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# Sunny Review

## 1. Mid-Autumn Festival Celebration at Hostel



Warmest welcome to all our residents! We dedicate to making the hostel home for each and every one of you. Thanks to Resident Tutors and Resident Association, they arranged Mid-autumn Festival Celebration on 20th Sep to let every resident enjoy themselves at hostel, while better understand the local culture.

Resident Association has set up amazing lanterns decoration across courtyard to enhance the festive atmosphere. Resident Tutors prepared mooncakes, fruits and snacks for residents to appreciate the full moon.

Resident Tutors and Resident Association will organize more floor gatherings and hostel activities in upcoming term. Feel free to talk to them if you would like to have some inputs or even help organizing it!

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## 2. Service-Learning Programme - Pre-service Training for the Service for Ethnic Minorities

The Service-Learning Programme - Service for the Ethnic Minorities kick-started last Saturday. Students participated in pre-service training to get to know more about the needs of service users.



Mr. Tommy S.K. Tang (鄧紹基先生), representative of the Christian Action (基督教勵行會), gave a talk on cultural sensitivity and shared with students features of persons of different ethnicities, difficulties encountered by the ethnic minorities and tips for service planning and implementation.

After the sharing, students were divided into groups and had community walk at Yau Tsim Mong District. They visited grocery shops, food stores and boutiques operated by the ethnic minorities and had a taste of the traditional Nepali snacks, including julabi, ladu, nimki and samosa.



Students will carry out service activities for Ethnic Minorities children in October to November 2021 to facilitate their integration into the community, please stay tuned!

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## College Activities

### 1. Sunny Living Week 2021



Sunny Living Week is back again. This year, not only we have exciting fencing and trendy flyball activity, the College has also invited those students supported by Self-Motivation Funds to share their learning and feelings after joining the Sunny Living activities under the pandemic! We will also have Professor Kwai-cheong Chau from Campus Environment Committee to lead us a visit to organic farm to learn more about the importance of low-carbon living.



Last but not least, our Astronomy Society together with Dr. Po-kin Leung from Department of Physics will bring us an unforgettable and soothing night through moon and sky gazing. Mark your diary and join us!

Sunny Living Week 又返嚟喇，今個 Sunny Living Week，我哋除咗有奧運金牌劍擊運動及新興運動旋風球，書院仲邀請咗獲 Self- Motivation fund 資助嘅同學，同大家分享書院係疫情下點樣支持佢哋透過參與吾同活動，持續實踐 Sunny Living 嘅精神！我哋當然唔少得校園環境委員會主席鄒桂昌教授帶我哋參觀有機農莊，話比大家知低碳生活對健康及環境嘅好處。而天文學會及物理學系梁寶建博士更會帶大家漫遊星空，帶給你一個難忘及療癒嘅秋夜。大家快啲 mark 實日子參加啦!

Date & Time	Activity
<b>18 Oct (Mon)</b> 6:30 pm – 8:00 pm	壓力解鎖之旅 Unlock Your Stress ( <a href="#">Details</a> )
<b>19 Oct (Tue)</b> 6:30 pm – 8:30 pm	劍擊體驗夜 Fencing Night ( <a href="#">Details</a> )
<b>20 Oct (Wed)</b> 7:00 pm – 8:30 pm	花草絮語 Whispers of Plants ( <a href="#">Details</a> )
<b>21 Oct (Thu)</b> 7:30 pm – 9:00 pm	秋月星空巡禮 Moon Gazing ( <a href="#">Details</a> )
<b>22 Oct (Fri)</b> 1:00 pm – 3:00 pm	旋風球同樂日 Let's Play Flyball ( <a href="#">Details</a> )
<b>23 Oct (Sat)</b> 9:00 am – 1:00 pm	有機種植 – 健康飲食之外 Organic Farming - Healthy Food and Beyond ( <a href="#">Details</a> )

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13637341>

Enquiries:

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

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## 2. Fitness Room User Introductory Course 2021-22 健身室使用者課程 2021-22

# Fitness Room User Introductory Course

健身室使用者課程

Instructor 導師:

Mr. John Chan

Date: 02/11/2021 (Tuesday)  
Time: 7:00pm - 9:00pm  
Venue: College Gym  
Quota: 15 (first come, first served)

日期: 02/11/2021 (星期二)  
時間: 7:00 - 9:00pm  
地點: 書院健身室  
名額: 15 (先到先得)



