

# The Sunny Weekly

## 30 November 2015

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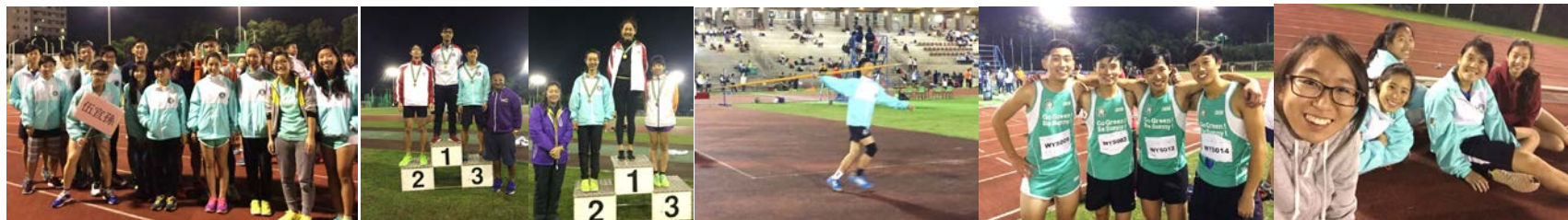
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## Sunny Review 上周回顧

### 1. College Students Athletic Achievements 書院同學於多項田徑比賽取得佳績

Congratulations to our College Track & Field Team which achieved excellent results in CUHK Athletic Meet! Hanniel Hon-nip Chow (周漢聶同學) and Ka-wing Ip (葉嘉泳同學) won the 2nd runner-up in Men's 800m and High Jump respectively, while Man-tsun Wu (胡文津同學) and Wing-tung Yuen (袁穎彤同學) seized the Silver medal in Men's 5000m and Women's 100m Hurdle. Thank you for the great efforts of all team members!



Our students also performed well in CUHK Cross Country Team, which won the Overall 2nd runner-up and Men's Group 3rd runner-up in USFHK Cross Country Race (香港大專體育協會周年越野賽) held on 21st Nov. Man-tsun Wu (胡文津同學), Timothy Aaron Kuan (關冠傑同學), Hanniel Hon-nip Chow (周漢聶同學) delivered their best and shared the glory. Hanniel seized the bronze medal in Men's Individual as well. Our hearty congratulations!





## 2. The final College Forum of 2015/16: 堪輿學今昔觀 (Speaker: Mr. Park-lai Choi)

2015/16 年度第四次書院論壇: 堪輿學今昔觀 (講者: 蔡伯勵老師)



The final College Forum of this term, entitled “堪輿學今昔觀” was held last Friday. Mr. Park-lai Choi (蔡伯勵老師), Chairman, Hong Kong Shun Lung Yan Chak Foundation Limited and Honorary Advisor, Wu Yee Sun College, introduced the basic knowledge of Feng shui, and discussed with students how Feng Shui is applied in the modern society. We were also grateful to have Mr. Sai-yung Lau (劉世鏞先生), College Affiliated Fellow, moderating the College Forum.



## 3. CUHK Alumni Homecoming 2015 中大校友日

About 5,000 CUHK alumni and their friends visited CUHK for Alumni Homecoming Day on last Saturday. The drawing activity at the College booth on the University Mall was designed for kids to encourage their creativity. Some interested alumni and their family members joined our College guided tour to learn our latest development and to visit the key hostel and learning facilities developed for students.



## 4. Delegation from Fudan University 復旦大學訪問團

Organized by Office of Academic Links (China), a group of delegates from Fudan University paid a visit to our college on 25<sup>th</sup> November. They were guided to tour the key college facilities and were particularly interested in the structure of the college administrative system. Professor Rance P.L. Lee (李沛良教授), College Master hosted an afternoon tea with the delegates and exchanged views about the differences and similarities of the collegiate systems between two institutions.



