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## Sunny Review

## 1. Wilderness Survival Skills Workshop



With the aim of encouraging students to learn more about themselves and step out from their comfort zone, the College launches the Resilience Programme to equip students with the ability to face upcoming challenges. The first programme “Wilderness Survival Skills Workshop” was conducted on 13 November 2021 (Saturday). The participants practised the skills of 5C “Cover”, “Cordage”, “Container”, “Combustion” and “Cutting Tools” to help survive in wilderness. The students were also divided into groups to work together to complete different tasks to enhance their team spirits and learned how to think out of the box.

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## 2. Mindfulness Workshop 靜觀體驗工作坊



Professor Eric K. P. Lee (李錦培教授), College Member and Assistant Professor from The Jockey Club School of Public Health and Primary Care, together with Miss Molly Chan, registered social workshop and mindfulness instructor conducted a Mindfulness Workshop on 8<sup>th</sup> Nov. Participants got a chance to clear their mind through concentrating on the present moment. Students also learnt the benefits of regular mindfulness practices including relieving stress, depression and anxiety. At the end of the workshop, instructors provided information on further self-practice through downloading some mindfulness apps and joining mindfulness activities organized by other organizations. Everyone enjoyed a calm and relaxing evening.

Students who would like to join more mindfulness activities could now apply for our Self-Motivation Fund for Health and Well-being activities, please click here for details.

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### 3. Creativity Laboratory - Cajon DIY Workshop 木箱鼓工作坊



The student conveners of Creativity Laboratory (clabbers), William Y.N. Luk (陸耀楠同學 MEDUN/2) and Ho-ching Leung (梁浩程同學 MEDUN/2), led a Cajon DIY Workshop on 10<sup>th</sup> Nov (Wednesday). With only eight quotas, the workshop was fully booked in one day right after the promotion launched.

Participants built their own Cajon from scratch, learnt how to use those tools in Creativity Laboratory (cLab) and had a great fun night. Unique patterns will be added on the Cajon to personalize their works.

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## College Activities

### 1. WYS College 14th College Anniversary 伍宜孫書院 14 周年院慶



讓你走進撲朔迷離的都市夜☺️🌃  
伍宜孫書院十四週年院慶「Yeetropolis」

精彩活動等緊你 😊

千人宴 🍽️ : 15/11 (一)

大笪地 📍 : 18/11 (四)

環校跑 🏃 : 19/11 (五)

鬼屋歷奇 👁️ : 22-24/11 (一至三)

仲唔 mark 低日期? 一齊嚟宜孫玩得盡興

「我好肚餓 ppppp, 真係好肚餓 ppppp…」

唔使周圍望, 係呢度喇!

15/11 就係宜孫院慶嘅人宴 🍽️ 今年唯一一個有野食嘅院慶! 諗唔倒 ocamp re-u 食咩, 又或者莊聚唔知去邊嘅話, 人宴就啱曬你喇 ❤️ 📍!

我哋當日除咗有唔同食物 🍽️ 🍷 提供俾大家, 仲邀請咗黃妍, 中大魔術學會, 同埋宜孫音樂學會為大家表演 🎭!

咩話? 仲係唔夠喉? 我哋仲有 豐富嘅抽獎禮物 等大家帶走! 想知道你係唔係下一個幸運兒就快啲叫埋班朋友仔黎, 一次過買六張飛仲有 discount 🎟️!

活動詳情

舉辦日期: 15/11/2021 (一)

舉辦時間: 18:00-21:00

舉辦地點: 伍宜孫書院學生飯堂

收費:

個人---\$160

團購---\$150 (每張)

\*\*\*6 人或以上一團

報名表格: [bit.ly/3k2rt42](http://bit.ly/3k2rt42)

\*\*優惠期只到 8/11

有任何問題嘅話可以喺 IG 搵 @wysanni21

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## 2. 李沛良師友計劃 - 夜話 Night Talk

李沛良師友計劃之  
**夜話**  
職涯方向盤

人脈網絡有幾重要？  
大學畢業之後，就要投身社會，在學期間應如何裝備自己？

李沛良師友計劃特意舉行夜話，分享建立人脈網絡的重要性，並邀得人力資源顧問有限公司傲天的聯合創辦人及董事總經理馬家文先生親臨，分享如何寫履歷表、見工或轉工的問題、薪酬趨勢及職場故事等。書院校友亦會現身說法，分享個人職涯經驗。透過簡單輕鬆的對話，助你規劃職涯方向。

