

Sunny Review 上周回顧

1. College Inauguration Assembly



College Activities 書院活動

1. [Sunny Living Week 2021 <Next Week>](#)
2. [壓力解鎖之旅 Unlock Your Stress](#)
3. [Whispers of Plants 花草絮語](#)
4. [秋月星空巡禮 Moon Gazing](#)
5. [Organic Farming - Healthy Food and Beyond 有機種植—健康飲食之外](#)
6. [Social English Workshop 2021-2022](#)
7. [Fitness Room User Introductory Course 2021-22 健身室使用者課程 2021-22](#)
8. [Fitness Consultation Sessions 健身訓練諮詢](#)

College Announcements 宣佈事項

1. [Temporary Closure of College Catering Outlets for Chung Yeung Festival 重陽節書院膳堂暫停營業 <This Thu>](#)
2. [Temporary Closure of College Gym](#)
3. [Campus Arrangement in Term 1, 2021/22](#)
4. [College Hostel Grant 2021/22 - Application](#)
5. [College Team Tryout 2021-22 Term 1 書院院隊選拔\(2021-22 上學期\)](#)
6. ["Meet the Dean" Hours 輔導長時間](#)
7. [Student Pastoral Care](#)
8. [WYS's Got Talents - Photography, Poster Design, MC and a lot more!](#)
9. [Membership Recruitment - WYS Alumni Association 伍宜孫書院校友會會員招募](#)

College Funding & Award Schemes (Year-round Application) 書院資助及獎勵計劃 (全年可供申請)

1. [Self-Motivation Fund for Health and Well-being Activities](#)
2. [Self-Motivation Fund for Sports Activities](#)
3. [Self-Motivation Fund for Green Activities](#)
4. [Mingle Fund](#)
5. [Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃](#)
6. [Service-learning Project Funding Scheme 服務學習 項目資助計劃](#)
7. [Global Learning Award Scheme <New>](#)

Other Activities & Announcements 其他活動及宣佈事項

1. [Multicultural Counselling Service for Non-local Students](#)
2. [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 <This Fri>](#)
3. [\[Open for Application CUHK\] Outgoing Student Exchanges 2022-23 <New>](#)
4. [Distinguished Alumni-in-Residence Programme 2021 <New>](#)
5. [CUHK Independent Learning Centre \(ILC\)](#)
6. [Community Resources for Emotional Support](#)

Sunny Review

1. College Inauguration Assembly



The College Inauguration Assembly 2021/22 was held last Friday to welcome Sunnies back to the campus. Owing to the COVID-19 pandemic, the Assembly was held in hybrid mode, with Year 1 and 2 students joining in person, and students of Year 3 or above joining via ZOOM. The Assembly commenced with the College Anthem, with Professor Grace L.H. Wong (黃麗虹教授), Chairperson of Scholarships and Financial Aid Committee leading in vocal, accompanied by Professor Anthony T.C. Chan (陳德章教授), College Master on piano. Professor Chan then welcomed all Sunnies back in the campus life in the College Master's address. He urged students to lead their unique university life with the College as the starting point, and shared the story of the two awardees of the Wu Yee Sun Award for the Most Distinguished Graduating Student 2020/21 as the example to all.

The Student's sharing followed the Master's address. Miss Cecilia S.N. Leung (梁詩雅同學 Medicine/2) represented E'vol, the student group awarded Silver Award in Sunny Passion Programme, and shared their work in public health education targeting primary students. They engaged students in a creative way to enhance their knowledge related to personal health with hands-on experience and experiments.





Professor Ming-kay Poon (潘銘基教授), College Dean of Students, then had a dialogue with two student representatives, Miss Eunice Y.C. Wong (王恩隨同學 Psychology/3), and Mr. Marcus C.L. Lee (李志朗同學 Biomedical Sciences/4) on Service-Learning experiences. They shared how they started their engagement in serving students with Special Educational Needs and elderly, and challenges they have encountered throughout the years.

After the sharing, the Sunnies shared a big smile in the group photo, which concluded the College Inauguration Assembly.



We are happy to meet with you all again on campus. Looking forward to seeing you in upcoming college activities!

