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College Activities

1. [Wu Yee Sun College Resilience Programme - Team Building Camp](#)



Resilience Programme
TEAM BUILDING CAMP

日期: 2023年1月13及14日(星期五及星期六)(2日1夜)
入營時間: 3 pm
地點: 賽馬會愛丁堡公爵訓練營(大埔)
活動內容: 團隊訓練、高牆、團體繩網及歷奇活動
費用: 港幣200元(另付按金100元,完成活動後可退回)
名額: 10人

Date: 13 Jan and 14 Jan (Fri and Sat) (2 days 1 night)
Time: 3 pm
Venue: JC Duke of Edinburgh Training Camp (Tai Po)
Content: Team Building, High Wall Climbing, Rope Course and Adventure Activities
Fee: HKD 200 (plus deposit of HKD 100, refundable upon completion of activity)
Quota: 10

Deadline: 6 Jan (Friday)

報名/Registration:   

查詢 Enquiry:
Regina Cheung 3943 9773/ reginacheung@cuhk.edu.hk
Sammy Kwan 3943 9775/ sammykwan@cuhk.edu.hk

大家有無興趣一齊去 Camp 一齊玩下高牆、團體繩網同埋歷奇活動呢？

日期：1月13日及1月14日(星期五及六)(2日1夜)

入營時間：3 pm

地點：賽馬會愛丁堡公爵訓練營(大埔)

費用：\$200(另付按金\$100,完成活動後可退回)

截止日期：1月6日(星期五)

報名連結：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660185>

請於1月6日(星期五)下午5時前填妥報名表格，並於辦公時間內到書院學生輔導處(UG Level)繳交費用。

查詢：

Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)

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

Team Building Camp

Do you want to join team building activities (like High Wall Climbing/ Rope Course and Adventure games) with your friends? You are encouraged to join our Team Building Camp with below details.

Date: 13 January and 14 January (Friday and Saturday) (2 days 1 night)

Meet up time: 3 pm

Location: JC Duke of Edinburgh Training Camp (Tai Po)

Fee: \$200 (Plus \$100 as deposit, refundable upon completion of the activity)

Application Deadline: 6 January (Friday)

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660185>

Please complete the online application form and settle the payment in the Dean of Students Office (UG Level) by 6 Jan (Friday) for enrollment.

For enquiries, please contact:

Miss Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)

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

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2. Photo Day for Graduating Students of 2022/23



Arrangement for Gown Borrowing and Photo Day for Graduating Students of 2022/23

The College Photo Day has been scheduled for 24th March 2023 (Friday). Graduating Class of 2022/23 may visit the College Office (G03, G/F, East Block) during office hours from 4 January to 31 January for graduation gown and cap size trial.

For **Gown Borrowing**, students are required to complete below online Form of Undertaking and submit the bank-in slip of HK\$680 deposit to the College Office by 31 January. The gown borrowing period will be from 13 March 2023 to 8 May 2023:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13659731>

For departmental societies who wish to organize **Celebratory Activity during the College Photo Day**, please complete below online application form by 13 February:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660687>

Enquiries:

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

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

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3. Chinese Calligraphy Brush Pen Making Workshop 寵物毛筆製作工作坊



書院將與香港毛筆博物館舉辦寵物毛筆製作工作坊，同學可以帶備動物的毛髮親自製作毛筆，機構亦會準備羊毛等材料，即使沒有養寵物的同學亦可以參與，詳情如下：

日期：2023年1月14日(星期六)

時間：1:00 - 4:00pm

地點：香港毛筆博物館(土瓜灣馬頭角明倫街22號)

費用：\$50按金(於活動後退回)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660181>

截止日期：2023年1月10日，請於遞交網上申請後交按金到輔導處

*若同學有意自備材料，請預備一束至少長3cm、粗1cm的毛髮。

Have you ever thought about making a Chinese calligraphy brush pen using the fur of your pets?

The College is organizing a Chinese Calligraphy Brush Pen Making Workshop which allows you to make your own calligraphy brush pen with any types of fur. The organization also provides materials, you can also participate in the workshop even you don't keep a pet. Please see below for the details:

Date: 14 Jan 2023 (Sat)

Time: 1:00 - 4:00pm

Venue: Hong Kong Chinese Writing Brush Pen Museum (22 Ming Lun Street, To Kwa Wan, Kowloon City)

Fee: \$50 Deposit (Refundable upon completion)

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660181>

Deadline: 10 Jan 2023, please submit deposit to DOS Office (UG09) after filling in the webform.

*Materials will be provided by the organization, if you wish to bring fur/hair of your pet, please prepare a bunch of fur with length of more than 3cm and thickness of more than 1cm.

Please feel free to contact Ms Erica Leung at ericaleung@cuhk.edu.hk or me should you have any queries.