**活動詳情**  
日期：2021年11月25日（星期四）  
時間：晚上7:30 地點：書院藝廊 語言：粵語

嘉賓：傲天顧問有限公司的聯合創辦人及董事總經理 馬家文先生  
主持：中國誠信（亞太）信用評級有限公司主席及師友計劃導師 李永權先生

校友分享：詹雁書先生 - 現於恒生投資管理有限公司任職助理基金經理（股票），曾於2014-15年度參加書院師友計劃  
陳念謙先生 - 現於香港賽馬會任職見習受薪董事，書院校友會幹事會成員

截止日期 11月22日  
報名

查詢：Miss Elsus Yeung (3943-3934 / elsusyeung@cuhk.edu.hk)

李沛良師友計劃特意舉行夜話，以職涯方向盤為題，分享建立人脈網絡的重要性。在學期間，建立人脈就是裝備自己進入職場，並以人脈網絡解難。

是次活動更邀得人力資源顧問有限公司傲天的聯合創辦人及董事總經理馬家文先生、師友計劃導師及校友親臨分享，詳見海報。

Rance Lee Mentorship Programme organized a Night Talk featuring the importance of social networking, which is multifunctional that helps for job hunting.

Mr. Jason Ma, Co-Founder/Managing Director of Motiva Consulting Ltd will share with participants his experiences and knowledge in helping job-searchers to write CV, adopt the appropriate manner at interview, get the right move of job and talk about the common HR issues in a company as well as the current salary trend in different industries.

Our College alumni will also share their personal experiences in their workplaces and how important social networking is.

Date: 25 Nov, 2021 (Thu)  
Time: 7:30pm  
Venue: College Gallery  
Language: Cantonese  
Guest: Mr. Jason Ma, Co-Founder/Managing Director of Motiva Consulting Ltd  
Host: Mr. Philip Li, Chairperson of China Chengxin (Asia Pacific) Credit Ratings Company Limited and mentor of Rance Lee Mentorship Programme  
Alumni: Mr. Ivan Jim, Assistant Investment Manager (Equities), Hang Seng Investment Management Ltd; Took part in Rance Lee Mentorship Programme in 2014-15  
Mr. Joseph Chan, Cadet Stipendiary Steward, The Hong Kong Jockey Club; Current Executive Members of Wu Yee Sun College Alumni Association

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13641745>

Deadline: 22 November, 2021

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

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



The poster features a black and white photograph of a person's legs and hands holding a kettlebell. The text on the poster includes:

- FITNESS CONSULTATION**
- DATE (EVERY TUE):**
  - SEP 14, 21 / NOV 30 / 7:00-9:00P.M.
  - OCT 5, 12, 19 / NOV 9, 16, 23 / 7:00-8:00P.M.
- Venue:** College Gymnasium
- Target:** Wu Yee Sun students and staff (no prior application is required)
- Instructor:** Mr. John CHAN (every Tuesday)
- Enquiries:** Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto: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) :**

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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# College Announcements

## 1. Temporary Closure of College Facilities

Please note that some college facilities will be temporarily closed at the following timeslots for celebration events of College Anniversary.

Date	Time	Venue	Purpose
15 Nov 2021 (Mon)	2:00pm - 11:00pm	The Lounge	523 Banquet
18 Nov 2021 (Thu)	2:00pm - 11:00pm	The Lounge	Sunny Festival
18 Nov 2021 (Thu)	5:00pm - 10:30pm	College Gym	Sunny Festival
22-24 Nov 2021 (Mon - Wed)	2:00pm - 11:00pm	All facilities of 1/F, including corridor	Haunted House and Adventure

We are sorry for the inconvenience caused.

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## 2. Only Take-away Service provided during dinnertime at WYS Student Canteen on 15 Nov 伍宜孫書院學生飯堂於 2021 年 11 月 15 日晚市只提供外賣服務

Due to College event, only take-away service will be provided during dinnertime (5:30pm - 8:45pm) at Wu Yee Sun College Student Canteen on 15 November 2021 (Monday). We are sorry for the inconvenience caused.

