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College Activities

- [1. Fall Colours \(Red Leaves\): The Science, Culture, Economics and Sustainability 點只紅葉咁簡單?](#)

點紅 Fall Colours (Red Leaves)
The Science, Culture, Economics and Sustainability

While we are attracted to the breathtaking fall colours, how much do we understand their formation, impacts on culture and tourism, as well as responses to climate change?

Date: 7 January 2023 (Saturday)
Time: 8:45am - 3:00pm
Location: Tai Tong Sweet Gum Woods 大棠楓香林
Interpreter: Professor Kwai-cheong Chau,
Chairperson of College Campus Environment Committee

Round-trip Shuttle Bus:
Pick-up: 8:45am @ University Station/
9:00am @ Wu Yee Sun College
Return: 2:45pm @ Wu Yee Sun College/
3:00pm @ University Station

Registration:
Complete online registration and submit \$100 refundable deposit to College Office (G03) before 29 December 2022.

Details:
<https://wys.cuhk.edu.hk/whole-person-development/green/>
Enquiries:
Ms. Sonia Yu (3943 3937 / soniayu@cuhk.edu.hk)

 Register Now

While we are attracted to the breathtaking fall colours, how much do we understand their formation, impacts on culture and tourism, as well as responses to climate change?

Date: 7 January 2023 (Saturday)

Time: 8:45am - 3:00pm

Location: Tai Tong Sweet Gum Woods 大棠楓香林

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Round-trip Shuttle Bus:

Pick-up: 8:45am @ University Station | 9:00am @ Wu Yee Sun College

Return: 2:45pm @ Wu Yee Sun College | 3:00pm @ University Station

Registration: Complete online registration and submit HK\$100 refundable deposit to College Office (G03) before 29 December 2022.

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13659979>

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

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

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2. 2022 FIFA World Cup Final Broadcast



Let's Watch 2022 FIFA World Cup Final Together

LIVE Broadcast of the 2022 FIFA World Cup Final will be held at the College.
Let's enjoy the final match together.
All WYS students, staff and alumni are welcome.

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13659590>
(For alumni, please send your name, graduation year, mobile no. and email address to michelleli@cuhk.edu.hk for registration)

Enquiries:
Ms. Michelle Li (3943-3933 / michelleli@cuhk.edu.hk)
Ms. Queenie Chu (3943-9768 / queeniechu@cuhk.edu.hk)

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College Announcements

1. Hostel Check-out for Residents (Term 1, 2022/23)

The hostel check-out deadline for Term 1, 2022-23 is **12:00nn, Wednesday, 28 December 2022**. Please download the Hostel Check-out Form and complete the check-out procedure before the deadline. **Hostel deposit of those who do not complete the check-out procedure by the designated check-out deadline will be forfeited.**

Note for Hostel Check-out:

https://wys.cuhk.edu.hk/cms/wp-content/files_mf/1666757049WYS_Hostel_Checkout_Note_202223_T1.pdf

Hostel Check-out Form:

https://wys.cuhk.edu.hk/cms/wp-content/files_mf/1661335114WYS_Hostel_CheckoutForm_v2022.pdf

If you wish to check-out beyond office hours*, please submit an online application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13657702> at least 5 days prior to the proposed check-out date AND by 22 December 2022 (whichever earlier) so that special arrangements can be made.

* Office Hours:

Mon to Thu	08:45 - 13:00 // 14:00 - 17:30
Fri	08:45 - 13:00 // 14:00 - 17:45
Sat, Sun & Public Holiday	Closed

Residents allotted with whole academic year residence are NOT required to move out.

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2. Apply Sunny Passion Programme 2022/23

Living Up to the College's Core Value - Creativity, Entrepreneurship and Social responsibility - Apply Sunny Passion Programme 2022/23



Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. You are invited to apply this programme individually or in group with at least 50% of Wu Yee Sun College students, competing for Gold, Silver and Bronze Award. Winners will get HK\$10,000, HK\$6,000 and HK\$4,000 respectively to implement, promote or demonstrate their project ideas to the others!