Enquiries:

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

Ms. Kiki Chan (3943-3935 / kikiwkchan@cuhk.edu.hk)

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4. Kalimba Making Workshop 拇指琴製作工作坊



拇指琴最近成為音樂新寵，其療癒的音色，像音樂盒般；輕輕彈奏，令人心情放鬆。書院將於 1 月 16 日舉辦拇指琴工作坊，導師會教大家製作 17 琴鍵的拇指琴，並會教授睇譜及彈歌。同學可以即日帶走拇指琴，隨時隨地享受彈奏音樂的樂趣。

詳情：<https://wys.cuhk.edu.hk/news/kalimba-making-workshop-2/>

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13659844>

Kalimba is an awesome and easy-to-play instrument, which can produce beautiful melodies and calming sounds, to help soothe your mind and soul.

Let's join our Kalimba Making workshop to create your own Kalimba and enjoy the relaxing moments!

Details：<https://wys.cuhk.edu.hk/news/kalimba-making-workshop-2/>

Registration：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13659844>

截止報名日期 Deadline：10 Jan 2023

查詢 Enquiries：Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

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5. Red Couplets Writing with Resident Tutors 宿舍活動 - 兔年吉祥揮春



Chinese New Year is one of the most celebrated festivals. Join our Resident Tutors and residents to write red couplets (揮春) to make wishes for the new year of Rabbit. You will also take your red couplets home/ room for decoration. All are welcome!

Date: 19th Jan (Thu)

Time: 8:00 – 10:00 pm

Venue: College Gallery (G/F), Wu Yee Sun College

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6. Fitness Consultation Sessions 健身訓練諮詢



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

Date (Tuesdays) :

Jan 10, 31, Feb 28

Mar 7, Apr 4, 11, 18

Time: 7:00 - 9:00pm

Date (Tuesdays) :

Feb 7, 14, 21

Mar 14, 21, 28

Time: 7:00 - 8:00pm

Venue: College Gymnasium

Instructor: Mr. Ryan CHAN

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

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

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7. Fitness Room User Introductory Course 健身室使用者課程



The poster for the Fitness Room User Introductory Course features a teal and yellow color scheme. It includes the course title in English and Chinese, the instructor's name (Mr. Ryan Chan), and the date (17/01/2023, Thursday). The time is 7:00pm - 9:00pm, and the venue is the College Gym. The quota is 15 (first come, first served). A registration link is provided: bit.ly/3G5rWh7. The poster also contains detailed instructions for attendees in both English and Chinese, including where to gather (College Gymnasium 112/F, Foyer), what to wear (appropriate clothing and sports shoes), and the requirement to bring a valid CUHK Fitness Room User Card or a confirmation email. The CUHK logo is visible in the bottom right corner.

The full Sea-view Fitness Room is open for use. In accordance with the University's guidelines, only those who can present valid CUHK Fitness Room User Cards can use Fitness Rooms on University campus.

Students/members who are not CUHK Fitness Room User Card holders may attend a Fitness Room User Introductory Course organized by the College with details as follows:

Date: 17th Jan 2023 (Tue)

Time: 7:00 - 9:00pm

Venue: College Gym

Quota: 15 (first come, first served)

Instructor: Mr. Ryan CHAN

Application:

bit.ly/3G5rWh7

Application Deadline: 10th Jan 2023

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

Enquiries:

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

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8. Yoga Class 瑜珈班



Stretch your body • Increase your flexibility • Improve your mobility

Date: Feb 6, 13, 20, 27
Mar 13, 20, 27
Apr 3 (Mondays)

Time: Class A - 7pm to 8pm
Class B - 8pm to 9pm

Venue: W112-114

Quota: 14 (per class)

Instructor: Ms. Jennifer Chu

PE Marks: 4 (upon completing at least 7 lessons)

Fee: \$300 (\$200 will be refunded upon completing at least 7 lessons)
[College member - \$200]

Application:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660777>

Interested students please fill in the webform AND submit course fee to College Office on or before 5:00pm, Jan 31 (first-come-first-served. Time of payment will be the determinant)

Enquiries:

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

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中國書法班



書法不僅是一種表現文字美的藝術，亦可以陶冶性情，怡養身心。
參加同學將通過楷書臨習，學習中國書法的用筆、
結構技法、原理，培養知法明理的理性學書觀念，
冀能通過短期訓練，培養學員書法自學能力。

日期：2月1、8、15、22日及3月1、29日 [逢星期三，共六堂]
時間：晚上6:30至8:30
地點：伍宜孫書院西座112室 導師：雷紹華老師
語言：粵語 / 普通話
截止日期：1月20日
按金：港幣\$400 (出席四堂可獲退回全部按金)

註：名額有限，先到先得。
報名次序以遞交按金先後次序為準，請將按金交至書院辦公室(G03)。

報名：

查詢：Miss Jacqueline Lam
(jacquelinelam@cuhk.edu.hk / 3943 9774)

學習書法先要解決的問題有兩方面。一方面是技法內容，包括筆法、結構及準確的臨摹能力；另一方面是思維訓練，包括學書觀念、方法、觀察能力的培養。本課程通過楷書的臨習，着眼於解決這兩方面的問題。課程著重教授用筆、結構法理以及準確臨摹的方法與知理明法、以形求理、借帖用理、依理構形的學書觀念。既重技法訓練，亦重思維訓練。

