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| **Wu Yee Sun College** |
| **Self-Motivation Fund for Health and Well-being Activities** |
| **Reflection** |

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| **Student Name:** |  |
| **Student ID:** |  |
| **Major/ Year:** |  |
| **Date of Report Submission:** |  |

**Note:**

* Please submit this reflection together with 5 photos within two weeks after completion of the activity.
* The photos should be taken during the activity. The applicants should be seen in one of these photos and showing his/her face.
* For online courses/workshops, if no photos can be provided, a valid proof of completion of the activity such us a certificate / letter of completion issued by the organization will be required.
* The subsidy will be reimbursed upon completion of the activity, and submission of reflection and original receipts.
* The successful applicants will be invited to give a sharing of their activities at College event(s) and/or coordinate health and spiritual well-being activities in the College upon request.

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| **Activity Date:** |  |
| **Activity Time:** |  |
| **Activity Venue:** |  |
| **Name of Activity (English):** |  |
| **Name of Activity (Chinese):** |  |
| **Please share your reflection *(At least 200 words)*:** |  |
| **Photos:**  **\****5 photos taken during the activity must be submitted together with this reflection (Original files should be sent separately).* |  |