## 5. 40+生命典範學苑傳承有道獎勵計劃頒獎典禮 2015





以「真情·打氣」為理念服務 40 歲以上中年人士及長者的慈善團體 40+協會，於 11 月 28 日舉辦了《40+生命典範學苑傳承有道獎勵計劃頒獎典禮 2015》，讓一眾年輕人可以從數十位 40+典範人物身上得到啟發，塑造出屬於自己的目標及計劃。伍宜孫書院亦有同學於本年度計劃中得獎，書院院長李沛良教授與輔導長李賴俊卿教授，一同應邀出席記者會及頒獎典禮，與得獎同學李可瑩同學及李澤來同學分享獲獎喜悅。



### 6. Visit of CUHKFAA Chan Chun Ha Secondary School 香港中文大學校友會聯會陳震夏中學來訪



Mr. Hau-fung Chau (周厚峰先生), The Principal of CUHKFAA Chan Chun Ha Secondary School led a group of teachers to visit our College and learn its latest development. Mr. Sai-yung Lau (劉世鏞先生), College Affiliated Fellow and Co-ordinator of Mentorship Programme and Ms. Sandy P.S. Lee (李珮珊女士), College Secretary, received the guests and led a College tour.

### 7. WYS Toastmasters Movie Night



Some of our Sunnies enjoyed a Movie Night with Wu Yee Sun Toastmasters Club on Tuesday, 24<sup>th</sup> Nov. They watched a movie, *My Sister's Keeper* and enjoyed pizza and drinks. They had a keen discussion after watching the Movie.

Wanna have more fun? Please “like” the [Facebook Fan Page](#) to obtain the updates of Wu Yee Sun Toastmasters Club!

### 8. What does Mr. Chan (陳叔/ 几哥) do after his retirement?



It is delighted to see our College former caretaker Mr. Chan (陳叔/ 几哥) enjoying his life after retirement and opening a store with his wife to sell homemade jam at MaMaSmart in Science Park. Professor Rance P.L. Lee (李沛良教授), College Master, Mrs Lee, two of our students, Honna Ching Man (文靖) and Sammi Tsam-yi Wong (王沁怡) visited Mr. and Mrs Chan store last weekend. They have helped to send our greatest gratitude to Mr. Chan’s hard work for his services in Wu Yee Sun College and wish him all the best in the future!



## College Activities 書院活動

### 1. Herbs: A New Idea for Cooking! 香草新煮意



Are you interested in cooking? Is it difficult to add flavour to your dishes without salt or fat? Here comes a simple solution: herbs!

Green Team has prepared different types of herbs which can be found in the hostel common room of every floor. Herbs provided can be cooked with meat, seafood, and you could use it in making dessert! You are welcome to take a couple of the herbal leaves to spice up your dishes more healthily. If you don't have any ideas regarding the ways of cooking, don't worry! Recipes are provided for your reference in common rooms, and you could be a cook right away if you scan the QR code and follow the steps in the menu. Enjoy the herbs!

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

If you want to keep fit or build up your body, join us in the College's Gymnasium! Fitness consultation sessions are NOW available. You can seek instructors' advice on the use of fitness equipment, body fitness or other health-related issues during the sessions. The details are as follows:

Period: 8<sup>th</sup> Sep – 5<sup>th</sup> Dec (**Every Tuesday & Thursday, except Public Holidays**)

Time: Tuesday, 7:00pm-9:00pm

Thursday, 6:00pm-8:00pm

Venue: Gymnasium

Instructor:



Ms. Ka-cheuk Leung (Tuesday)



Mr. Tsun-sing Wong (Thursday)

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

Enquiries: Miss Rainbow Luk ([rainbowluk@cuhk.edu.hk](mailto:rainbowluk@cuhk.edu.hk) / 3943 3942)

### 3. Health Conference 2016 organized by The College of Professional and Continuing Education, The Hong Kong Polytechnic University



Wu Yee Sun College proudly serves as one of the Associate Organizations for The College of Professional and Continuing Education (CPCE) Health Conference to be held on Monday, 11<sup>th</sup> Jan 2016. CPCE of The Hong Kong Polytechnic University offers a range of health related programmes at Associate Degree, and Honours Bachelor's Degree levels. The Academic Discipline of Health and Life Sciences of CPCE is commissioned to organize this Conference with the aim to share scholarly work pertinent to aging, health and long term care. It also takes the opportunity to promote interdisciplinary education and research on the topics. Dr. Wing-man Ko (高永文醫生), Secretary for Food and Health (食物及衛生局局長), will be the officiating guest of the conference and Sir James A. Mirrlees (莫理斯教授), Nobel Laureate and Master of Morningside College, will give a keynote speech on "The Future Cost of Health and Care".

