素：**身心健康、終身運動**，以及**綠色生活**，旨於提升同學精神健康，讓同學強健體魄，並為同學注入**正能量**，希望同學可以**時刻積極面對逆境**，並於往後生活中繼續貫徹 Sunny Living 的精神。

Date & Time	Activity
5 - 9 Oct (Mon - Fri)	Virtual Eco-Cultural Tour 虛擬生態文化遊 Stay tuned at College YouTube Channel!
5 Oct (Mon) 12:30 pm - 1:00 pm	Music Sharing by College Master 院長音樂分享 Live on College Facebook, don't miss it!!!
6 Oct (Tue) 7:00 pm - 8:00 pm	Yoga at Home 家居瑜伽
8 Oct (Thu) 3:00 pm - 5:00 pm	Virtual Forest Bath 虛擬森林浴 (Details)
9 Oct (Fri) 11:45 am - 1:15 pm	Boost Your Immunity : Light Food Making Workshop 抗疫有營輕食製作 (Details)

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10125437>

Enquiries:

Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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2. Online Social English Workshops 網上社交英語工作坊



Online Social English Workshops

Can you understand the following conversation?

"How was your date with Sam? Are you guys going out?"

"No, afterward I sent him a text and he blueticked me. Then he ghosted!"

"Oh no! Well, there are plenty of other fish in the sea."

"Good, because I have bigger fish to fry!"

If you want to learn more about:
The Language of Friendship and Dating; Social Networking and Miming;
Informal Language and Idioms; Improvisation and Building Confidence; and Popular Culture,

Join our Social English Workshops!

Instructor:
Ms Jenna Lara COLLETT
(College Member and Lecturer at English Language Teaching Unit)

Date: 15 Oct, 22 Oct & 29 Oct (Thu)
Time: 6:30 – 8:00pm
Deadline: 7 Oct

The workshops will be conducted via ZOOM.
Participants will receive the ZOOM link 3 days before the workshops.

Enquiries: Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

Can you understand the following conversation?
 "How was your date with Sam? Are you guys going out?"
 "No, afterward I sent him a text and he blueticked me. Then he ghosted!"
 "Oh no! Well, there are plenty of other fish in the sea."
 "Good, because I have bigger fish to fry!"

If you want to learn more about:
 The Language of Friendship and Dating; Social Networking and Memes; Informal Language and Idioms; Improvisation and building Confidence; and Popular Culture,
 Join our Social English Workshops!

Instructor: Ms. Jenna Lara COLLETT

Ms. Jenna COLLETT is a Lecturer at the English Language Teaching Unit. She obtained her Masters in English Literature from Rhodes University. Originally from South Africa, Ms. Collett has lived and taught in South Korea and Hong Kong. She has taught courses in English Literature, English for Academic and Specific Purposes, and Conversational English for ten years.

Date: 15 Oct, 22 Oct & 29 Oct (Thu)

Time: 6:30 pm – 8:00 pm

The workshops will be conducted via ZOOM. Participants will receive the ZOOM link 3 days before the workshops.

Registration:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=9959569>

Deadline: 7th Oct 2020 (Wed)

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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3. 網上燙傷急救小貼士

有無試過去打邊爐，唔小心倒瀉咗啲熱湯，畀滾水淑到手腳，應該點處理呢？

又有無試過去沙灘游水或者行山，畀太陽曬到皮膚紅晒，仲甩皮，可以點補救？

如果喺街到，不幸接觸到化學液體或氣體，又可以點立即處理呢？

快啲報名參加是次健康講座，有醫生為我哋講解燙傷嘅適切急救方法，避免傷勢惡化及減低疤痕的形成。

活動詳情:

日期: 2020年9月29日 (星期二)

