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## College Activities

- [1. 宜孫達人得獎挑戰賽 Challenge for WYS Expert](#)



It maybe the first challenge that you can get a prize!

How long have you not been back to the College?

There are 6 levels in this challenge. Each level will be related to different aspects of WYS College. By finishing this challenge, we hope that you will get to know us more and please come back to visit us. Do join more College activities and we DO look forward to meeting all of you soon after this wave of pandemic is stabilized!

You will know your scores once you finished the quiz. The answers will be posted onto the College FB and IG page in late April.

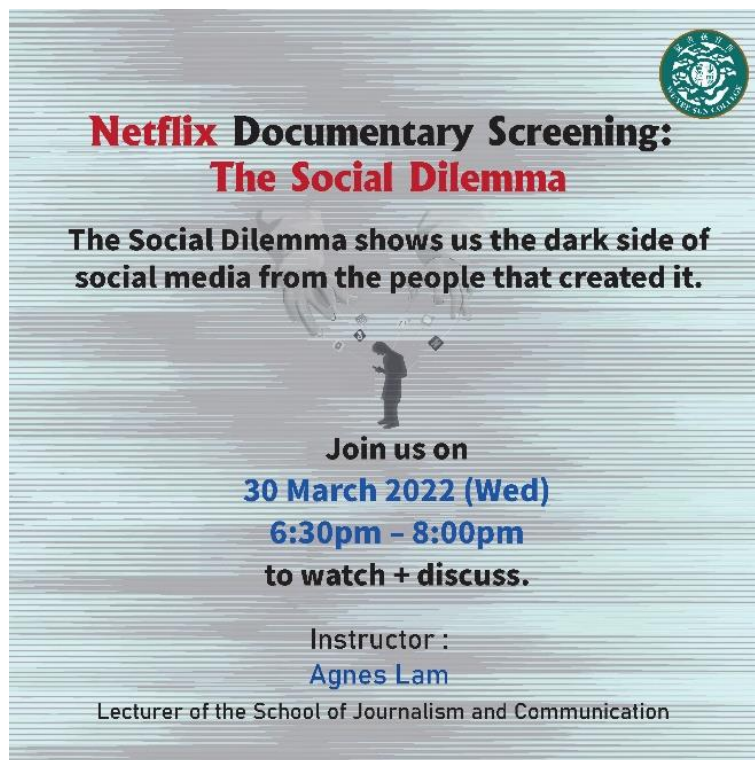
If you get the highest scores, you will get a prize of **HKD 200 gift coupon**. The deadline of the quiz (with prize) will be 3 April 2022. You may still enjoy having the quiz any time after the said deadline.

Are you ready to get started, please click the link below to have our journey at WYS College.

<http://form-timer.com/start/11b8a022>

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## 2. Netflix Documentary Screening: The Social Dilemma



The Social Dilemma shows us the dark side of social media from the people that created it.

Join us on **30<sup>th</sup> Mar 2022 (Wed)** at **6:30pm - 8:00pm** to watch + discuss.

**Official trailer :** <https://www.youtube.com/watch?v=uaaC57tcci0&t=3s>

**RSVP here :** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13647149>

This film explores the dangerous human impact of social networking, with tech experts sounding the alarm on their own creations.

We tweet, we like, and we share – but what are the consequences of our growing dependence on social media? Big Tech’s promise to keep us connected has given rise to unintended consequences like mental health issues, political polarization, and misinformation that is causing real-world harm.

As digital platforms increasingly become a lifeline to stay connected, Silicon Valley insiders reveal how social media is reprogramming civilization by exposing what’s hiding on the other side of your screen.

*The Social Dilemma* will be engaging on the following platforms: [Facebook](#) | [Instagram](#) | [Twitter](#)  
Hashtag: #TheSocialDilemma

**Instructor:** Agnes Lam

Agnes Lam is currently a lecturer of the School of Journalism and Communication at the Chinese University of Hong Kong teaching English journalism and overseeing a practicum programme in which her students from Hong Kong, Taiwan, China and South Korea are trained to produce English feature stories and news videos for Varsity.