[\(Back to top\)](#)

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
18 Oct (Mon) 6:30 pm - 8:00 pm	壓力解鎖之旅 Unlock Your Stress (Details)
19 Oct (Tue) 6:30 pm - 8:30 pm	劍擊體驗夜 Fencing Night (Details) - FULL
20 Oct (Wed) 7:00 pm - 9:00 pm	花草絮語 Whispers of Plants (Details)
21 Oct (Thu) 7:30 pm - 9:00 pm	秋月星空巡禮 Moon Gazing (Details)
22 Oct (Fri) 1:00 pm - 3:00 pm	旋風球同樂日 Let's Play Flyball (Details) - FULL
23 Oct (Sat) 9:15 am - 2:00 pm	有機種植 - 健康飲食之外 Organic Farming - Healthy Food and Beyond (Details)

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

Enquiries:

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

[\(Back to top\)](#)

2. Unlock Your Stress 壓力解鎖之旅



壓力解鎖之旅 Unlock Your Stress

要趕走負面情緒, 克服困境, 原來有很多方法, 於今個 Sunny Living Week, 書院就邀請了幾位獲書院 Self-Motivation Fund 資助的同學, 跟大家分享自己於活動後的感受、得着, 以及課堂上的有趣點滴。同學亦會作出簡單示範, 讓你淺嘗不同放鬆、呼吸方法, 學習強化自己的身心靈。

Tim 參加了精神急救及脫身術課程及危機解難等課程, 在活動過後變得更有信心去處理身邊突發的問題, 覺得課程幫到自己, 幫到他人。

Linda 參加了中醫的打坐活動, 有感打坐可以提升內在的自己, 亦能幫助控制自己的情緒, 推薦此活動給每一位暑假同學。

Felix 本是一個蹦蹦跳跳的活躍份子, 在一年級時參加了人芝第一個禪時活動, 從而發覺獨有的寧靜, 讓人拋開麻煩, 重整思緒, 他更進一步修讀禪時及催眠導師的課程, 從此遊走於熱鬧與寧靜之間。

大家緊記於同學分享後申請書院的Self-Motivation Fund, 積極實踐Sunny Living 生活, 並把這份精神傳遍整個校園。

日期: 18/10/2021 (星期一)
時間: 6:30 - 8:00pm
地點: c:lab

報名: 

主持: 書院院務委員及體育委員會主席 蔡錦輝教授
查詢: Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)



要趕走負面情緒, 克服困境, 原來有很多方法, 於今個 Sunny Living week, 書院就邀請了幾位獲書院 Self-Motivation Fund for Health and Well-being Activities 資助的同學, 跟大家分享自己於活動後的感受、得着, 以及課堂上的有趣點滴。同學亦會作出簡單示範, 讓你親身體驗不同的減壓及放鬆方法, 包括**頌鉢**、催眠、中醫打坐等等, 學習強化自己的身心靈。

更多詳情: <https://www.wys.cuhk.edu.hk/?p=17819>

報名: <https://qr.go.page.link/C7RDg>

[\(Back to top\)](#)

3. Whispers of Plants 花草絮語



20 Oct 2021 | 19:00-20:30 | C!ab

“Let’s get out into nature!” – to many of us, this statement may not be as easy as it sounds. What if we bring nature home? Take your time with the plants in an alternate form - decorating your home with dried flowers and making yarns with plant fibres can help you find a sense of joy.

Successful applicants of Self-motivation Fund for Green Activities will share their experiences and insights of their participation in green activities with support of the fund. Demo session of dried floral arrangement and making yarns with plant fibres will be held. Each participant can also give a try and bring your natural art home.