Just submit (1) the application form together with (2) ONE A4 page Business Model Canvas by **5:00 pm, 30th Jan 2023** through one of the following channels -

1. e-mail the softcopy of the documents to Miss Erica Leung (ericaleung@cuhk.edu.hk) and/or Miss Julia Liu (julialiu@cuhk.edu.hk); **OR**
2. click the following link (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13659566>) and complete the online application form ; **OR**
3. Send the original hard copy of the documents to the Dean of Students Office, Wu Yee Sun College in person

Express your ingenious creativity and make our society a better one! Please refer to the College website for details. Application form and Business Model Canvas are available through this link:

<https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=sunny>

For inquiry, please feel free to contact Miss Erica Leung at 3943-3942 (e-mail: ericaleung@cuhk.edu.hk) or Miss Julia Liu at 3943-9767 (julialiu@cuhk.edu.hk)

3. College Team Tryouts (2022-23 Term 2) 書院院隊選拔 (2022-23 下學期)

If you are a professional sports player or are simply keen on doing sports, do not miss the College Team tryouts. The College is now recruiting athletes for the **tennis, badminton and table tennis team**. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

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！書院現正招募網球、羽毛球及乒乓球院隊隊員，快來發揮你的運動天賦！

Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's & Women's Tennis	Jan, 9 (Mon)	6:00 – 8:00 p.m.	Tennis Court No. 3,4,5	Mr. Ka Kit Hui 3943 3986 kakithui@cuhk.edu.hk
Men's & Women's Badminton	Jan, 13 (Fri)	6:00 – 8:00 p.m.	United College Thomas Cheung Gym.	Mr. Nelson Lam 3943 3987 nelsonlam@cuhk.edu.hk
Men's & Women's Table Tennis	Jan, 19 (Thu)	7:00 – 9:00 p.m.	Shaw College Multi-Purpose Sports Hall	Mr. Ka Kit Hui 3943 3986 kakithui@cuhk.edu.hk

4. [Open for Application] CUHK Convocation Outstanding Community Service Award

CUHK Convocation Outstanding Community Service Award was established by CUHK Convocation in 2003. The award is granted to undergraduates with outstanding performances, to encourage more diversity of student development, and to reflect the support and caring from CUHK alumni toward students. Each award values at HK\$10,000.

Please see below for selection criteria:

- Full-time Year 2 or above undergraduate students of any disciplines
- Have records of active and enthusiastic participation and promotion of community services
- Have outstanding contribution to the community
- Have demonstrated outstanding leadership and organizational abilities

The College will nominate ONE candidate to compete for the Award. You are cordially invited to apply for the Award through self-nomination and be made via the [online form](#). The deadline will be **14 Dec 2022, 11:59pm**. Students' self-nomination will be channeled to Service-Learning Committee for consideration.

Details: <http://www.alumni.cuhk.edu.hk/convocation/eng/scholarships.html>

Enquiries:

Ms Erica Leung (3943 3942/ ericaleung@cuhk.edu.hk)

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5. Online Questionnaire on Wu Yee Sun College Student Canteen

(The following message is drafted by Student Representatives of Catering Services Committee)

The student representatives of the Catering Services committee, Wu Yee Sun College would like to collect opinions from the University community to help improve the quality of catering services, the results of the questionnaire will be announced in late December. We would be grateful if you could spare a few minutes to complete this questionnaire.

The link is as follows: <https://forms.gle/sDUrz7otbxYo3eLD7>

If you have any enquiries or encountered any technical problem when filling out the questionnaire, please email to wys.catering.ccsr@gmail.com

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6. Opening Hour of Non-resident Hall

Opening Hour of Non-resident Hall

Commuter students, though not living on campus, can still enjoy their campus life at their second home - the full sea-view Non-Resident Hall where they interact with fellow students and participate in various hall activities. Check out the details [HERE](#) and enrich your College life.

	Non-resident Hall (West Block)	Non-resident Hall (East Block)
Opening Hour	Monday – Sunday (9:00-22:30)	Monday- Thursday (13:00-17:00) Friday (12:00-17:00)
Access	Access by Students' CU Link	Committee Members of Non-resident Association will be there to greet you!