**Format :** Online via Zoom (participants will receive the Zoom link two days before the activity)

**Deadline:** 29<sup>th</sup> Mar 2022

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

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# College Announcements

## 1. Change of Access to College Building

We are thankful for your understanding and cooperation all along for the adjustment of hostel arrangement in the rapidly evolving pandemic situation, with an aim to help lower the risk of transmission.

In view of the adoption of online module for University's teaching and learning and College's activities, College buildings and hostels are only accessible to those who have been approved with special hostel residence from 1<sup>st</sup> Mar 2022 onwards. The College will adopt the following preventive measures to safeguard your health with immediate effect.

1. **College buildings and hostels are only accessible to those who have been approved with special hostel residence from 1<sup>st</sup> Mar 2022 onwards.** Door access will only be granted to those who have obtained prior approvals to return to College under very special circumstances. Every resident must tap their CU Link Card for every entrance at the College Main Entrance.
2. All learning and recreational facilities within the College campus have been closed from 24<sup>th</sup> Jan 2022 to minimize physical interactions and reduce the risks of infections. Student activities are to be held online.
3. **No visitors will be allowed to enter the hostels (WYS residents accessing hostel floors other than the one they reside are considered as visitors).** All residents must collect parcels on their own outside College main entrance. Courier will NOT be allowed to enter into College building or leave the parcels right outside College main entrance. Otherwise the parcels will be disposed.
4. Please remain vigilant at all times. Wear surgical facial masks in common areas at all times (including hostel pantries, washrooms and hallways) and wash your hands frequently. No meals and social gatherings. Students should observe and comply with the latest government regulations on physical distancing.
5. Any resident who has developed a fever and/or any respiratory symptom must inform Resident Tutors/Wardens immediately.
6. Residents are required to **report to the College immediately** via 3943 3941 or [info.wys@cuhk.edu.hk](mailto:info.wys@cuhk.edu.hk) under the following conditions, or reach out to the College via resident tutors or Wardens.
  - a. Students are preliminarily tested positive or confirmed positive of COVID-19
  - b. Students are considered close contacts of confirmed cases and/or required to be isolated or quarantined
  - c. Students are under compulsory testing notice

We regard the health of our students and colleagues as our top priority in this critical time and expect that some inconveniences may be caused to you while adopting the above preventive and control measures. Your understanding and cooperation would therefore be much appreciated.

We wish every one of you stay healthy and safe.

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## 2. Change of Opening Hours of Counter Service at College Office 院務室櫃台服務時間調整

In light of the surging number of COVID-19 cases and the university work-from-home arrangements, the counter service at the College Office on G/F of East Block will be adjusted as follows starting from 8<sup>th</sup> Feb 2022 until further notice.

**Monday: 8:45am - 1:00pm; 2:00 - 5:30pm**

**Tuesday - Friday: Closed**

**Saturday, Sunday and Public Holiday: Closed**

Students who need urgent assistance please call 3943 3941 for advice. Residents may continue to seek necessary assistance from workmen at 3943 3983 or resident tutors beyond office hours.

We urge you to stay vigilant and follow all precautionary measures, including mask wearing, social distancing and frequent handwashing. Your cooperation is crucial in keeping our community safe and healthy. Thank you again for your understanding.

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### 3. Grab this chance to join the newly revamped Rance Lee Mentorship programme



**Rance Lee Mentorship Programme** 2021-22

With the initiation of our CUHK alumnus Mr. Sai-Yung Lau and the generous funding support of our CUHK alumni Mr. Albert Wu and Mr. Philip Li, this programme has been renamed as **Rance Lee Mentorship Programme** in honor of Prof. Rance Lee, the Founding Master of Wu Yee Sun College, since the year Prof. Lee retired in 2017.

Outings Meal Gatherings Visits Career Planning

This programme aims at supporting our students to build up **social networks** for tackling problems and acquiring support across all stages of life through information sharing, helping each other, making new friends, having stress relief and getting advices for career development, investment and study etc.