導師：雷紹華老師

導師簡介：主修書法篆刻國畫。於香港大學專業進修學院、香港中文大學專業進修學院及其個人書法工作室任教。所教課程涉及篆隸楷行書五種書體，教學方法系統而理性。

日期：2023年2月1、8、15、22日及3月1、29日（逢星期三，共6堂）

時間：晚上6:30至8:30

地點：伍宜孫書院西座112室

語言：粵語 / 普通話

人數：上限20人

按金：港幣\$400 (只收現金，出席四堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660255>

截止日期：1月20日

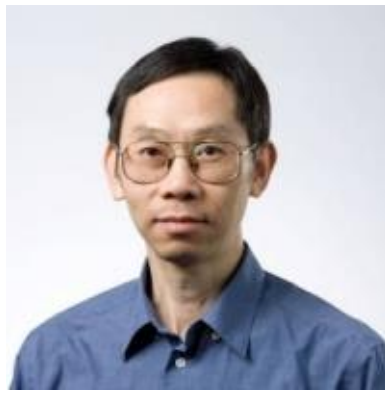
*名額有限，先到先得。（報名次序以遞交按金先後次序為準，請於辦公時間內將按金交至書院辦公室。）

查詢：Miss Jacqueline Lam (jacquelinelam@cuhk.edu.hk / 3943 9774)

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College Announcements

1. News of College Member



Professor Ming-chung CHU (朱明中教授), College Fellow, Professor at the Department of Physics, has been elected as a member of the Council for a period of two years from 1 September 2022.

Heartiest congratulations from all the Sunnies!

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2. Acting Appointment

College Master Professor Anthony T.C. Chan (陳德章教授) will be out of town from 4 - 7 Jan 2023. Professor Ming-kay Poon (潘銘基教授), Associate College Master and Dean of General Education has been appointed to serve as Acting Master during this period.

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3. Closure of College Building during the Chinese New Year 2023 癸卯年農曆新年期間書院大樓關閉

The College building will be closed from 5:00pm on 20 January 2023 to 9:00am on 26 January 2023 for Chinese New Year holiday. **Residents please leave the hostels and the College building by 5:00pm on 20 January 2023.** Non-local students who need to stay in the hostel during this period, please submit an online application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13657769> **by 9 January 2023** for the Wardens' consideration.

Those who do not obtain special approval from the Wardens will **NOT** be able to access the College building and hostels with their CU Link Cards during the holiday period.

書院大樓將於農曆新年期間（2023年1月20日下午5時至1月26日早上9時）關閉。宿生請於**2023年1月20日下午5時前**離開宿舍及書院大樓。非本地生如須於上述期間居留宿舍，請於**2022年1月9日前**遞交網上申請 (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13657769>)，以供舍監考慮。

未獲舍監特別批准者於農曆新年假期間將**不能**以中大通進入書院大樓及宿舍。

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4. 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)

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5. 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

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6. Reaching Out Award 2022/23 is now open

Full-time undergraduate students are now invited to apply for the Reaching Out Award (ROA) 2022/23 offered by the HKSAR Government. The award, in the amount of HK\$10,000 for each successful applicant, aims to support students in participating in events/competitions (e.g. conferences/forums/workshops/seminars/training camps/competitions/service projects etc.), internships or placements (credit-bearing/non-credit bearing), field/study trips or courses (e.g. foreign language immersion programmes/academic exchange programmes etc.) which are conducted outside Hong Kong in 2022/23 academic year (1 September 2022 – 31 August 2023).

Kindly note that preference is given to local students and financial need may also be considered. Please visit the [College website](#) to learn more about the eligibility and application procedures, and pay special attention to the submission requirements and supporting documents needed. For those who are applying for Term 2 exchange programme, please be reminded to submit the required documents to the College Office before departure.

Application Deadline: 5:00pm, 31 January 2023 (Tuesday)

Please note that students can only be awarded once throughout the entire study programme. Late applications and incomplete submissions will not be processed.

Enquiries: Ms. Karen Yiu (karenyiu@cuhk.edu.hk / 3943 3936) or Miss Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)

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7. Meeting of Scholarships and Financial Aid Committee

Meeting of Scholarships and Financial Aid Committee - Next Meeting Date (5th Jan)

The upcoming meeting of Scholarships and Financial Aid Committee will be held at 2:00 pm on 5th Jan (Thu). College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee via College Student Union (wysseuc@cuhk@gmail.com) prior to the meeting. Thank you for your valuable input.

8. 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!

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

Enquiries:

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

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10. "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 (kikiwkchan@cuhk.edu.hk / 3943 3935)

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11. 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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12. 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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13. 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 (kikiwokchan@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 @imsheepoo)

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. 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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3. 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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4. 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>



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...

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 for more information.

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5. 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.sjcshk.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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6. Community Resources for Emotional Support

<Samaritan Befrienders HK>

Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

[24-hour Hotline: 2389 2222](#)

Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead

[Suicide Crisis Intervention Centre: 2341 7227 for appointment](#)

Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services

[Family Helpline: 2319 1177](#)

Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis

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