Registration 報名:  
<https://qr.go.page.link/oG7Pf>

*\*Year 1 students may obtain the CUHK Fitness Room User Certificate from PE lessons.  
一年級同學可於體育課申請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 Gymnasium (LG/E, Former University Guest House) before the class starts  
- Please dress in appropriate clothing and wear sports shoes.  
- Please bring along the fee (Student: HK\$20 / Staff: HK\$30) 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：  
- 請於書院健身室（前大學賓館LG/E）集合  
- 請穿著合適服裝及運動鞋  
- 請於課堂結束後繳交費用（學生：\$20 / 職員：\$30），用作申請中大健身室使用卡或證書，請攜帶如數的費用，不設找贖

查詢 Enquiries: Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@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:** Tuesday, 2<sup>nd</sup> Nov  
**Time:** 7:00 - 9:00pm  
**Venue:** College Gym  
**Quota:** 15 (first come, first served)  
**Instructor:** Mr. John CHAN

**Application:**  
<https://qr.go.page.link/oG7Pf>

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

**Enquiries:**  
Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk) / 3943 3934)

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## 3. Fitness Consultation Sessions 健身訓練諮詢



Fitness Trainers are at our College's Gymnasium! Need guidance for keep-fit plan or proper use of fitness equipment? Mark your calendar!

**Date (Every Tue) :**

Sep 14, 21

Nov 30

Time: 7:00-9:00pm

**Date (Every Tue) :**

Oct 5, 12, 19

Nov 9, 16, 23

Time: 7:00-8:00pm

**Venue:** College Gymnasium

**Instructor:** Mr. John Chan

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

**Enquiries:**

Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk)/ 3943 3942)

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## 4. Fitness Training Workshops

**1**

**HIIT 高強度間歇訓練**

A 30-minute intense full bodyweight training with minimal rest periods. This quick workout will give participants an exciting range of strengthening, cardio, and core exercises. This course is suitable for students of all levels.

**DATE:**  
5 OCT, 12 OCT,  
19 OCT (TUE)

**TIME:** 8-9PM

**2**

**RESISTANCE TRAINING 阻力訓練**

This course aims to teach participants how to design and implement a progressive, systematic approach resistance training program.

Participants can learn how to schedule exercises for specific body parts on different days (E.g., Pull day, Push day, and Leg day). Moreover, this course also teaches the participants how to perform different types of resistance training properly and safely, including bodyweight training, free weights, and weight machines.

**DATE:**  
9 NOV, 16 NOV,  
23 NOV (TUE)

**TIME:** 8-9PM

**PE Marks**  
**4**

# FITNESS TRAINING WORKSHOPS

**Venue:** College Gymnasium  
**Quote:** 12 (per class)  
**Instructor:** Mr. John Chan

**Deposit:** \$200 per workshop (refundable upon completing all lessons)

**Application:**

Interested students please fill in the webform AND submit deposit to Dean of Students' Office on or before **5:00pm, 28th Sep**

(First-come-first-served. Time of deposit payment will be the determinant)

**Enquiries:**  
Ms. Etsu Yeung  
(tsusyueung@cuhk.edu.hk / 3943 3334)




## HIIT 高強度間歇訓練

A 30-minute intense full bodyweight training with minimal rest periods. This quick workout will give participants an exciting range of strengthening, cardio, and core exercises. This course is suitable for students of all levels.

**Date :** 5 Oct, 12 Oct, 19 Oct (Tue)

**Time :** 8-9pm

**Deposit :** \$200 (refundable upon completing all lessons)

## Resistance Training 阻力訓練

This course aims to teach participants how to design and implement a progressive, systematic approach resistance training program. Participants can learn how to schedule exercises for specific body parts on different days (E.g., Pull day, Push day, and Leg day) Moreover, this course also teaches the participants how to perform different types of resistance training properly and safely, including bodyweight training, free weights, and weight machines.

**Date :** 9 Nov , 16 Nov , 23 Nov (Tue)

**Time :** 8-9pm

**Deposit :** \$200 (refundable upon completing all lessons)

**Venue:** College Gymnasium

**Quota:** 12 (per class)

**Instructor:** Mr. John CHAN

**Application:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13637271>

Interested students please fill in the webform AND submit deposit to Dean of Students' Office on or before 5:00pm, 28<sup>st</sup> Sep (first-come-first-served. Time of deposit payment will be the determinant)

## Enquiries:

Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk) / 3943 3934)

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## 5. GPS Career Development Facilitation Scheme 2021-2022

**職涯**  
**GPS**

**職涯發展** 是一個終身並持續的探索過程，涵蓋不同人生階段，包含職業、家庭及其他社會角色。職涯發展協助服務對象在不同人生階段，了解自己的需要和潛能，探索職業或個人的發展方向。

**Career development** is a lifelong and ongoing process of discovery across all stages of life involving career, family and societal roles. Career development facilitation assists the client to better understand his/her own needs and potentials at different life stages so as to explore the path for career and personal development.