講者: 書院健康生活委員會成員及中大保健處 陳忠牧醫生



網上燙傷急救小貼士

有無試過去打邊爐，唔小心倒瀉咗啲熱湯，畀滾水淑到手腳，應該點處理呢？
 又有無試過去沙灘游水或者行山，畀太陽曬到皮膚紅晒，仲甩皮，可以點補救呢？
 如果喺街到，不幸接觸到化學液體或氣體，又可以點立即處理呢？

了解正確處理方法，將令燙傷受傷的情況惡化，避免傷勢惡化，及減低疤痕的形成

活動詳情:
日期: 2020年9月29日 (星期二)
講者: 書院健康生活委員會成員及中大保健處 陳忠牧醫生
時間: 6:00 pm – 6:45 pm
語言: 粵語
 *活動將以Zoom進行，於活動開始前2天，同學將會收到活動的連結。
 講座設有問答小測試，參與者均可獲送書院Café coupon
截止報名日期: 9月27日

查詢: Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

時間：6:00 pm - 6:45 pm

語言：粵語

*活動將以 zoom 進行，於活動開始前 2 天，同學將會收到活動的連結。

講座設有問答小測試，參與者均可獲贈伍宜孫書院 Café coupon

截止報名日期：9 月 27 日

報名：

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10563114>

查詢：

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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College Announcements

1. The "Sunny" Award & Admission Scholarship for Outstanding Artistic Achievements 2020/21 - Now Open for Application

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

2020/21 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

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

2020年10月5日截止接受申請 Applications open until 5 Oct 2020

Enquiries: Ms Karen Yiu | 3943 3938 | karenyiu@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=10402717>

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=10402162>

Both scholarships are eligible for freshmen who placed Wu Yee Sun College as their 1st College Preference.

Application Deadline: 5th Oct 2020 (Mon)

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

Enquiries:

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

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2. College Student Grant/Loan 2020/21 – Application Now Open (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2020/21. 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 12th Oct 2020 (Mon). Please download the application form from the following link and submit the completed form with supporting documents via email to Ms. Karen Yiu (karenyiu@cuhk.edu.hk) or in person to the College Office (G03, G/F, East Block) before the deadline.

Application Form: https://www.wys.cuhk.edu.hk/cms/wp-content/uploads/2020/09/Student-Grant-and-Loan-202021_NF.pdf

Enquiries:

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

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3. Fee payment for Full-time Undergraduate Students, 1st Term, 2020/21

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 via email to cassieli@cuhk.edu.hk on or before 23rd Sep 2020 (Wed). Late applications and incomplete forms will not be processed.

Application Form: https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1599553836WYS_FeeDeferment_202021_T1_Form.pdf

Enquiries:

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

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4. Call for enrollment of Rance Lee Award



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

Rance Lee Award aims at encouraging the integration of creativity and Sunny living in the following 3 areas:

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

Unleash your creativity and submit your application with a one-page executive summary **on or before 27th Oct 2020 (Tue) by 5:00 pm**. Grab the chance to win **HK\$10,000** to promote Sunny Living!

Check out the details through this [link](#).

Eligibility: All WYS students can apply individually or in group comprising at least 50% of WYS students

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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

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5. Temporary Closure of College Catering Outlets 書院膳堂暫停營業

Due to the spread of the novel coronavirus, Student Canteen, Staff Dining Room and Café at Wu Yee Sun College are temporarily closed until further notice. We are sorry for the inconvenience caused.

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6. "Meet the Dean" Hours 輔導長時間

["Meet the Dean" Hour is temporarily suspended and will be resumed once the circumstances allow. If you wish to talk to Dean of Students during this period, please email sammykwan@cuhk.edu.hk for arrangement.]

"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.

You talk. We listen. Even if you want to keep it to your heart, we still stand by your side.

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!

Enquiries:

Ms. Sammy Kwan (sammykwan@cuhk.edu.hk / 3943 9775)

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

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

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7. 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 email sammykwan@cuhk.edu.hk 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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8. WYS's 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 Chillies Tam (chilliestam@cuhk.edu.hk) / 3943 3934)

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9. 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. Self-Motivation Fund for Health and Well-being Activities

Self-Motivation Fund for Health and Well-being Activities

Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities and qualification courses in order to bring everyone **health, happiness** and/or **satisfaction**.