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7. Revised Campus Arrangement in Term 1, 2022/23

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 **ONLY CUHK Student Visitor** (i.e. CUHK current undergraduate and postgraduate students who do not have a hostel place at Wu Yee Sun College) **will be allowed to enter the hostel floors during visiting hour 10:00am – 11:00pm daily**. Overnight visitors will remain suspended.

Residents and hostel visitors should observe the Student Hostel Regulations, all College precautionary measures against COVID-19 and latest government regulations on physical distancing including the limit on group gathering; as well as following the instructions of Wardens, Resident Tutors and hostel/ security staff on duty. **If necessary, residents and hostel visitors should present their CU Link Card and/or other identification document.** If residents witness suspicious persons in hostel floors, please report to Wardens, Resident Tutors or hostel/ security staff on duty immediately.

College Facilities

1. WYS non-residents can access College until 11:00pm daily. Only residents can access College building after 11:00pm
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 (**except** 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.

Students under medical surveillance with amber code status under the government's [enhanced vaccine pass function](#) are not permitted to use the sports facilities.

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.

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



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](https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/) to register. For details, please check out College website <https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/>

Enquiries:

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

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9. “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 Kelvin K.F. Tsoi (蔡錦輝教授), College Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics
- Ms. Sharon Wong (黃倩影小姐), College Associate Dean of Students and Assistant Lecturer of Independent Learning Centre

Every Sunnie is welcome, email us whenever you want to talk!

Enquiries:

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

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

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10. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain new perspectives! DON'T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

- 1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email sammykwan@cuhk.edu.hk for arrangement.
- 2) You may also approach the **University's Wellness and Counselling Centre** at **3943 7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400 2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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11. WYS's Got Talents – Photography, Poster Design, MC and a lot more!



Are you interested in or excellent at any of the fields below?

- Photography / Video-production
- Art & Design (e.g. posters or infographics)
- Simultaneous Interpretation
- Master of Ceremonies
- Audio & Video 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:

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

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12. Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募

Want to stay in touch with your college friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just \$500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the [application form](#), and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

想跟書院同學保持聯繫？想擴闊人際網絡？想回饋書院？透過伍宜孫書院校友會，你可以將學生時代的關係延續下去。終生會籍只需 500 元。現時申請，更可獲贈一套四支環保飲管（先到先得，送完即止）。

各位同學只須填妥[申請表](#)，連同會員費，交回伍宜孫書院地下院務室即可。

College Funding & Awards Schemes

1. 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**.

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:

Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

2. Self-Motivation Fund for Sports Activities

[The Self-Motivation Fund for Sports Activities has been exhausted for Phase I. Students can submit the application for Phase II starting from 9 Jan 2023, for activities held on or after 1 Feb 2023.]



*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. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

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3. Self-Motivation Fund for Green Activities



*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 / 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 / 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:

Ms. Julia Liu (julialiu@cuhk.edu.hk) / 3943 9775)

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



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

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

Enquiries:

Miss KiKi Chan (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	Nov 1 – Apr 30

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13658106>

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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. 淨灘 X 社會雕塑集體創作工作坊