**職涯規劃師怎樣幫助你?**  
What can a Career Development Facilitator assist you?

- 助你有系統地檢視自己的特質、興趣和價值觀，對人生的轉机和夢想。  
Examination of characteristics, interests, core values, needs & dreams
- 為你探討不同工作的編能要求，並評估自己的能力。  
Knowledge of job prerequisites & ability assessment
- 透過四次單獨面談與你尋找未來的發展方向。  
Path finding through 4 individual meetings
- 啟發地與你一同探索和思考，助你為職涯發展作出合適的選擇。  
Self exploration & reflection to facilitate career choice
- 讓你加深對自己的了解，並繼續在每階段規劃人生。  
Self-understanding for holistic life planning

**報名詳情 Application Details**

日期: 2021年10月至2022年2月 (面試日期及時間由同學與 CCSP / GCDF 自行協討)  
面試節數: 共 4 節 (每節約 1 小時)  
地點: 伍宜禧書院 或 ZOOM (視乎疫情)  
開辦日期: 2021年10月28日 (星期四) 晚上7時30分 (務必出席)  
參加資格: 伍宜禧書院全日制本科同學  
名額: 10 - 12位  
語言: 粵語及/或 國語 (出席前請準備4節面試及完成問卷調查後將獲全數發還)  
報名網址: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638515> (截止日期: 2021年9月28日)  
查詢: Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

Period: Oct 2021 - Feb 2022 (Meeting date and time to be decided by students and CCSP / GCDF)  
No. of Meeting: 4 times (one hour per meeting)  
Venue: Wu Yee Sun College or Zoom Platform (subjected to the development of COVID-19)  
Kick-off ceremony: 28 Oct 2021 (Thursday) at 7:30pm (Mandatory)  
Eligibility: WYS Full-time Undergraduate Students  
Quota: 10-12  
Deposit: HK\$400 (refundable upon completion of kick-off ceremony, 4 meetings and an evaluation survey)  
Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638515> (Deadline: 29 Sep 2021)  
Enquiries: Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

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-face consultation and assessment by certified career development facilitators.

### Programme Content

**Period:** Oct 2021 - Feb 2022

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

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

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

**Quota:** 10-12

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

**Date:** 28 Oct, 2021 (Thu)

**Time:** 7:30pm

**Venue:** College Theatre, Wu Yee Sun College (may change to zoom subject to the development of COVID-19)

### Application

Complete the online application form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638515>) and





過程中面對的情況，進而探討語言在現今社會的轉變和價值。課程同時會由淺入深，分析公開試中文與大學中文領域研究不同之處，從而談及學術論文等專業知識。

**導師:** 林溢欣先生

**導師簡介:** 中大中文系哲學碩士畢業。《藝文青》創辦人、報紙專欄作家，同時出版不同散文集、文言專書、高中教材。學術論文見於《國文天地》、《中國文化研究所學報》、《雲漢學刊》、《古籍整理研究學刊》、《九州學林》等。

**日期:** 10月5日、12日、26日及11月2日、9日、16日 (逢星期二，共六堂)

**時間:** 晚上 6:30 至 8:00

**地點:** 伍宜孫書院 UG/F 演藝廳

**語言:** 廣東話

**按金:** \$200 (出席最少 4 堂可獲退回全部按金)

更多詳情: <https://www.wys.cuhk.edu.hk/?p=17670>

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13637955>

**截止日期:** 9月28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 ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

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## College Announcements

### 1. Temporary Closure of College Student Canteen for National Day and Chung Yeung Festival 國慶日及重陽節書院學生飯堂暫停營業

Wu Yee Sun College Student Canteen will be temporarily closed on **Friday, 1 October 2021** (National Day) and **Thursday, 14 October 2021** (Chung Yeung Festival). Thank you for your kind attention.

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### 2. Opening of College Café on 4 Oct 2021 伍宜孫咖啡店 10月4日開始營業



#咖啡或茶 #貝果與鹹批 #蛋糕與鬆餅  
 #公平貿易 #生態與人  
 #藉著食物說故事  
 #山城手工烘焙食品 #鼓勵自備外賣容器  
 #coffee\_or\_tea #bagel\_&\_quiche #cake\_&\_scone  
 #fair\_trade #nature\_&\_we  
 #sharing\_stories\_through\_food  
 #homemade\_&\_baked@cu #bring\_your\_own\_container

**OPENING** 營業地點：伍宜孫書院地下  
**十月四日** 營業時間：早上十時至下午六時（星期一至五）  
**October 4** Location : G/F, Wu Yee Sun College  
 Opening Hours : 10am-6pm ( Monday to Friday )