Health and Well-being Activities
Max. funding amount :
\$1,500

Examples
Healthy Cooking Class
Trial Course on Musical Instruments
Course about Nutrition / Chinese Medicine
Mindfulness Workshop
Mental Health First Aid Course

Qualification Courses for Health and Well-being Instructors
Max. funding amount :
\$4,000

Examples
Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course
Art / Music Therapy Instructor Course

Application & Guidelines

Enquiries:
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities in order to bring everyone **health, happiness** and/or **satisfaction**.

Eligibility:

For Wu Yee Sun College students who participate in health and well-being activities organized by organization(s) other than the College.

There are two categories of activities you can apply :

(i) Health and Well-being Activities

Examples :

Healthy Cooking Class, Trial Course on Musical Instruments, Course about Nutrition or Chinese Medicine, Mindfulness Workshop, Mental Health First Aid Course

Funding amount : maximum **\$1500** or 80% of total application fee and course fee (whichever is lower)

(ii) Qualification Courses for Health and Well-being Instructors

Examples :

Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art or Music Therapy Instructor Course

Funding amount : maximum \$4000 or 80% of course fee (whichever is lower)

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

Application : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10447493>

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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2. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃

The infographic features a blue and yellow geometric background with the CUHK logo in the top right. It is titled "Self-Motivation Fund for SPORTS Activities" and includes a sub-header: "Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports activities, in order to live up the spirit 'Sports for Everyone'".

Category	Max. Funding Amount	Examples
Sports Activities	\$1500 or 80% (whichever is lower)	Standard Chartered Hong Kong Marathon, Oxfam Trailwalker, Spartan Race, Dance Workshop, Yoga Class
Qualification Courses for Sports Coach	\$4000 or 80% (whichever is lower)	Rowing, Rope-skipping, Taekwondo, Orienteering

Enquiries: Miss Chillies Tam (3943-3934/chilliestam@cuhk.edu.hk)

Application & Guidelines:

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".

To enhance support to students, funding amount is increased as follows:

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

Funding per student per year: Max. \$2,000 → **\$4,000**

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

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943 3934)

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3. Self-Motivation Fund for Green Activities

Self-Motivation Fund for GREEN Activities



Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.



Green Activities

Max. Funding Amount:

\$1500

or 80% (whichever is lower)

Examples:

Eco-cultural Tour,
Upcycling Workshops,
Forest Bath

Qualification Courses for Instructor of Green Activities

Max. Funding Amount:

\$4000

or 80% (whichever is lower)

Examples:

Horticultural Therapists,
Trainer for Organic Farming,
Docent Training on Ecotourism

Application & Guidelines:



Enquiries:

Ms Sonia Yu (3943-3937/soniyu@cuhk.edu.hk)

Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities that promotes sustainability and environmental consciousness.

Funding Amount:

Green Activities: Max. **\$1,500**

Qualification Courses for Instructors of Green Activities: Max. **\$4,000**

Details: <https://www.wys.cuhk.edu.hk/whole-person-development/green/>

Enquiries:

Ms. Sonia Yu (soniyu@cuhk.edu.hk / 3943 3937)

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4. 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/>

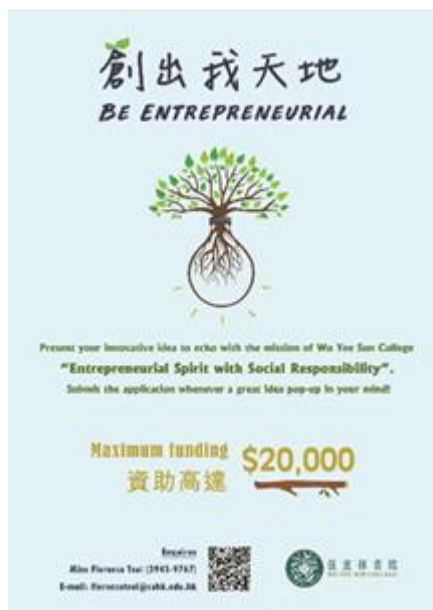
Enquiries:

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

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

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5. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃



Grab the chance, be creative!