[\(Back to top\)](#)

4. Moon Gazing 秋月星空巡禮



21 Oct | 7:30pm – 9:00pm | 圓夢臺

於今個 Sunny Living Week，有書院天文學會，以及物理學系講師及天文學專家梁寶建博士與大家一起於書院圓夢臺，利用望遠鏡觀賞秋天的星空，讓同學透過雙眼近距離傲翹遼闊的天空，觀察月球鮮為人知的一面，並觀賞夏季大三角，以及木星、土星等行星。梁博士更會與同學分享星星月亮相關的天文知識，一起揭開宇宙星空神秘的面紗。

報名: <https://qrqo.page.link/C7RDg>

[\(Back to top\)](#)

5. Organic Farming – Healthy Food and Beyond 有機種植—健康飲食之外



*Organic Farming
Healthy Food and Beyond*

有機種植—健康飲食之外

Get into nature, enjoy locally-made bean curd custard,
bring home with freshly harvested veggies and fruits.
What's more?

Prof. Kwai-cheong Chau, Chairperson of
College's Campus Environment Committee,
will guide us through the visit for a holistic picture of sustainability,
climate change, environmental degradation and
nutrition behind organic farming.

親親大自然、品嚐山水豆腐花、
自行購買新鮮採摘的蔬果。然後呢？
校園環境委員會主席鄒桂昌教授將帶領參加者
考察及反思有機種植與可持續發展、氣候變化、
環境退化及營養健康的關係。

Date 日期: 23 Oct 2021
Time 時間: 09:15-14:00
Venue 地點: Fu Kum Organic Dragon Fruit Farm
富琴有機火龍果生態農莊
Language 語言: Cantonese (supplemented with English)
廣東話 (輔以英語)

Application 報名: 

Shuttle bus arrangement and more details 旅遊巴及其他詳情: 

23 Oct 2021 | 09:15-14:00 | Fu Kum Organic Dragon Fruit Farm

Organic food is often tagged with labels of “healthy”, “environmental-friendly” and “pricey”. What are the benefits and drawbacks of organic farming? How does “put carbon back into soil” help combating with climate change?

Prof. Kwai-cheong Chau (鄒桂昌教授), Chairperson of College’s Campus Environment Committee, will guide us through the visit for a holistic picture of sustainability, climate change, environmental degradation and nutrition behind organic farming.

Shuttle Bus

Meet-up: 09:15 @ Wu Yee Sun College; 09:30 @ University Station Piazza

Dismissal: 13:45 @ University Station; 14:00 @ Wu Yee Sun College

[\(Back to top\)](#)

6. Social English Workshop 2021-2022

Social English Workshops
社交英語工作坊




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
 (College Member and Lecturer at the English Language Teaching Unit)

Date: 5 Nov, 12 Nov & 26 Nov (Fridays)

Time: 11:30am – 1:00pm

Venue: W112, Wu Yee Sun College

Deposit: \$100 (Refundable upon completing at least 2 sessions)

Deadline: 28 Oct

**Please bring your laptops / tablets / mobile phones for the workshops as we will do some online games and exercises.*

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 left me on read. Then he ghosted!"

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

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

Registration:


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 left me on read. 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: 5 Nov, 12 Nov & 26 Nov (Fridays)

Time: 11:30am – 1:00pm

Venue: W112, Wu Yee Sun College

Deposit: \$100 (Refundable upon completing at least 2 sessions)

Deadline: 28th Oct 2021

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638224>

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.

Note to participants:

Please bring your laptops / tablets / mobile phones for the workshops as we will do some online games and exercises.

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

[\(Back to top\)](#)

7. 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/F, 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/F）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 / 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, 2nd Nov

Time: 7:00 - 9:00pm

Venue: College Gym

Quota: 15 (first come, first served)

Instructor: Mr. John CHAN

Application:

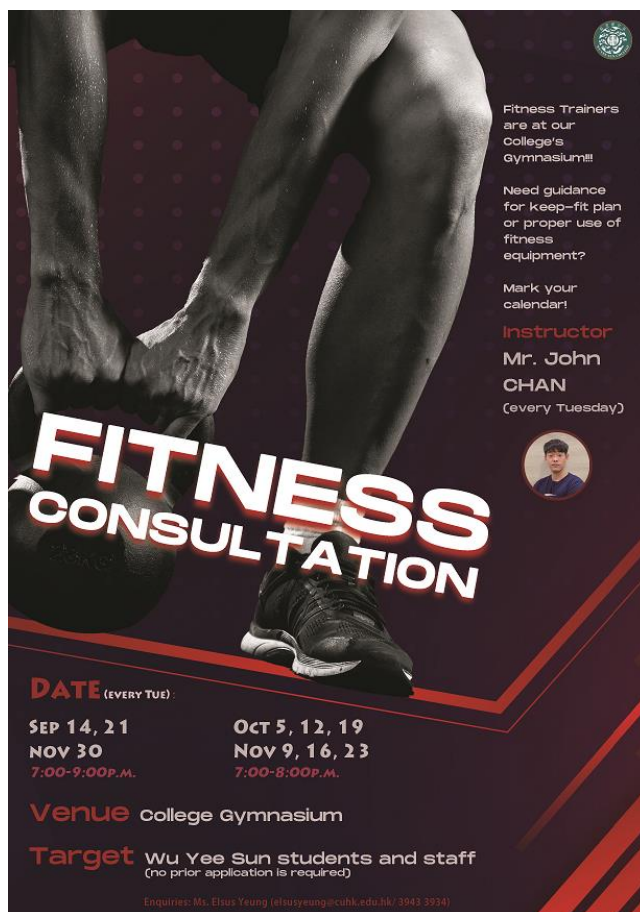
*Year 1 students may obtain the CUHK Fitness Room User Card from PE lessons.

Enquiries:

Ms. Elsus Yeung (elsusyeung@cuhk.edu.hk / 3943 3934)

[\(Back to top\)](#)

8. Fitness Consultation Sessions 健身訓練諮詢



The poster features a black and white photograph of a person's legs and feet, with one foot on a kettlebell. The background is dark with red and white geometric patterns. The text is in white and red. At the top right is the CUHK logo. The main title 'FITNESS CONSULTATION' is in large, bold, white letters with a red outline. Below it, the dates and times for two sessions are listed. The venue is 'college gymnasium'. The instructor is 'Mr. John CHAN (every Tuesday)'. The target audience is 'Wu Yee Sun students and staff (no prior application is required)'. At the bottom, there is an enquiry contact: 'Enquiries: Ms. Elsus Yeung (elsusyeung@cuhk.edu.hk/ 3943 3934)'.

Fitness Trainers are at our College's Gymnasium!!

Need guidance for keep-fit plan or proper use of fitness equipment?

Mark your calendar!

Instructor
Mr. John CHAN
(every Tuesday)

FITNESS CONSULTATION

DATE (EVERY TUE):

SEP 14, 21	OCT 5, 12, 19
NOV 30	NOV 9, 16, 23
7:00-9:00P.M.	7:00-8:00P.M.

Venue college gymnasium

Target Wu Yee Sun students and staff
(no prior application is required)

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

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) :

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/ 3943 3942)

College Announcements

1. Temporary Closure of College Catering Outlets for Chung Yeung Festival 重陽節書院學生飯堂暫停營業

All catering outlets at Wu Yee Sun College will be temporarily closed on **Thursday, 14 October 2021** (Chung Yeung Festival). Thank you for your kind attention.

2. Temporary Closure of College Gym

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

Oct		
Oct 5, 12, 19 (Tue)	8 pm - 9 pm	Fitness Class
Oct 26 (Tue)	7 pm - 9 pm	Fitness Room Introductory Course
Nov		
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.

3. 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.

[\(Back to top\)](#)

4. 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, 18th October 2021**. Students with Term 1 or whole year residence are eligible to apply.