咩樹？Lookup！Wu Yee Sun College Café opens on Oct 4 伍宜孫咖啡店 10月4日開始服務大家啦

### 咩樹咖啡館 Lookup Coffee & Stories

由 2021 年 10 月 4 日（一）開始營業  
 營業地點：伍宜孫書院地下  
 營業時間：早上十時至下午六時（星期一至五）

\*伍宜孫書院學生凡購買任何飲品可享**\$2 優惠**！（請出示學生證以茲證明）\*

Starting from October 4, 2021 (Monday)  
 Location : G/F, Wu Yee Sun College  
 Opening Hours : 10am-6pm (Monday to Friday)

\*Wu Yee Sun College Students can enjoy **\$2 discount** on purchasing any drink (Please present your student ID card for verification)\*

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### 3. Temporary Closure of College Gym

College Gym will be closed at the following timeslots for fitness courses.

<b>Sep</b>		
Sep 28 (Tue)	7 pm – 9 pm	Fitness Room Introductory Course
<b>Oct</b>		

Oct 5, 12, 19 (Tue)	8 pm – 9 pm	Fitness Class
Oct 26 (Tue)	7 pm – 9 pm	Fitness Room Introductory Course
<b>Nov</b>		
Nov 2 (Tue)	7 pm – 9 pm	Fitness Room Introductory Course
Nov 9, 16, 23 (Tue)	8 pm – 9 pm	Fitness Class

We are sorry for the inconvenience caused.

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#### 4. Campus Arrangement in Term 1, 2021/22

We are most delighted to welcome our Sunnies back to campus. We would like to take this opportunity to update you the use of campus facilities, in order to safeguard the health and well-being for every College member. Your support is the key to maintain a healthy community for living and learning together.

##### College Prevention and Control Measures against COVID-19

1. Please measure body temperature at the counter at College Gallery and sanitize hands upon entering into College building. If body temperature is above 37.5 °C, s/he will not be allowed to enter into College.
2. If students have taken a COVID-19 test, please stay at home until the test result is available.
3. **Please be reminded that NO VISITORS (including WYS non-residents) will be allowed to enter the hostel floors. Students cannot bring in unauthorized persons or allow them to follow behind you to enter the College. Unauthorized persons or illegal residents will jeopardize the accuracy of contact tracing. In order to protect your own health, violations will result in disciplinary actions.**

##### College Facilities

1. WYS non-residents can access College until 10:30pm daily (tap CU Link for access after 9:00pm). Only residents can access College building after 10:30pm
2. The opening hours and maximum capacity of College facilities can be referred at <https://www.wys.cuhk.edu.hk/about-us/campus/>.
3. **College Gymnasium:** Only authorized users can use the gym with a maximum of 15 users using the gym in the same session. Each user can use the gym for 1 hour daily. All users must complete registration, body temperature measurement and hand sanitizing, upon presenting users' CU Link/ Guest Card in exchange for an access card, prior to accessing the gym. Masks must be worn (including the time of doing exercises) and at least 1.5m social distancing must be maintained at all times. Users must also observe the current regulations of using the gym as well.

A detailed guideline will be sent to authorized users separately. First-time users should bring their valid (i) CU Link Card and (ii) CUHK Fitness Room User Certificate to College Office (G03) for registration.

4. **Reservation of College Facilities:** Only recognized College student organizations are eligible to reserve College facilities [except for Piano Rooms (Room 106 & 107) and Discussion Rooms in Learning Commons (Room 102A and Room 103A) which will be opened for individual students]. Student organizations may contact the responsible College staff to book facilities for their planning of activities until the resumption of College online booking system.



## 5. The “Sunny” Award & Admission Scholarship for Outstanding Artistic Achievements 2021/22

學生須以  
Eligible for students who placed

伍宜孫書院  
WU YEE SUN COLLEGE

為首選  
as their 1st College preference

### 2021/22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

2021年10月4日截止接受申請

Applications open until 4 Oct 2021

Enquiries: Ms Karen Yiu | 3943 3936 | karenyiu@cuhk.edu.hk

### The “Sunny” Award – HK\$15,000 / HK\$10,000 - [Online Application](#)

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

### Admission Scholarship for Outstanding Artistic Achievements – HK\$8,000 - [Online Application](#)

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

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

Application Deadline: **Monday, 4 October 2021**

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)

## 6. College Hostel Grant 2021/22 – Application

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2021/22 will be maximum \$4,365 per year.

Application now opens **until Monday, 18<sup>th</sup> October 2021**. Students with Term 1 or whole year residence are eligible to apply.