**Programme Details**

**Eligibility:** WYS students

**Format:** 3-4 mentors (including college alumni) per group to support mentees

**Activities:** Annual kick-off event, group initiated activities (such as hiking, visits, BBQ etc), year-end gatherings etc.

**Funding Support:** HK\$3,000 per annum for each group

Please scan QR code for enrollment.

**Enquiries:** Miss Florence Tsui (3943-9767 / florencetsui@cuhk.edu.hk)

With the initiation of our CUHK alumnus Mr. Sai-Yung Lau and the generous funding support of our CUHK alumni Mr. Albert Wu and Mr. Philip Li, this programme has been restructured.

The group-to-group mentor-mentee model, which is comprised of senior mentors, alumni mentors and student mentees, will be adopted. With the support of alumni mentors, a new element of this programme, it is believed that the bonding within a group or among WYS members will be stronger.

We are excited to share that a number of alumni mentors from various industries, namely **banks, insurances, education, medical care, architecture, start-ups** and so forth will join hand with senior mentor to play a role in this programme.

This programme aims to promote a multi-functional social networking for

- Providing practical advice and assistance
- Sharing information and interests

- Nurturing close friendship and emotional support

Funding support at HK\$3,000 per annum for each group will be provided to facilitate the group activities. This programme offers a lifelong membership for all the participants. It is now open for all WYS students to enroll.

Should you be interested in it, please click this [link](#) to register. For details, please check out College website <https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/>

For enquiries, please contact Miss Alice Kam at 3943 3942 (e-mail: [akam@cuhk.edu.hk](mailto:akam@cuhk.edu.hk)) or Miss Florence Tsui at 3943 9767 (e-mail: [florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk)).

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#### 4. “Meet the Dean” Hours 輔導長時間

“Meet the Dean” Hours is a regular time schedule particularly for you to talk directly to the College Dean of Students on any matters you feel interested or concerned.

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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#### 5. 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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## 6. WYS's Got Talents - Photography, Poster Design, MC and a lot more!

**JOIN** CREATIVITY COUNTS!

**WYS'S GOT TALENTS**

- **Photography / Video-production**
- **Art & Design**  
(e.g. posters or infographics)
- **Simultaneous Interpretation**
- **Master of Ceremonies**
- **Audio-Visual Support**
- **Writing**  
(e.g. creative writing or student reporter in publications)

Registered students may be invited to assist in different occasions.  
**Don't hide your talents, shine in the College!**

**REGISTER**

Enquiries:  
Miss Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk) / 3943 3934)  
Ms. Sammy Kwan ([sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk) / 3943 9775)

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 Support**
- **Writing (e.g. creative writing or student reporter in publications)**

The College is recruiting all sorts of talents to contribute in various College events. Registered students may be invited to assist in different occasions. Don't hide your talents, shine in the College!

*P.S. CREATIVITY COUNTS!!!*

Let us know what you are interested in and excellent at: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838>

**Enquiries:**

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

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

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## 7. 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 categories of activities with their respective funding amounts and examples. The first category, "Health and well-being Activities", offers a maximum funding amount of \$1500 or up to 60% of the application fee and course fee (whichever is lower). Examples include Healthy Cooking Class, Course about Nutrition / Chinese Medicine, Mindfulness Workshop, and Mental Health First Aid Course. The second category, "Qualification Courses for Health and Well-being Instructors", offers a maximum funding amount of \$3000 or up to 60% of the course fee (whichever is lower). Examples include Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course and Art/Music Therapy Instructor Course. The infographic also includes the WYS logo and contact information for Miss Phoebe Wu.

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**.

**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

 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](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 features a QR code for "Application & Guidelines". It is divided into two main sections: "Sports Activities" and "Qualification Courses for Sports Coach".

**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".

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

伍宜孫書院  
WU YEE SUN COLLEGE

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

*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

Application & Guidelines : 

## 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 promote **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](mailto:soniayu@cuhk.edu.hk) / 3943 3937)

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## 4. Mingle Fund



Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College.

The Fund mainly supports daily and social activities with the participation of Both local students and international / incoming exchange students (i.e. there should be at least one local student AND at least one international / incoming exchange student.)