Be Entrepreneurial! Funding Scheme supports students to implement various short-term projects fulfilling college's core values of **creativity, entrepreneurial spirit, and social responsibility**.

All undergraduate students, regardless of discipline and year of study, are welcome to submit application all year round. **The maximum funding amount is up to HK\$20,000!**

Check out the details through this [link](#).

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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

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

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

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

Enquiries:

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

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Other Activities & Announcements

1. New Member Recruitment for CUHK Peer Support Network (uBuddies/ uPals) 2021
中大朋輩支援網絡(uBuddies/ uPals) 2021 年度成員招募

CUHK Peer Support Network

uBuddies 2021 Peer Counsellor RECRUITMENT

Together we can do great things!

Training Contents

- 12-hr Peer Counselling Skills
- 12-hr Mental Health First Aid Standard Course
- Adventure-based Training Camp
- 4-hr Practicum and Supervision

Medium of Instructions: Cantonese with English Supplement

Service Projects

Design and implement on-campus service projects

Qualifications

- CUHK uBuddies Certificate
- Mental Health First Aid Certificate
- Record in the Student Development Portfolio

Application Period: 7/9 -16/10/2020

Enquiries: 3943-1804 Miss Kong
Details: www.cuhk.edu.hk/osa/wacc

CUHK uBuddies | 山城樹窿 uBuddies | treehole_cuhk

Wellness and Counselling Centre | Office of Student Affairs | The Chinese University of Hong Kong

wellness Promotion Team

2021-2022

uPals CUHK RECRUITMENT

Application Period: 7/9 -16/10/2020

Enquiries: 3943-1804 Miss Kong
www.cuhk.edu.hk/osa/wacc

Training Contents (all training will be conducted in English)

- 5-hour Helping Skills Training
- 12-hour Mental Health First Aid Standard Course
- Adventure-based Training Day Camp
- 2 Wellness Workshops (Expressive Art, Mindfulness Tasting, Emotion Regulation, Horticultural Therapy, etc.)

Service Projects

Design and implement on-campus service projects

Qualifications

- CUHK uPals Certificate
- Mental Health First Aid Certificate
- Record in the Student Development Portfolio (SDP)

“ Promoting mental wellness to build a supportive, fun and caring campus ”

CUHK Peer Support Network
Wellness and Counselling Centre | Office of Student Affairs | The Chinese University of Hong Kong

你希望構建一個健康、正向的中大校園嗎？如果你樂意接受助人訓練、支援身邊的同學，同時有興趣籌辦活動或推廣心理健康，歡迎你報名參加學生事務處心理健康及輔導中心所舉辦的「uBuddies朋輩輔導聯網」或「uPals心理健康推廣團隊」！截止日期為 2020年10月16日，詳情請[按此](#)。

Do you wish to contribute to the wellness of CUHK students? If you wish to equip yourselves with helping skills so that you can better support other students around you, and have an interest in organizing activities or promoting mental wellness, you are most welcome to join the “uBuddies Peer Counselling Network” or “uPals Wellness Promotion Team” organized by Wellness and Counselling Centre, Office of Student Affairs. The application deadline is 16th Oct 2020 (Fri). Please click [here](#) for details.

[[追蹤我們的專頁](#) Follow us on:

Instagram: [cuhk_ubuddies](#) / [treehole_cuhk](#) / [cuhk_upals](#)

Facebook: [山城樹窿 uBuddies](#)]

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2. [Open for application] 2020-21 Student Cultural Ambassadors Scheme 【招募會員】2020-2021年度學生文化大使計劃

如欲獲取中文資訊，請瀏覽中文網址：<https://www.srrsh.cuhk.edu.hk/zh/content/student-cultural-ambassadors-scheme-application-zh>

2020-21 Student Cultural Ambassadors Scheme is now open for application.