Please [download](#) the application form and submit the completed form with supporting documents via email to Ms. Yiu ([karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk)) or in person to the College Office (G03, G/F, East Block) before the deadline.

## Enquiries:

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

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## 7. Rance Lee Award 李沛良獎勵計劃 - Application

Wu Yee Sun College 李沛良獎勵計劃

# Rance Lee Award

Your chance to unleash your CREATIVITY and win HK\$10,000 to promote **SUNNY LIVING**

**Green Life**  
**Health and Well-being**  
**Lifetime Sports**

Did you know...  
The origin of House of Sunny Living is the University Guest House. The College has CREATIVELY transformed it into a facility for the whole person development of our Sunnies.

Enquiry/  
Miss Florence Tsui  
3943.9767  
florencestui@cuhk.edu.hk

Deadline/  
11 Oct 2021

More Details/

Creativity and Sunny Living are two of the College's core values. If you're the health-conscious and 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 one page executive summary on or before 11 October, 2021. Tell us your ideas in proposal format and make a better life together!

Check out the website and click "Rance Lee Award" for further details: <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=rance-lee-award>

創意與陽光生活是書院兩大重要元素。如果你關注身心健康，支持綠色生活，就請找緊機會，發揮創意！今個學年新推出的李沛良獎勵計劃，旨在推廣以下三大範疇的創意陽光生活，包括：

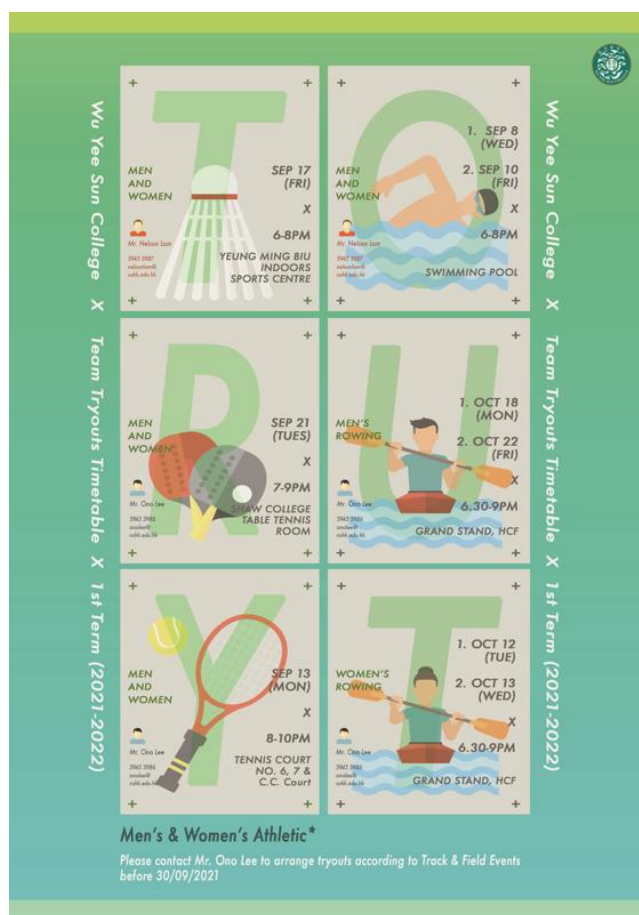
- 健康身心
- 終身運動
- 綠色生活

請即發揮創意，於 10 月 11 日或以前提交申請，並連同 1 頁 A4 的報告摘要說明你的想法！期待你別出心裁的意念，令生活更美好！

請瀏覽書院網頁(<https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?lang=zh&scheme=rance-lee-award>)，以獲取更多詳情。

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## 8. College Team Tryout 2021-22 Term 1 書院院隊選拔 (2021-22 上學期)



不論你是運動愛好者或是專業運動員，都不要錯過伍宜孫書院院隊選拔的時間！書院現正招募划艇及田徑院隊隊員，快來發揮你的運動天賦！

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 **rowing and athletic team**. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's Rowing	Oct 18, 2021 (Mon)	6:30 - 9:00 p.m.	Grand Stand, HCF	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>
	Oct 22, 2021 (Fri)			
Women's Rowing	Oct 12, 2021 (Tue)	6:30 - 9:00 p.m.	Grand Stand, HCF	Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>
	Oct 13, 2021 (Wed)			
Men's & Women's Athletic	Please contact Mr. Ono Lee to arrange tryouts according to Track & Field Events before 30/09/2021			Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a>

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## 9. "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](mailto: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 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](mailto:sammykwan@cuhk.edu.hk) / 3943 9775)