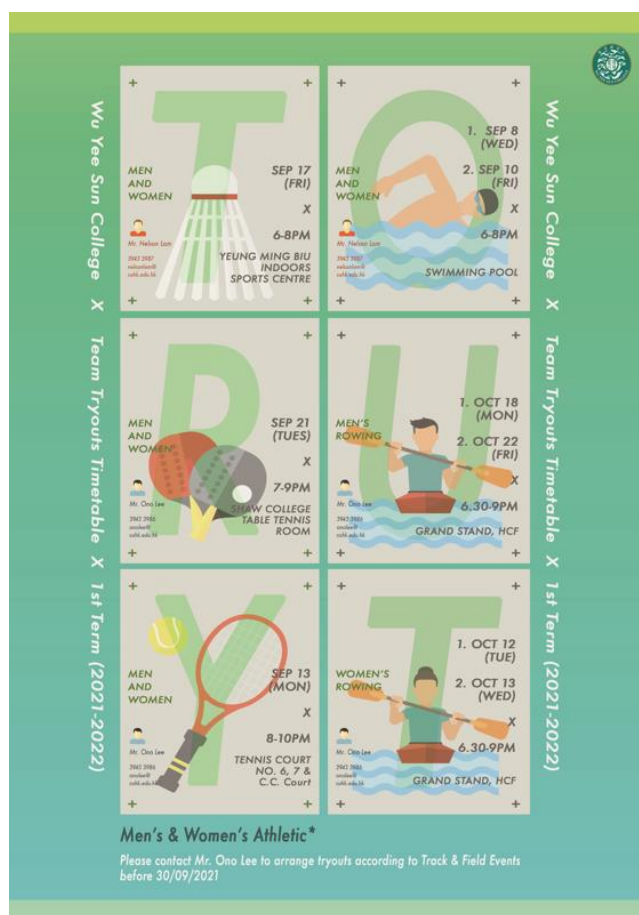
Please [download](#) the application form and submit the completed form with supporting documents via email to Ms. Yiu (karenyiu@cuhk.edu.hk) or in person to the College Office (G03, G/F, East Block) before the deadline.

Enquiries:

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

[\(Back to top\)](#)

5. 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 onolee@cuhk.edu.hk
	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 onolee@cuhk.edu.hk
	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 onolee@cuhk.edu.hk

[\(Back to top\)](#)

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

Miss KiKi Chan (kikiwokchan@cuhk.edu.hk / 3943 3935)

[\(Back to top\)](#)

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.

[\(Back to top\)](#)

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:

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

[\(Back to top\)](#)

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。

[\(Back to top\)](#)

College Funding & Awards Schemes

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

The infographic is divided into two main sections: 'Health and well-being Activities' and 'Qualification Courses for Health and well-being Instructors'. The top section features a QR code for 'Application & Guidelines' and the title 'Self-Motivation Fund for Health and Well-being Activities'. The bottom section includes the WYS logo and contact information for Miss Phoebe Wu.

Self-Motivation Fund for Health and Well-being Activities

Application & Guidelines:

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 in order to strengthen your **physical health** and **mental wellness**.

Max. funding amount
\$1500
OR
Up to 60% of application fee & course fee (whichever is lower)

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

Qualification Courses for Health and well-being Instructors

Max. funding amount
\$3000
OR
Up to 60% of course fee (whichever is lower)

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

伍宜孫書院
WU YEE SUN COLLEGE

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 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 / 3943 3988)

[\(Back to top\)](#)

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".

Top Right: A yellow banner contains the text "Application & Guidelines:" followed by a QR code.

Center: The title "Self-Motivation Fund for Sports Activities" is written in a mix of blue and yellow fonts.

Left Side: A blue box contains the text: "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'." Below this is the Wu Yee Sun College logo and contact information: "Enquiries: MS ELSUS YEUNG (elsusyeung@cuhk.edu.hk / 3943 3934)".

Right Side (Sports Activities): A yellow box lists "Sports Activities" with a maximum funding amount of **\$1500** OR "Up to 60% of application fee & course fee (whichever is lower)". Examples include "Standard Chartered Hong Kong Marathon", "Oxfam Trailwalker", "Spartan Race", and "Yoga Class, Dance Workshop".

Right Side (Qualification Courses for Sports Coach): A yellow box lists "Qualification Courses for Sports Coach" with a maximum funding amount of **\$3000** OR "Up to 60% of course fee (whichever is lower)". Examples include "Rowing", "Rope-skipping", "Orienteering", and "Taekwondo".