Presented by the Office of the Arts Administrator, the scheme provides diverse arts and cultural programmes for full-time CUHK students. SCAS provides an extensive range of arts and cultural activities. We invite experienced artists from different fields regularly to give lectures, workshops and sharing sessions for our members. Subsidies are available to our members who attend our selected arts performances and activities.

The SCAS was established with the aim of promoting aesthetics and whole person development. We offer different kinds of arts programmes and activities in order to strengthen our students’ artistic sensibilities and to give them positive and creative energy in their life. As Student Cultural Ambassadors, they are encouraged to share their enjoyment of the arts with their peers.

2 levels in the Student Cultural Ambassadors Scheme

First Level: Friends of the Arts (FTA)

Second Level: Student Cultural Ambassadors (SCA)

Friends of the Arts (FTA) – Members Benefits:

- Ticket Subsidy by joining programmes
- Arts and cultural Talks
- Arts Sharing Sessions
- Attending performances and exhibitions
- Discount/Priority registration for Arts Workshops

Registration

Application Period : 1st Sep 2020 (Mon) to 30th Sep 2020 (Wed)

Target : Full-time CUHK Students

Free of Charge

Limited quota on a first-come-first-served basis

Link: <https://www.srrsh.cuhk.edu.hk/zh/content/student-cultural-ambassadors-scheme-application-zh>

Enquiries: cuoaa@cuhk.edu.hk

Website: www.srrsh.cuhk.edu.hk

Facebook Page: www.facebook.com/cuoaafta

Instagram: @fta_cuhk

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3. CALL FOR ENTRY: PI Centre CUHK Startup Team Fall 2020 Application

The poster for the CUHK Startup Team Fall Application 2020 is colorful and features a central graphic of a large yellow number '1' with a green arrow pointing upwards. The text is organized into sections: 'ELIGIBILITY' (All CUHK students (UG/PG & FT/PT) in ANY disciplines can apply as individuals or teams), 'INFORMATION SESSION' (Learn more about PI Centre & get tips on writing a business pitch deck! Date: 29 Sep 2020 (Tue) Time: 18:00-19:00 Format: Online), 'ONLINE TEAM FORMATION' (Looking for co-founders or business partners? Check out our platform for more information: <http://www.picentre.cuhk.edu.hk/> OnlineMatchingFall2020), '1 Online Application' (On or before 11 Oct 2020, Sun, 23:00), '2 1st Round Interview' (16 Oct 2020 (Fri)), '3 Final Interview' (23 Oct 2020 (Fri)), and '4 Move to PI Centre' (Early November). A box at the bottom left states: 'Successful applicants will receive for free up to 1 year of membership to PI Centre's coworking space at InnoPort, training, mentorship, field trip, startup funding, networking opportunities and more!'. At the bottom, contact information is provided: 'Visit for more info: www.picentre.cuhk.edu.hk/application', phone numbers 3943-0431 and 6346-4053, email picentre@cuhk.edu.hk, and social media handles for CUHK PI Centre and cuhk.picentre.

Dare to create your own business? This is your chance! **CUHK PI Centre is recruiting startup teams!** We offer FREE Workspace, Facilities, Funding, Development and Mentoring Support for startup projects for up to one year. Our co-working space is located at InnoPort (previously IUH), our brand new entrepreneurial hub, which is right across from the University MTR Station.

All CUHK students (UG/PG & FT/PT) in ANY disciplines are welcome to apply on or before 11th Oct 2020 (Sun).

PI Centre recruits incubatees in semiannual intakes. We would like to support students, especially those who have startup ideas but lack funding, resources and working space. Click [here](#) to check out our video. The **Info Session** will be held online **29th Sep 2020 (Tue), 6:00 pm - 7:00 pm** ([Register](#)). Come to join us, inquiries are welcome and we will also share tips on pitch deck writing. If you are still looking for co-founder or business partner for your startup idea, check out our online matching platform [here](#).