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

Miss KiKi Chan ([kikiwokchan@cuhk.edu.hk](mailto:kikiwokchan@cuhk.edu.hk) / 3943 3935)

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## 10. 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](mailto: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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## 11. 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:

Ms. Sammy Kwan ([sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk)) / 3943 9775)

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## 12. 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

The infographic is titled "Self-Motivation Fund for Health and Well-being Activities". It features a QR code for "Application & Guidelines" in the top right. The main text describes the fund's purpose: "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 strengthen your physical health and mental wellness." It lists two funding schemes:

- Health and well-being Activities:** Max. funding amount of \$1500, OR Up to 60% of application fee & course fee (whichever is lower). Examples include Healthy Cooking Class, Course about Nutrition / Chinese Medicine, Mindfulness Workshop, and Mental Health First Aid Course.
- Qualification Courses for Health and Well-being Instructors:** Max. funding amount of \$3000, OR Up to 60% of course fee (whichever is lower). Examples include Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course and Art/Music Therapy Instructor Course.

Contact information for Miss Phoebe Wu is provided at the bottom left: [phoebewu@cuhk.edu.hk](mailto: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 strengthen your **physical health** and **mental wellness**.

**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 Up to 60% of 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 **\$3000** or Up to 60% of course fee (whichever is lower)

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

**Application :** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

**Enquiries:**

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

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## 2. Self-Motivation Fund for Sports Activities

The infographic is titled "Self-Motivation Fund for Sports Activities" and is divided into two main sections: "Sports Activities" and "Qualification Courses for Sports Coach".

**Sports Activities:**

- Max. funding amount: **\$1500** OR Up to 60% of application fee & course fee (whichever is lower)
- Examples: Standard Chartered Hong Kong Marathon, Oxfam Trailwalker, Spartan Race, Yoga Class, Dance Workshop

**Qualification Courses for Sports Coach:**

- Max. funding amount: **\$3000** OR Up to 60% of course fee (whichever is lower)
- Examples: Rowing, Rope-skiing, Orienteering, Taekwondo

Additional information on the infographic includes the slogan "Sports for everyone", the Wu Yee Sun College logo, and contact details for Ms. Elsus Yeung (elsusyung@cuhk.edu.hk / 3943 3934). A QR code for "Application & Guidelines" is also present.

**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".

**Funding Amount:**

Sports Activities: Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)  
Qualification courses for sports coach: Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look on the [guidelines](#) and [report template](#), and challenge yourself with different activities.

**Application** : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

**Enquiries:**

Ms. Elsus Yeung ([elsusyung@cuhk.edu.hk](mailto:elsusyung@cuhk.edu.hk) / 3943 3934)

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### 3. Self-Motivation Fund for Green Activities

The infographic is titled "Self-Motivation Fund for Green Activities" and is divided into two main sections: "Green Activities" and "Qualification Courses for Instructors of Green Activities".

**Green Activities:**

- Self-Motivation Fund for Green Activities:** encourages students to participate in various kinds of green activities that promotes **sustainability** and **environmental consciousness**.
- Max. funding amount:** **\$1500** OR Up to 60% of application fee & course fee (whichever is lower).
- Examples:** Eco-cultural Tour, Uncycling Workshops, Forest Bath.

**Qualification Courses for Instructors of Green Activities:**

- Max. funding amount:** **\$3000** OR Up to 60% of course fee (whichever is lower).
- Examples:** Horticultural Therapists, Trainer for Organic Farming, Docent Training on Ecotourism.

At the bottom left, there is a logo for WU YEE SUN COLLEGE (伍宜孫書院) and contact information for Ms. Sonia Yu ([Soniayu@cuhk.edu.hk](mailto:Soniayu@cuhk.edu.hk) / 3943 3937). A QR code in the top right corner is labeled "Application & Guidelines".

*Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities and qualification courses for instructors of green activities that promote sustainability and environmental consciousness.*

**Funding Amount:**

Green Activities: Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

Qualification courses for instructors of green activities: Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look on the [guidelines](#) and [reflection template](#), and challenge yourself with different activities.