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## 3. Campus Arrangement

To further facilitate students' learning and activity planning, the opening hour of following venues for residents will be revised to 8:00am - 2:00am daily with immediate effect.

- Learning Commons
- Piano Rooms
- Creativity Laboratory (clab)

Please also note the important remarks as follows:

- College non-residents can access College facilities from 9:00am to 10:30pm. All College facilities are restricted to WYS students only unless prior approval has been sought from the College.
- Access to hostel floors is restricted to College residents only
- Please be reminded again to comply with College Prevention and Control Measures against COVID-19, including but not limited to measuring body temperature upon entering the College building. If body temperature is above 37.5 °C, s/he will not be allowed to enter into College.
- The opening hours and maximum capacity of College facilities can be referred at <https://www.wys.cuhk.edu.hk/about-us/campus/>.

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## 4. Temporary Closure of College Gym

College Gym will be closed at the following timeslots for College events.

Nov		
Nov 16, 23 (Tue)	8 pm - 9 pm	Fitness Training Workshop



Nov 18 (Thu)	5 pm - 10:30 pm	College Anniversary Celebration
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We are sorry for the inconvenience caused.

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## 5. "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 ([kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

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## 6. 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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## 7. 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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## 8. 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

Application & Guidelines : 

# Self-Motivation Fund for Health and Well-being Activities

Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities in order to strengthen your **physical health** and **mental wellness**.



**伍宜孫書院**  
WU YEE SUN COLLEGE

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

Health and well-being Activities



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

*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

**[Application for Phase I is closed as the fund has been used up. Students can submit your application for Phase II starting from 10 January 2022 for activities held on or after 1 February 2022]**



# Self-Motivation Fund for Sports Activities

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".



Enquiries:  
MS ELSUS YEUNG (elsusyeung@cuhk.edu.hk / 3943 3934)

## 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-skipping  
Orienteering  
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](mailto:elsusyeung@cuhk.edu.hk) / 3943 3934)

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## 3. Self-Motivation Fund for Green Activities



# Self-Motivation Fund for 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



伍宜孫書院  
WU YEE SUN COLLEGE

Enquiries:  
Ms Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)



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

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

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

Grab the chance, be creative!

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

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

**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)

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



The poster features the WU YEE SUN COLLEGE logo 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 people engaged in various service-learning activities: one person uses a wheelchair, another pushes a shopping cart, and others are seen in a classroom setting. 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 for more details is located on the right side, and contact information for Kiki Chan is 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](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

## 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.

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

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

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## 8. Internationalization Activity Fund





If you are interested in organizing activities to promote cross-cultural integration, we support you to kick-start your plan!

The **Internationalization Activity Fund** aims to support students or student bodies to organize college- or hostel-level extracurricular activities which promote internationalization and inter-cultural exchange opportunities among members of the WYS community.

### Eligibility

1. All registered WYS student associations will be eligible for applying for financial support from the Fund.
2. Local and non-local student bodies/students are also encouraged to apply for the funding to organize activities for promoting campus integration and cohesion.
3. At least 70% participants should be local undergraduate students.

### Examples

- Experience of Clothing, Dining, Living & Transport in Hong Kong
- Hong Kong Sightseeing Tram Tour
- Thanksgiving Festival Celebration
- Korean Night

**Funding Amount:** Maximum \$20,000

**Guidelines & Application:** <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=internationalization-activity-fund-2>

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## Other Activities & Announcements

1. Regaining Your Global Connection 🌐👁️ 眼球出走探索世界 @AIESEC Week



Hello 中大嘅同學仔！

疫情底下，大家係咪好耐冇接觸過外來嘅新鮮事物呢 😊 考完 mid-term 後係咪想比返啲 **玩樂同放鬆空間** 比自己 😊 又或者思考下嚟緊嘅方向去 **拓闊眼界** 同 **增值 cv** 咁咁依家就有一個大好機會啦！

AIESEC 係全球最大型嘅國際青年組織 🌐 旨在推行文化交流去鼓勵年輕人勇於突破同創新 ✨ 黎緊將會係 **15/11 - 19/11** 舉辦 **AIESEC Week**，令同學們可以認識來自世界各地嘅朋友仔 👫 👫 去擴闊自己嘅 **國際視野** 😊 而當中嘅 **Cultural Workshop** 同 **Career Talk** 嘅內容更加係精彩連連 🗨️ 唔想錯過就要記得你截止日期前報名參加啦！詳情如下：