For enquiries, please feel free to reach PI Centre, ORTKS at 3943 0431 or e-mail to picentre@cuhk.edu.hk

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4. Mini-Workshop: Social Impactful Project



Are you looking for opportunities to drive social change through entrepreneurial actions? If yes, Enactus CUHK Social Impactful Project will serve as a solid starting point for your ideas to grow and be realized.

Enactus CUHK is a chapter of a nonprofit organization, Enactus, aiming to promote social entrepreneurship as an important vehicle to drive social change for the better; more importantly, to ignite students' life-long passion for social entrepreneurship. This year, our first flagship event, Social Impactful Project (SIP), is about to start!

Social Impactful Project is a six-month incubation program for sustainable social business projects, which participants will join internal consultation workshops with advisors from the business and engineering faculties at CUHK, a Fall Exploration experiential workshop to give you the first taste of social innovation, and networking opportunities with founders of social enterprises to help you overcome barriers that may be involved in your startup journey ahead.

We welcome students from all disciplines to join us with your passion for social change whether as an individual or group participants. To facilitate your understanding of SIP, social innovation, and the application method, **Mini-Workshop: Social Impactful Project** is held to provide you the training and startup simulation opportunities, which you will learn the design thinking mindset and exhibit your collaboration and presentation skills with our advisor Mr. Samson Ng. We would like to invite you to this workshop as an introductory talk and hands-on startup experience, details are as follows:

Mini-Workshop: Social Impactful Project [to know more about Enactus and SIP]

Date: 10th Oct 2020 (Sat)

Time: 2:00 pm - 3:15 pm

Guest Speaker: Mr. Samson Ng (Lecturer for Design Thinking and Practices at CUHK)

Venue: Zoom

Registration:

https://docs.google.com/forms/d/e/1FAIpQLSc_u2_QFMWw69mjsVfyPR2QIOGPqAJHDGwnU5mAe2WL10NV1w/viewform?usp=sf_link

* Limited quota, first-come-first-serve

Social Impactful Project Application [Kick-start the social venture!]

Date: 21st Sep 2020 (Mon) – 20th Oct 2020 (Tue)

Application Link:

https://docs.google.com/forms/d/e/1FAIpQLSdzYsZFobp6on9ETN8paxG9Ah0gC_M1pAIQtf6KJ9cBIPqQ/viewform?usp=sf_link

To follow our latest information, please follow our **Instagram (@enactuscuhk)**. For further queries, please feel free to email us (cuhk@enactus.hk).

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5. APRU Virtual Student Exchange Program Co-curricular Activities

The following co-curricular activities under the [APRU Virtual Student Exchange \(VSE\) Program](#) are now open for registration.

The [APRU Virtual Student Exchange \(VSE\) Program](#) makes international education accessible by allowing students to **take academic courses** and **participate in co-curricular programs** without the need to leave home. It opens up international education opportunities for all students of APRU member universities, including CUHK, by providing an immersive virtual student exchange experience through digital technologies and platforms and creating encounters with new ideas, cultures, experts and students from around the world.

Don't miss out on the opportunity to learn, experience and exchange with peers from around the world by joining activities under the [Virtual Student Exchange Co-curricular Program](#). Many activities are offered by member universities of the Association of Pacific Rim Universities (APRU) to bring together students from around the network in 18 economies of the Pacific Rim. They include activities that allow you to learn about other cultures and places, prepare for global leadership and careers, and form social networks with students. CUHK students are welcome to join. Participation is free of charge.