**Application** : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

**Enquiries:**

Ms. Sonia Yu ([soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) / 39433937)

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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](mailto:rachelpoon@cuhk.edu.hk) / 3943 3942)

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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!**

**Online application is now available, simply submit your application through one click**  
- <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638278>

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

**Enquiries:**

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

Miss Florence Tsui ([florecetsui@cuhk.edu.hk](mailto:florecetsui@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



The poster features the logo of Wu Yee Sun College (伍宜孫書院) and the motto 'Serve to Learn, Learn to Serve'. The main title is 'SERVICE-LEARNING PROJECT FUNDING SCHEME' with the Chinese translation '伍宜孫書院服務學習項目資助計劃'. The central illustration shows a large globe made of puzzle pieces, with various icons representing service-learning activities: an elderly person with a walker, a person with a backpack, a person with a lightbulb, a person with a magnifying glass, and a person with a clipboard. Below the illustration, there are five bullet points with icons: 1. 'Initiate your Service-Learning Project (Can co-operate with other organizations) 策劃自己的服務學習計劃 (可與其他機構合作)'; 2. 'Can be individual or group application 可以個人或小組形式申請'; 3. 'No restriction on programme destination or length 計劃地點、時長不限'; 4. 'Year-round application 全年開放申請'; 5. 'Subsidy amount: maximum HKD80,000 資助金額: 上限港幣80,000元'. A QR code is labeled 'More details:'. At the bottom, it says 'Enquiries: Kiki Chan (kikiwkchan@cuhk.edu.hk/3943 3935)'.

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 KiKi Chan ([kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

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

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## Other Activities & Announcements

### 1. Multicultural Counselling Service for Non-local Students

# Multicultural Counselling Service

## For Non-Local Students

**INDIVIDUAL COUNSELLING SERVICES**  
By native Putonghua speaking counsellors and native English speaking counsellors

**LANGUAGES**  
Apart from Putonghua and English, counselling in other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi might also be available

**SESSIONS**  
6 counselling sessions (may be extended according to service needs)

**LOCATION**  
St John's Cathedral Counselling Service in Central  
[www.sjcshk.com](http://www.sjcshk.com)

**TIME PERIOD**  
September 2021 to May 2022

**SERVICE TARGET**  
All CUHK full-time non-local students

**ENROLLMENT & ENQUIRIES**  
Please visit our website for details




Office of Student Affairs  
The Chinese University of Hong Kong



To strengthen counselling support to non-local students, Wellness and Counselling Centre is launching a pilot programme to provide multicultural counselling service to non-local students. The service will be provided by native Putonghua or English speaking counsellors from an external counselling service provider, St. John's Cathedral Counselling Service (<https://www.sjcshk.com/>). Subject to the availability of their counsellors, counselling sessions might also be conducted in other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi. For more details, please visit: <https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service> for more information.

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## 2. No Air Con Night 2021



CUHK will support the 'No Air Con Night 2021' scheduled on 8 October (Friday) which is the energy saving campaign to promote the wise use of air conditioning. Let's join together to go green.

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### 3. New Member Recruitment for CUHK Peer Support Network (uBuddies/ uPals) 2022 中大朋輩支援網絡(uBuddies/ uPals) 2022 年度成員招募

CUHK PEER COUNSELLING NETWORK

# uBuddies 2022 PEER COUNSELLOR RECRUITMENT

Medium of Instructions: Cantonese with English supplement

TOGETHER... WE CAN DO GREAT THINGS!

Application Deadline: **15/10/2021**

**TRAINING CONTENT**

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

**SERVICE PROJECT**

Design & Implement On-campus Service Projects

**QUALIFICATIONS**

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

Instagram: [cuhk\\_ubuddies](#) / [treehole\\_cuhk](#) Facebook: [山城樹窿 ubuddies](#) Enquiries: 3943 1804 Miss Kong

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

WELLNESS AND COUNSELLING CENTRE, OFFICE OF STUDENT AFFAIRS  
THE CHINESE UNIVERSITY OF HONG KONG

# uPals

CUHK 2021-2022

**Wellness Promotion Team**

All local and non-local students are welcome!

**Training (conducted in English)**

- 5 hours Basic Helping Skills Training
- 12 hours Mental Health First Aid Standard Course
- 1 Day Adventure-based Camp
- 4 hours Wellness Workshops

**Attainable Qualifications**

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

**Service Projects**

Design and implement on-campus service projects!

**APPLICATION DEADLINE:**  
**October 15, 2021**

**COME JOIN US!**

Instagram: [cuhk\\_upals](#) Enquiries: 39431804

## 中大朋輩支援網絡 (uBuddies/ uPals) 2022 年度成員招募

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 2021 年 10 月 15 日（五）。

## New Member Recruitment for CUHK Peer Support Network (uBuddies/ uPals) 2022

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 15 Oct 2021 (Fri).