*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 (elsusyeung@cuhk.edu.hk / 3943 3934)

[\(Back to top\)](#)

3. Self-Motivation Fund for Green Activities

The infographic is titled "Self-Motivation Fund for Green Activities" in a mix of green and brown fonts. It features a QR code in the top right corner labeled "Application & Guidelines". The main content is divided into two 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

伍宜孫書院
WU YEE SUN COLLEGE

Enquiries:
MS Sonia Yu (Soniayu@cuhk.edu.hk / 3943 3937)

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 / 39433937)

[\(Back to top\)](#)

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)

[\(Back to top\)](#)

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

創出我天地
Be Entrepreneurial!

Present your innovative idea to echo with the mission of Wu Yee Sun College
"Entrepreneurial Spirit with Social Responsibility".
Just submit the application whenever a great idea pop-up in your mind!

資助高達 **\$20,000**
MAXIMUM FUNDING

Enquires
Miss Florence Tsui
Tel: 3943-9767
florencetsui@cuhk.edu.hk

伍宜孫書院
WU YEE SUN COLLEGE

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 / 3943 3988)

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

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



The poster for the Service-Learning Project Funding Scheme features the WU YEE SUN COLLEGE logo and the motto 'Serve to Learn, Learn to Serve'. The title 'SERVICE-LEARNING PROJECT FUNDING SCHEME' is prominently displayed in green, with the Chinese title '伍宜孫書院服務學習項目資助計劃' below it. 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, five key points are listed with corresponding 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 provided for more details, and the contact information for Kiki Chan is listed at the bottom.

伍宜孫書院
WU YEE SUN COLLEGE

Serve to Learn
Learn to Serve

SERVICE-LEARNING PROJECT FUNDING SCHEME

伍宜孫書院服務學習項目資助計劃

- 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)
- Can be individual or group application
可以個人或小組形式申請
- No restriction on programme destination or length
計劃地點、時長不限
- Year-round application
全年開放申請
- Subsidy amount: maximum HKD80,000
資助金額: 上限港幣80,000元

More details:



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 / 3943 3935)

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

7. Global Learning Award Scheme



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.

Students can apply funding for the self-initiating trips, overseas programmes, and virtual programmes. For further details, Please refer to [college website](#) for application guidelines.

Application:

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

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638945>

[\(Back to top\)](#)

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

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.

[\(Back to top\)](#)

2. 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

 [cuhk_ubuddies](#)
 [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!

 [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>

[\(Back to top\)](#)

3. Open for Application CUHK] Outgoing Student Exchanges 2022-23



Applications for outgoing student exchanges in 2022-23 is now OPEN! Click [here](#) to learn more about the application procedures or download the application schedule [here](#). Submit your online application via CUSIS on or before 28 October 2021!

[\(Back to top\)](#)

4. Distinguished Alumni-in-Residence Programme 2021

傑出校友訪問計劃
DISTINGUISHED ALUMNI-IN-RESIDENCE PROGRAMME 2021
OCT 20-23

莊偉茵 (ViuTV)
陳卓標 (TVB)
魯庭輝 (MIRROR)

開幕禮 閉幕禮
應林夜話
報社參觀
學長計劃
特色活動

客席講座
一連4天 10項活動

http://www.alumni.cuhk.edu.hk/DARP
cu.aa@cuhk.edu.hk

Distinguished Alumni-in-Residence Programme 2021 (DARP) will be held from October 20 to 23 (Wednesday to Saturday). A total of ten programmes, which is a record high, are scheduled across 4 days, including guest lectures, tutorials, field trips, workshops and the newly introduced mentorship programme.

This year, CUHK Alumni Affairs Office honorably invited three distinguished alumni in the media industry to enlarge the programme's impact, who are

- Eric Chan Cho-biu (79/CC/Biology), Executive Director, Publisher, Group Director of Content of Hong Kong Economic Times Holdings Ltd.,
- Quince Chong Wai-yan (86/UC/Government & Public Administration), Chief Corporate Development Officer of CLP Power Hong Kong, and
- Lo Ting-fai Lofai (02/UC/Journalism & Communication), Director and General Manager, HK Television Entertainment Co Ltd. (ViuTV).

For details and programme registration, please visit the website – <http://www.alumni.cuhk.edu.hk/darp/>

[\(Back to top\)](#)

5. 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>

[\(Back to top\)](#)

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

[\(Back to top\)](#)

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