Registration and details: <http://healthconf2016.cpce-polyu.edu.hk/>

Paper submission (Deadline extended to 15<sup>th</sup> Dec 2015): <http://healthconf2016.cpce-polyu.edu.hk/call-for-paper>

Enquiries: [healthconf2016@cpce-polyu.edu.hk](mailto:healthconf2016@cpce-polyu.edu.hk)



### 1. New College Member 新增書院成員

The following CUHK staff member has recently joined Wu Yee Sun College as teacher affiliates. Warm welcome from all the Sunnies!



Dr. Christelle Davis is a Lecturer at the English Language Teaching Unit. She obtained her PhD from the University of Sydney. Originally from Australia, Dr. Davis has lived and taught in South Korea and Japan before moving to Hong Kong in 2014. Her professional interests include Creative Writing, Literature, Academic Writing and Cultural Studies.

### 2. Complimentary Fruit at College Student Canteen 書院學生飯堂免費送水果

To show their support to students during the examination period, the caterer will offer complimentary fruit to Wu Yee Sun College students who purchase any meal (drinks excluded) from 9 to 23 December 2015 (Monday to Friday; Dinner session only) at the Wu Yee Sun College Student Canteen. Please present your CU Link Card as verification. Offers limited to 40 fruits per day and first-come first-served.

### 3. Extended Opening Hours of Study Room during Examination Period 考試期間延長自修室開放時間

The College Study Room (Room 117, 1/F, West Block) will be open to College students 24 hours a day during the examination period (now until 23<sup>th</sup> Dec). Please access the room with your CU Link Card.

### 4. College Photo Day for Graduating Students

The **College Photo Day for Graduating Students** has been scheduled for **1 April 2016 (Friday)**. More information regarding the date and venue for collecting and returning gown will be announced shortly.

For enquiries, please contact Miss Yolinda Wong at [yolindawong@cuhk.edu.hk](mailto:yolindawong@cuhk.edu.hk) / 3943 3932

### 5. "Meet the Dean" Hours & Lunch Gathering 輔導長時間 及午餐聚會

"Meet the Dean" Hours hosted by Professor Annisa C.H. Lee (李賴俊卿教授), College Dean of Students and Associate Professor of School of Journalism & Communication, 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. Every Sunnie is welcome!

Date: Every Wednesday

Time: 2:30 - 3:30pm

Venue: Dean of Students Office, Room UG09, Wu Yee Sun College

Enquiries: Miss Zalon Wong ([zalonwong@cuhk.edu.hk](mailto:zalonwong@cuhk.edu.hk) / 3943 3935) or Miss Sonia Yu ([soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) / 3943 3937)

However, "Meet the Dean" Lunch Gathering will be closed during exam period. The events will resume next semester. Updates will be provided in due course.

### 6. Reaching Out Award 2015/16 - Now open for application 外展體驗獎 2015/16 現已接受申請

Wu Yee Sun College full-time undergraduate students are now invited to apply for the Reaching Out Award 2015/16 (ROA) 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 2015/16 academic year (1<sup>st</sup> Sep 2015 – 31<sup>st</sup> Aug 2016).