香港中文大學文化研究中心及社會創新研究中心將舉辦「淨灘 X 社會雕塑集體創作工作坊」！關心海洋生態、熱愛大自然的你，快啲參加啦！

今次活動邀請了具豐富淨灘經驗（十年！）的大便妹帶領淨灘，也邀請了藝術家梁志剛帶領同學用淨灘後的「垃圾」創作具教育意義的作品，將愛護環境的訊息繼續傳播開去。

日期／時間／地點：

2023年2月4日，10:00am - 11:30am--- 活動簡介@zoom

2023年2月5日，9:00am - 5:00pm--- 淨灘&社會雕塑工作坊@大埔元洲仔

*參加者必須出席 2023年2月4日和2月5日兩場活動，並填寫簡單的活動回應表格。

活動語言：廣東話

報名方法：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13658979>

報名截止日期：2023年1月16日

活動內容：

活動簡介 ---- 簡介塑膠污染的問題和解決方法，為翌日的淨灘活動作準備。

淨灘&社會雕塑工作坊 ---- 認識大埔元洲仔的生態環境、淨灘、垃圾分類、拍照記錄海岸垃圾、共同創作社會雕塑以向公眾傳達減塑訊息、討論和反思。

導師簡介：

大便妹：曾留台參與海洋環境教育的工作，同時研究海洋廢棄物污染問題，最喜歡的海洋生物是鯨鯊，曾參與菲律賓海洋生物保育機構的鯨鯊研究工作。對香港的寄居蟹深感興趣，正努力記錄香港的寄居蟹品種。近年回港，現職環境教育師，閒餘積極在網絡平台上分享海洋或環保信息。希望可以拉近人跟海洋的距離，讓更多人認識海洋、了解海洋、守護海洋。（IG @imsheppoo）

梁志剛：藝術家／設計師，研究員和大學講師。出生於倫敦，2009年移居香港，從事的創作十分多樣，從當街市小販到參與城市農耕計劃，從寫小說到社會實踐。梁志剛是「據點。句點」和「果邊」的一份子，而後者是共享印刷的一份子。(梁志剛短篇小說: 塑膠灘 <http://bit.ly/3UIdk1Q>; IG: @fictionbyml)

歡迎有興趣介入本地環保議題的中大同學報名參與。

活動主辦單位:

香港中文大學香港亞太研究所社會創新研究中心 (Facebook: [CSISCUHK](#), IG: [@csis.cuhk](#))

香港中文大學文化研究中心 (Facebook: [cuhkccs](#), IG: [@cuhkccs](#))

本活動由可持續發展目標行動資助計劃 (SDG Action Fund) 贊助舉辦。

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2. Let's join CUHK Marathon Team 2023! 中大馬拉松隊 2023 開始報名啦!

The Standard Chartered Hong Kong Marathon will be held on 12 February 2023 (Sunday). All CUHK members are welcome to join as CUHK runners to take up the challenge together!

CUHK runner can register on the [CUHK Marathon website](#). Registration will be closed on **31 December 2022**. A CUHK running tee-shirt or singlet specially designed for CUHK runners, sponsored by Antonhill Co. Ltd will be given.

You may click [here](#) to check out more at our website. For enquiries, please email to marathon@cuhk.edu.hk, or call 3943 7536.

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3. I-CARE NGO Internship Programme 2022-23 博群非牟利團體實習計劃 2022-23



(Please scroll down for the English version)

各位同學：

2022-23 博群非牟利團體實習計劃

「博群非牟利團體實習計劃」的香港部份讓中大同學以實習生身份參與本地非政府組織的工作，藉此體會其理念和手法，以及了解社會發展脈絡。假若你對香港非牟利團體工作有憧憬，欲親身參與其中，歡迎報名參加。本年度計劃的學期中時段之詳情如下：

實習機構及工作內容

- 東華三院 iBakery (請按 [此處](#))
- 自然教育有限公司 (請按 [此處](#))

參加資格

1. 全日制本科生
2. 具有良好的英語和粵語讀寫能力

實習時段

1. 2023 年 2 至 3 月
2. 每星期 7 至 16 小時 (具體安排由機構與實習生協調)

報名詳情

1. 請按 [此處](#)
2. 截止日期為 2022 年 12 月 11 日 (星期日)

如有查詢，請以 3943 9957 (電話) 或 cathy@cuhk.edu.hk (電郵) 聯絡本中心黃小姐。

博群全人發展中心

Dear students,

I CARE NGO Internship Programme 2022-23

The Hong Kong chapter of *I-CARE NGO Internship Programme* offers local internship opportunities to CUHK students to facilitate their understanding of the values and practices of the attached NGOs and the context of social development. Participants will get a taste for current social issues and gain first-hand experience of interacting with different people of the community. Details of the term-time section of this academic year's programme are set out below:

Attached Organisation & Job Description

- iBakery, Tung Wah Group of Hospitals (please click [here](#))
- Gaia Education Limited (please click [here](#))

Eligibility

1. Full-time undergraduates
2. Have good command of written and spoken English and Cantonese

Internship Period

1. February - March 2023

2. 7 - 16 hours per week (exact schedule to be drawn up by mutual agreement between the interns and respective organisations)

Enrolment

1. Please click [here](#)
2. The deadline for application lies on 11 December 2022 (Sunday)

If there is any enquiry, please contact Miss Wong of this Centre at 3943 9957 (Tel) or cathy@cuhk.edu.hk (Email).