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

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

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

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


 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)

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## 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
Summer	May 1 - Oct 31	Dec 1 - Apr 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. UrHeard is launched!



學生事務處  
Office of Student Affairs

# UrHeard

A Peer Support Network  
Providing Directions for Solutions

DOWNLOAD NOW!

CALL FOR DESIGNS  
AVATARS & STICKERS

CHANCE TO WIN A HUGE PRIZE!

Beta Version Is Now Available On:

App Store Google Play

Got questions but don't know who to ask? Wanna seek advice and exchange information with peers who have specific experience or expertise? Download the UrHeard mobile app to connect with and consult your peers!

**App Features**

- A network of peer listeners from different academic disciplines with rich U-life experience
- Text messaging function for ease of communication
- Useful information for quick access

We are calling for creative designs for the avatars and stickers of UrHeard mobile app. Outstanding works will be adopted in the app.

All applicants will receive a gift pack as a reward, and have the chance to win a **HUGE prize**. (It can be a Nintendo Switch, an iPad, an Apple Watch, or a pair of wireless earbuds... who knows?)

Details & Submission:  
<https://bit.ly/3lhDkqY>

Submission Deadline:  
31 Mar 2022 (Thu)

ENQUIRY [ices@cuhk.edu.hk](mailto:ices@cuhk.edu.hk)

The Office of Student Affairs has newly launched the mobile app “UrHeard” to support peer networking among CUHK students. With this mobile app, students can connect with a network of peer listeners from different academic disciplines with rich U-life experience, and consult their advice on a wide range of topics including academic study, university life planning, personal wellness and future development.

Through the initiative, it is hoped that an inviting space can be created for students to interact, support and learn from each other, maintaining the proximity among students in the campus community under the new normal.

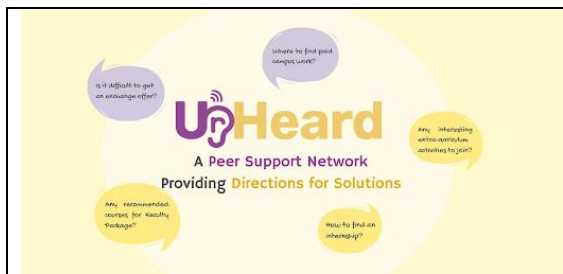
The beta version of UrHeard mobile app is now available on:

App Store (iOS users): <https://apple.co/3LTLDJW>

	<p><b>UrHeard</b></p> <p>UrHeard 由香港中文大學學生事務處開發，為學生提供線上平台，諮詢大學生活及學習上的問題，透過經驗交流建立朋輩支援網絡。</p> <p>主要功能： - 搜尋相關背景及領域的朋輩聆聽者 - 線上對話 - 有用資源</p> <p>香港中文大學學生事務處網站： <a href="https://www.osa.cuhk.edu.hk/">https://www.osa.cuhk.edu.hk/</a></p> <p>UrHeard is developed by the Office of Student Affairs, The Chinese University of Hong Kong. It provides students with an online platform to seek advice...</p>
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Google Play (Android users): <https://bit.ly/35tq7u>





### UrHeard - Apps on Google Play

A peer support network providing CUHK students with directions for solutions

Students who have any enquiries regarding the “UrHeard” mobile app, please contact the Office of Student Affairs at [lces@cuhk.edu.hk](mailto:lces@cuhk.edu.hk) for more information.

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## 2. Create a productive summer through exchange! | 今個盛夏，衝出香港！ | AIESEC in CUHK



Thinking on different ways to make the most of your summer break? Feeling excited to explore your possibilities and limits?