### 1. 文化探索工作坊：Dark and Beauty - The Hidden Secret of Other Countries

精華內容: 少數族裔語言交流、印度美食新煮意、泰式傳統公仔手工製作

日期: 18/11/2021

時間: 18:30 - 21:30

形式: 實體 @i-lounge (康本國際學術園)

報名表: <https://bit.ly/oGVWorkshop>

\*價格: 需先支付 HKD50 按金，出席活動後會全額退回

### 2. 職業導覽講座：How Working Abroad Benefits your Future Career

精華內容: Great Place To Work CEO 分享職場心得、同外國人工作的經驗、在職場脫穎而出的技巧

日期: 19/11/2021

時間: 18:30 - 19:30

形式: 網上進行

報名表: <https://bit.ly/oGTCareerTalk>

### 3. OSA UN 網絡研討會：Serving the world - Careers at the United Nations

精華內容: 三名 UN 機構人員分享職場經驗，以及講授如何把握在國際機構工作的機遇

日期: 19/11/2021

時間: 14:00 - 15:00

形式: webinar

報名表: <https://bit.ly/OSAxAIESECwebinar>

### 4. 海外交流展覽及嘉年華攤位：Join Overseas Exchanges to Discover The Unknown

精華內容: 海外交流精彩片段展覽

日期: 15/11/2021 - 19/11/2021

時間: 10:00 - 15:00 (嘉年華攤位)

形式: 實體 @康本國際學術園 地堂

Hello everyone!

Owing to the pandemic, it has probably been a while since you last did something new. 😞 Would you like to **chill** and **relax** after the midterm exam 😊 but at the same time **broaden your horizons** and **enrich your CV**? We are more than thrilled to announce: **AIIESEC Week** is your long-awaited opportunity!

AIIESEC 🌐, the world's largest international youth organization, aims to promote cultural exchanges to encourage young people to break through and innovate. ✨ **AIIESEC Week** will be held from **15/11 to 19/11** to let you "**meet**" **international friends** and **broaden your horizons**. 👥 🌐 🧑🏻🧑🏻🧑🏻 Not only will you catch a glimpse of the Dark and Beauty of other countries, but you will also discover the unknowns of **global exchanges**. ☐ If you don't want to miss a thing about exchange, sign up before it is too late! Details are as follows :

### 1. **Cultural Workshop: Dark and Beauty - The Hidden Secret of Other Countries**

Event highlights: Quick Foreign Language Lesson, Indian Food Cooking, Thai Craft Making

Date: 18/11/2021

Time: 18:30 - 21:30

Format: Physical @i-lounge (YIA)

Registration Form: <https://bit.ly/oGVWorkshop>

Fee: HKD10

\*Please pay an HKD50 deposit. We will refund HKD40 back after your participation.

### 2. **Career Talk: How Working Abroad Benefits your Future Career**

Event highlights: CEO of Great Place to Work will share some workplace experience with foreigners, and how to stand out from the crowd at work.

Date: 19/11/2021

Time: 18:30 - 19:30

Format: Virtual

Registration Form: <https://bit.ly/oGTCareerTalk>

### 3. **OSA UN Webinar: Serving the world - Careers at the United Nations**

Event highlights: Three honourable speakers who worked in UN agencies will genuinely share with you their one and only stories. You are privileged to learn about the career opportunities in international organisations from insiders.

Date: 19/11/2021

Time: 14:00 - 15:00

Format: Webinar

Registration Form: <https://bit.ly/OSAxAIESECwebinar>

### 4. **Exhibition & Booth: Join Overseas Exchanges to Discover The Unknown**

Event highlights: Explore different cultures to have a wider perspective of the world

Date: 15/11/2021 - 19/11/2021

Time: 10:00 - 15:00 (Booth)

Format: Physical @YIA lobby

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## 2. 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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### 3. 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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## 4. 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**

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To unsubscribe, please email us at [info.wys@cuhk.edu.hk](mailto:info.wys@cuhk.edu.hk).