[追蹤我們的專頁 Follow us on:

Instagram: [cuhk\\_ubuddies](#) / [treehole\\_cuhk](#) / [cuhk\\_upals](#)

uBuddies Service Project: Treehole / uBuddies 服務計劃: 山城樹窿

<https://youtu.be/VBWQZnecJCE>

uBuddies Program highlight video

<https://www.youtube.com/embed/G9cHozRgVRE?form=MY01SV&OCID=MY01SV>

uPals Program highlight video

<https://www.youtube.com/watch?v=4edSrGm1oTM>

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## 4. CUHK Independent Learning Centre (ILC)



Independent Learning Centre (ILC) has in store to support student learning in the First Semester of 2021-2022 via our **face-to-face** and **Zoom** sessions.

For the **new incoming students** who are not familiar with the ILC, I would recommend them to visit the ILC website (<https://www.ilc.cuhk.edu.hk/EN/>) for a short ILC video for our major work and services.

For **international students** who are interested in having better communication with the CUHK staff and students of other nationalities, this Interacting Across Cultures (IAC) online learning series should be very useful (<https://ilc.link/IAC>).

While the ILC workshops mainly target UG students, we also offer special postgraduate workshops with the University Library collaboratively. For details, please visit the ILC website regularly: <https://www.ilc.cuhk.edu.hk/EN/workshops.aspx>

Here are some ILC workshop highlights for the new academic year 2021-2022:

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 Success 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

To see the workshop series posters, please go to: <https://bit.ly/3Dz0zZy>

Students who think they will benefit from having a one-to-one meeting with our teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session, and our schedule can be found here: <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>

The ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support our students. Details are available at: <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>

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## 5. Student Cultural Ambassadors Scheme 2021-22

學生文化大使計劃  
STUDENT CULTURAL  
AMBASSADORS SCHEME  
2021-2022

主辦機構  
CUHK  
香港中文大學藝術行政主任辦公室  
The Office of the Arts Administrator  
The Chinese University of Hong Kong

EXPERIENCING ARTS  
感受·藝術

LET'S ENJOY ARTS TOGETHER  
同享獨特的藝術體驗

詳情及報名 DETAILS / REGISTRATION  
**1.9 > 30.9.2021**

9月1日(三)起可到親身到邵逸夫堂或以下網頁報名  
Start from 1 September (Wed) Please register at Sir Run Run Shaw Hall or our website  
對象 TARGET | 香港中文大學全日制學生 Full-time CUHK Students  
查詢 ENQUIRIES | 3943 1598 / 3943 7857 CUOAA@cuhk.edu.hk  
網頁 WEBSITE | www.srrsh.cuhk.edu.hk  
名額有限, 先到先得 Limited quota on a first-come-first-served basis

費用全免  
**FREE**

CUOAAFTA  
FTA\_CUHK

### 【招募會員】2021-2022 年度學生文化大使計劃

新一年度學生文化大使計劃現已接受報名。

今年度的主題是感受藝術，我們相信藝術可帶來獨特的個人體驗及引發美學探索。不論在創作時接觸物料或欣賞不同作品都能讓我們體會藝術的開放性，並在探索藝術的過程中認識自己。

「學生文化大使計劃」分為兩個階段：

第一階段：報名成為「藝術兵團」

第二階段：進升為「學生文化大使」

#### 活動內容

- 觀賞演出及展覽(大會安排的節目將有資助)
- 參與藝術文化導賞並與資深藝術家交流
- 與同好分享藝術文化心得
- 優惠價/優先報名參加藝術工作坊及觀賞演出

報名日期：1 - 30/9/2021

對象：香港中文大學全日制學生

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

費用全免

名額有限，先到先得

## [Open Registration] 2020-21 Student Cultural Ambassadors Scheme

2020-21 Student Cultural Ambassadors Scheme is now open for registration. The theme of coming year is "Experiencing Arts". We believe that art can bring unique personal experiences and arouse aesthetic exploration. The inspiration of arts will enlighten your mind and the experience of arts will help you to discover a different and better "You".

2 levels in the Student Cultural Ambassadors Scheme

First Level: Friends of the Arts (FTA)

Second Level: Student Cultural Ambassadors (SCA)

Programme Details

- Attend performances and exhibitions (Ticket Subsidy for selected programmes)
- Guided tour and meet the artists
- Arts sharing sessions
- Discount/Priority registration for arts workshops and performances

Registration: 1 - 30/9/2021

Target : Full-time CUHK Students

Apply Now: <https://www.srrsh.cuhk.edu.hk/en/application>

Free of charge

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

查詢 Enquiries

3943 1598 / 3943 7857

Email: [cuoaa@cuhk.edu.hk](mailto:cuoaa@cuhk.edu.hk)

Website: [www.srrsh.cuhk.edu.hk](http://www.srrsh.cuhk.edu.hk)

Facebook: @cuoaafta

Instagram: @fta\_cuhk

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## 6. 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](mailto:info.wys@cuhk.edu.hk).