Here comes the chance! AIESEC is now opening applications for **volunteering** and **internship exchange projects!**

漫漫暑假，你想要過有意義和充實的幾個月，繼續探索自己的多種可能性嗎？機會來了！AIESEC 海外義工交流及海外實習交流計畫正接受報名，還在苦惱暑假無所事事的你，不要錯過！



### Global Talent (Internship) 海外實習

Feeling confused about your internship and graduation job? Want to experience the **diverse workplace culture** in an international firm? Join our Intern and explore career opportunities in a **wide range of countries!** Through joining an exchange, you may gain a **global perspective**, work with worldwide talents to **enhance competitiveness** and develop your **people skills!** [Sign Up here with your contact info to schedule a consultation chat and receive further details.](#)

你還在為實習和畢業工作而擔憂嗎？不如來體驗一下國外多元化的**職場氣氛**吧！我們在**世界各地**都有實習計劃，參與者不但能**擴闊國際視野**，更能和國外人才共同**提升競爭力**，今日後的職場之路更順利！[把握機會，按此提交聯絡資料](#)，和我們進行職業諮詢以及進一步接收計劃資訊吧！

時間 Length: 6-78 星期 weeks

日期 Date: Tentative 合約日期因應不同公司而有所不同

目的地 Destination: Canada, Egypt, Bulgaria, and more! 加拿大、埃及和保加利亞等國家！



### Global Volunteer 海外義工

Looking for **life-long experiences**? Why don't you consider making a **social contribution** to the world? Through our volunteering program, you can choose **one of 20,000 social projects** to create your impact across different continents. You may meet **like-minded people**, live a **cross-cultural experience** and gain **global insights** through working on different social issues. Small steps can make a big difference. [Sign Up Here with your contact info to receive further details.](#)

To let you know more about the destinations and program details, we will hold an online info session on 29th Mar 18:30 - 20:00. [Please register here to leave your seat!](#)

你想創造生命中燦爛的一抹煙火嗎？為什麼不考慮一下為世界貢獻出自己的能力呢？AIESEC 為大家提供了二萬個義工計劃，覆蓋全球數十個國家。通過海外義工，你不但能認識志同道合的朋友，更能體驗多元的**跨國文化**，並且更深入了解**全球社會議題**。我們的力量積少成多，[按此提交聯絡資料，進一步接收計劃資訊吧，貢獻自己的一份力吧！](#)

為了讓大家更為了解計劃覆蓋國家和內容，我們將會在 3 月 29 日 18:30-20:00 舉行網上 info session。請按此來預留你的席位吧！

時間 Length: 6-8 星期 weeks

日期 Date: from May - Aug 五月至八月中

目的地 Destination: Romania, Sri Lanka, Brazil, and more! 羅馬尼亞、斯里蘭卡和巴西等國家！

Enquiries:

Email: [aiesec.cuhk@aiesec.net](mailto:aiesec.cuhk@aiesec.net)

Facebook: [AIESEC in Hong Kong](#)

Instagram: [@aiesechk](#)

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3. EPIN Internship Programme Summer 2022 is open for application now!

Every successful entrepreneur was once a beginner

## EPIN Internship Programme Summer 2022

- Learn by Practice – real work experience in an innovative startup or social enterprise by tackling the problems with founders
- Various job openings – startups and social enterprises from CUHK Alumni Entrepreneurs Association, Cyberport, HKAI LAB, Hong Kong Science and Technology Parks etc.
- Credit-bearing – earning credits under “Practices” of EPIN

APPLY HERE MORE INFO

Tel: 3943 7152 | Email: epin@cuhk.edu.hk | Website: www.epin.cuhk.edu.hk | Facebook/Instagram: @CUHKEPIN

EPIN Internship Programme Summer 2022 is open for application now and all CUHK UG students are welcome to join it. There are over 150 job openings in different job natures include Education, Finance, Health Care, Marketing & PR, Science and Tech. We believe the Programme will bring you valuable work experience in innovative startups or social enterprises this summer.

### 🤔 WHY EPIN Internship Programme 🗨️?

#### 1️⃣ Gaining REAL work experience

- You will work with founders of innovative startups or social enterprises to bring real impacts.

#### 2️⃣ Job openings from various fields

- Participating companies include startups and social enterprises from CUHK Alumni Entrepreneurs Association, Cyberport, HKAI LAB, Hong Kong Science and Technology Parks and more. Over 150 job openings with different job natures include Education, Finance, Health Care, Marketing & PR, Science and Tech.