I-CARE Centre for Whole-person Development

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4. Friends of the Arts Scheme (FTA) 2022-23

新一年度 Friends of the Arts 計劃現已接受報名。

「Friends of the Arts」由藝術行政主任辦公室主辦，為中文大學全日制學生提供多元藝術文化教育。除了邀約不同界別的資深藝術工作者舉辦藝術講座、工作坊及分享會外，我們更會定期為大家選取有質素的演出一同欣賞。

年度主題：ARTS Like...文化藝術打卡

對象：香港中文大學全日制學生

費用：\$250 [開學優惠！30/9 前以優惠價 \$200 報名]

名額有限，先到先得

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

查詢

3943 1598 / 3943 7857

CUOAA@cuhk.edu.hk

2022-23 Friends of the Arts Scheme (FTA) is now open for application.

Presented by the Office of the Arts Administrator, the scheme provides diverse arts and cultural programmes for full-time CUHK students. FTA provides an extensive range of arts and cultural activities. We invite experienced artists from different fields regularly to give lectures, workshops and sharing sessions for our members. We will organize arts performances appreciation and activities to our members every month.

Theme of the year : ARTS Like...

Target: Full Time CUHK students

Fee: \$250(Discount registration before 30/9: \$200)

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

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

Enquires

3943 1598 / 3943 7857

CUOAA@cuhk.edu.hk

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5. ILC Services for Students

[Independent Learning Centre \(ILC\)](#) provides a resource rich environment for students to reflect on and engage in their role as Independent Learners. If you are interested in improving your academic and language skills, you can visit the ILC website regularly for the latest updates. Below are some ILC workshop highlights for the academic year 2022-23:

1. **University Study Skills Series**
2. **Writing Success Series**
3. **Job Preparation Series**
4. **CRE/ JRE Series**
5. **Exam Preparation Series**

If one-to-one meeting with ILC teachers is preferred, you can also book a 30-minute consultation session via <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>

Other learning resources on various topics in both English and Chinese are also available at <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>

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6. UrHeard is launched!

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>UrHeard 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。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 香港中文大學學生事務處網站： https://www.osa.cuhk.edu.hk/ 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>

	<p>UrHeard - Apps on Google Play A peer support network providing CUHK students with directions for solutions</p>
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Students who have any enquiries regarding the “UrHeard” mobile app, please contact the Office of Student Affairs at ices@cuhk.edu.hk for more information.

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7. Multicultural Counselling Service for Non-local Students



To strengthen support to non-local students, WACC has extended the program to provide Multicultural Counselling Service to non-local students. Local students with extensive exposure to cultural experiences outside Hong Kong are also eligible (e.g. with international school backgrounds, or ethnic minorities born in Hong Kong).

The off-campus counselling service will be conducted by native Putonghua/ English speaking counsellors from an external counselling service provider (St. John's Cathedral Counselling Service <https://www.sjcskh.com/>). Counselling sessions could be conducted in languages including English, Putonghua and other languages such as German, Hindi, Indonesian, Japanese, Korean, Maithili, Marwadi, Nepali, Spanish, Tagalog and Urdu.

Details of the service are as follows:

- **Target:** CUHK full-time non-local students, including exchange students
- **Service:** 6 counselling sessions (may be extended according to service needs and availability)
- **Service Period:** From October 2022 to December 2023
- **Service Provider:** St John's Cathedral Counselling Service (<https://www.sjccs.hk/about/>)
- **Service Location:** Central (with easy access from Central MTR Station (Exit A1))
- **Charge:** Free of charge

For more details, please visit: <https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service> and attached poster. Students' self-referral, as well as referrals from units, are both welcome. Please visit <https://www2.osa.cuhk.edu.hk/wacc/en-GB/resources/for-staff/operational-guidelines> for referral form.

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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.