Upcoming Events (in local date & time):

- **1st Oct - 6:00 pm** - [Studying & Living in an American Research University offered by University of California, Riverside, US](#)
- **8th Oct - 9:00 am** - [Writing of the Ultimate CV: A Death Ritual in Medieval China offered by CUHK](#)
- **19th Oct - 6:00 pm** - [Evening Music Jam@HKUST offered by The Hong Kong University of Science and Technology](#)

For details and information on more programs, please visit the [APRU VSE Co-curricular](#) webpage. Thank you very much for your attention!

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6. 2020 OnePass (CWEM) Password Expiration Date

Please note the arrangement of OnePass (CWEM) password expiry this year and take the necessary action:

Summary	According to OnePass (CWEM) Password Policy, the expiry date of every OnePass (CWEM) password is aligned with a specific date. The Coming Expiry Date of OnePass (CWEM) Password: 13th Oct 2020 (Tue) This expiry date applies to all student, staff, student organization, department and project accounts, unless the password has been changed on or after 1st Jul 2020 .
Your Action	Please change your password before it expires: 1. Click Change Current / Expired Password on OnePass or CUHK Login Page OR 2. Click Change OnePass (CWEM) Password in MyCUHK
After Password Expiry	<ul style="list-style-type: none"> • You cannot access Central IT services including email, Office 365, MyCUHK, CUSIS, CUPIS, WiFi, VPN, etc. with "Incorrect ID / Password" or "Password Expired" prompted. • You can still change your password through the above.
Enquiry	ITSC Service Desk <ul style="list-style-type: none"> ○ http://servicedesk.itsc.cuhk.edu.hk ○ 3943 8845

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7. Student Development Portfolio - Animation Trailer 學生發展組合 — 動畫短片



The *Student Development Portfolio (SDP)* is a university-wide electronic platform for capturing and presenting students' Experiential Learning Activities (ELA) under the whole-person development framework namely I-CARE. It provides students with an inventory of the informal learning opportunities on offer and facilitate their planning of a fruitful university life. University units can also make use of the *SDP* to facilitate students' enrolment for ELA and generate basic statistics for future planning of ELA.

The major functions of *SDP*, which are for students, include:

1. Viewing of ELA offered by various units of the University
2. Updating and maintaining participation records
3. Producing the ELA Report to showcase learning achievements

All full-time undergraduate students and representatives of the University units using *SDP* can login the system www.cuhk.edu.hk/sdp with their Student ID and Staff ID respectively. OnePass (CWEM) Password is required.

Affected by the recent development of COVID-19, the face-to-face *SDP* briefing sessions which had been held in the colleges in the past, cannot take place this academic year. As such, the I-CARE Centre for Whole-person Development has produced an animation trailer to be played on various online platforms, social media and digital display boards to introduce the *SDP* to students particularly freshmen. To have an immediate viewing of the trailer, please visit the *SDP* website www.sdp.cuhk.edu.hk where you can also obtain more relevant information.

The undergraduate students are now invited to answer two simple questions at bit.ly/2F5zDrd after watching the aforesaid trailer. The right one will be given a lovely A5-sized canva zipped bag. Priority of the receipt of this souvenir will be given to freshmen. While stocks last.

Explore the *SDP* now!

Enquiries:

Ms. Vicky Hui (vickyhui@cuhk.edu.hk / 3943 3714)

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8. Tertiary Student Finance Scheme – Publicly-funded Programmes (TSFS) 2020-21 Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2020-21

Please note that the application forms for the captioned Schemes from new students 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” online platform at <http://ess.wfsfaa.gov.hk> on or before 25th Sep 2020. After submission of the online form, applicants will be required to submit the declaration and supporting

documents by online uploading, by post or in person to SFO's office. Applicants may also submit the documents to the **collection box** at Room 1206, 12/F, Yasumoto International Academic Park from 8:45 am to 1:00 pm and 2:00 pm to 5:30 pm, Monday to Friday (except public holidays) **during 14th Sep to 5th Oct 2020**. Students can visit the website at <http://admission.cuhk.edu.hk> for application details.