#### 3️⃣ Earning money 💰 + CUHK credits ✨

- You will have minimum monthly salary of HK\$4,000 + the chance to earn 3 credits!

#### 4️⃣ Getting scholarships 🎓

- After completing the internships, you can apply for CUHK Alumni Torch Fund Entrepreneurship and Innovation Scholarship exclusively for EPIN students!

🔗 More details: <https://bit.ly/3taQaPu> (Please login your CUHK Student account to access it.)

🔗 Apply here: <https://bit.ly/35CIBtQ>

If you have any enquiries about the programme, please feel free to contact us by email [epin@cuhk.edu.hk](mailto:epin@cuhk.edu.hk) or phone (852) 3943 7152.

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#### 4. Call for application: Virtual Summer Programmes 2022

The Office of Academic Links is pleased to announce that the application for Virtual Summer Programmes 2022 will start on **21 March 2022 (09:00) till 3 April 2022 (23:59)**. A total of 13 virtual summer programmes hosted by 8 partner institutions in 7 countries are available for application. These programmes offer online undergraduate courses across different disciplines during June - August 2022. Additional tuition or programme fee is not required for students whose application to OAL is successful. Click [here](#) to see the virtual summer programmes on offer this summer.

All **local CUHK undergraduate** students are welcome to apply for the programmes. More information can be found on our [website](#) or in the [information sheet](#).

Enquiries:

Programmes in Asia: Ms. Vicky CHENG ([vickycheng@cuhk.edu.hk](mailto:vickycheng@cuhk.edu.hk))

Programmes in Europe: Ms. Arisa LAI ([arisalai@cuhk.edu.hk](mailto:arisalai@cuhk.edu.hk))

Application/Selection Arrangements: [iasp@cuhk.edu.hk](mailto:iasp@cuhk.edu.hk)

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#### 5. Subsidy for Wi-Fi Enhancement Subscription

Owing to the 5<sup>th</sup> wave of the COVID-19 pandemic in Hong Kong, many students have to vacate from their hostels to minimize human mobility and interaction on campus. However, some students may not have stable Wi-Fi connection for attending Zoom lessons and online learning activities at home. In light of this, a subsidy scheme will be launched to help students who are affected and need to subscribe enhanced Wi-Fi plans or cards.

##### Eligibility

- 1) Undergraduate students who have vacated from hostels in February 2022 due to the University's policy based on the latest development of the pandemic; and
- 2) Have subscribed a Wi-Fi enhancement plan or card for taking Zoom lessons since February 2022.

##### Amount of Subsidy

\$50 per month for a maximum of 3 months (until the end of 2021/22 second term)

##### Application Procedures

- 1) Students have to submit their application through the web form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13646518>).
- 2) Applicants are required to submit supporting documents of their newly enhanced Wi-Fi plans or cards.
- 3) Applicants will be informed of the application results via CUHK @link email.
- 4) Deadline for application: 31<sup>st</sup> May 2022
- 5) Incomplete or late applications will not be considered.

##### Enquiries

For enquiries, please contact the Office of Admissions and Financial Aid at [sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk) or 3943 1898 / 3943 7205.

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#### 6. Sunshine@ CUHK Mobile App



The Sunshine@CUHK Mobile App is now available to download for free!

iOS: <https://apple.co/3qKoTDK>

Android: <https://bit.ly/3wS5JNt>

The mobile app is a wellbeing app where students would be engaged in various mental wellness related exercises and counselling hotline/services on the go. Key features include *Mood Diary* and *Mindfulness Exercise*. Students could have a more systematic view of their emotions and mood trends by recording their moods in the Mood Diary. Another feature, Mindfulness Exercise, assists students to face the emotional ups and downs with an opening and accepting attitude.

What's more, *Seek Help* and *Aid Button* provide lists of major community resources for students to seek help both within and outside CUHK including community online counselling services and 24-hours counselling hotlines, all-at-a-glance and just a click away.

If you wish to learn more, please refer to the attached poster for more information.

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## 7. 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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## 8. 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).