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9. CUHK Independent Learning Centre (ILC)

Here are some workshop highlights for academic year 2020/21 which is organized by CUHK Independent Learning Centre (ILC). You are welcome to visit the ILC website (<https://www.ilc.cuhk.edu.hk/EN/>) for a short ILC video for their major work and services or check out their new link on "**Tips for Successful Online Learning @ CUHK**". You may also go to: <https://bit.ly/32MAMvF> to see the workshop series posters.

1. **University Study Skills Series** – this series is particularly useful for incoming UG students
 - Study Skills in English at University Level
 - Academic Reading: Strategies for Success
 - Ace Your Oral Presentations
 - Discussion Skills and Current Affairs
 - Saying What you Mean: English Pronunciation for Cantonese and Mandarin Speakers
 - Listening to Learn: Academic Listening and Note-Taking Skills
 - Building a Bigger and Better Vocabulary
2. **Writing Series**
 - Academic Essays
 - Research Papers
 - Reflective Journals
 - Personal Essays
3. **Job Preparation Series** – this series is particularly useful for graduating students and students who are interested in applying for exchange/ internship opportunities
 - Writing Impressive Resumes
 - Writing Impressive Application Letters
 - Ace Your In-person and Video Job Interviews
 - Standing Out in a Group Interview
 - Interview Practice and Self Reflection
4. **CRE/JRE Series**
 - Preparing for the CRE – Use of English
 - Tips and Strategies in Tackling the JRE
 - JRE Writing Practice (Practice writing for the JRE under exam conditions)
 - Feedback on JRE Writing Practice (Discuss exam strategy and student writing)
5. **Exam Preparation Series**
 - Taking the IELTS Challenge: Reading & Writing
 - Taking the IELTS Challenge: Speaking & Listening
 - Mastering the TOEFL: Reading and Listening
 - Mastering the TOEFL: Speaking and Writing

Students who think they will benefit from having a one-to-one meeting with the teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session. The schedule can be found at: <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>. Besides, the ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support students. Details are available at: <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>.

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10. AIESEC in CUHK | Members Recruitment Talk

[AIESEC is recruiting!]

AIESEC in CUHK 黎緊會搞五場 Recruitment Talk, 當中會介紹嚟每個 department 入面可以學到啲咩, 呢年喺唔同情況下會有啲咩活動搞, 同埋了解下 AIESEC 有咩特別之處!

聽完仲可以報名成為我地嘅 Member 添!

AIESEC in CUHK is going to organize five sessions of Recruitment Talk soon! By joining it, you can know more about the skills that you can learn by joining different departments in AIESEC as well as what makes our organization unique. You will also get a chance to sign up for becoming a member of AIESEC in CUHK!

心動不如行動! 快啲報名參加啦!

What are you waiting for? Sign up now!

Link: <https://bit.ly/CUHKrecruitment>

AIESEC in CUHK Recruitment Talk

Date: 21st or 23rd Sep (choose one)

Time: 7:00 pm - 8:30 pm

Format: Zoom

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11. Flourishing First Year Programme 心盛計劃 2020-21



Flourishing First Year @ CUHK 2020-21

Flourishing First Year@CUHK is a tailor-made programme for all NEW students. A series of workshops are provided for supporting you to flourish and grow from failures.

How does Flourishing First Year@CUHK work?

Step 1: All new students are eligible for receiving information about upcoming activities/workshops and have the priority in enrolling in these activities/workshops

Step 2: Enroll in the workshop and get our welcoming gift in your first workshop (on a first-come-first-serve basis)

Step 3: Be a flourishing learner!

Step 4: Get your reward! (coffee making workshop/pottery class; on a first-come-first-serve basis)

Step 5: Complete all workshops from PERMA (Positive Emotions, Engagement, Relationship, Meaning, Accomplishment)

Programme Details and List of Workshops:

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

Enquiries:

Office of Student Affairs (osa@cuhk.edu.hk / 3943 8652)

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12. Community Resources for Emotional Support

<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

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