Learn more about the Selection Criteria and supporting documents required at <http://www.wys.cuhk.edu.hk/sl/scholarships/Reaching-Out-Award>

Application Deadline: Monday, 15<sup>th</sup> Feb 2016

Enquiries: Miss Yolinda Wong ([yolindawong@cuhk.edu.hk](mailto:yolindawong@cuhk.edu.hk) / 3943 3932) or Miss Carol Cheng ([carolcheng@cuhk.edu.hk](mailto:carolcheng@cuhk.edu.hk) / 3943 3936)

## 7. WYS's got TALENTS? 天生我才?



Are you interested in or excellent at photography, video-production, art & design, simultaneous interpretation or being the Master of Ceremonies? Or do you have any other talents to showcase? The College is recruiting all sorts of talents to contribute in various College events including the upcoming College Opening and Anniversary Ceremony, College Forum and Assembly...etc. 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=62434>

## 8. Creativity Laboratory - Equipment Available On Loan 創意實驗室器材借用



Check out the Creativity Laboratory (clab) website - <https://clab.wys.cuhk.edu.hk/> now to learn more about the creative ideas that have been generated by our College students. You are also welcome to post your innovative ideas and invite other College students to form teams to realize your dream. A list of equipment including iMac, DSLR camera, video camera, lighting equipment, sewing machine, and oven are also available on loan to facilitate your creative work. Simply login to [clab official website](https://clab.wys.cuhk.edu.hk/) then click "Booking" on the top right hand corner for equipment reservation.

For first-time login, please click "Login", then click "Forgot password", input your CUHK webmail address ([XXXXXXXXXX@link.cuhk.edu.hk](mailto:XXXXXXXXXX@link.cuhk.edu.hk)). The system will then automatically email a new password to you.

Don't forget to like **c!ab Facebook page à WYS c!ab CUHK**, for the latest updates!

Questions? Contact Mr. Kan Poon ([kanpoon@cuhk.edu.hk](mailto:kanpoon@cuhk.edu.hk) / 3943 9767) or Mr. Johnny Wong ([johnnywong@cuhk.edu.hk](mailto:johnnywong@cuhk.edu.hk) / 3943 3989)

## 9. Establishment of a social networking association

A year four College student is looking for College-mates interested in forming a social networking association. Below are more details of the idea.

**Theme: social networking**

**Goal:** Provide a formal platform for senior students to make contact with people from other disciplines in the university.

**Activity:** Regular meetings targeting senior students will be held every month with different themes but the same goal that is social networking. Participants put into groups to get along with people from different fields. The meetings can be wine tasting, manner workshop, or jewelry appreciation etc. The main point is letting the students socialize, in a mature and formal way for the preparation of their future career.

If you wish to know more about the team or interested in joining as a committee, please feel free to contact me (Moniz Chan) at 9093 1015 (Whatsapps are welcomed).

## College Funding & Award Schemes (for Year-round Application) 書院資助及獎勵計劃 (全年可供申請)

### 1. Global Academic Exposure Award Scheme (Summer Round) 寰宇學術探索計劃 (夏季)



If you are planning to expand your academic wisdom with support from the scheme, ACT NOW!

The scheme supports Wu Yee Sun College students to take part in or self-initiate academic programmes, such as academic conferences, competitions, field trips and language programmes outside Hong Kong. Last academic year, the scheme has supported students to South India, Belgium, Inner-Mongolia and so on!

Students successfully selected by the Scheme will be awarded the Global Academic Exposure Award. The maximum award amount varies for programmes of different length and nature.

	Programme Length	Programme nature	Maximum Award amount
<b>Short-term</b>	Shorter than one month	Self-initiated programmes	HK\$8,000 or 100% of particular items <i>(whichever is lower)</i>
		#Participating in organized programmes	HK\$8,000 or 80% of particular items <i>(whichever is lower)</i>
<b>Long-term</b>	One to six months	Self-initiated programmes	HK\$15,000 or 100% of particular items <i>(whichever is lower)</i>
		#Participating in organized programmes	

*#Programmes organized by the College and Term-long Exchange Programmes will not be considered for this scheme.*

The sooner you submit your application, the quicker to receive feedbacks, and more time to improve the contents.

Round	Applying for trips taken during (for trips overlapping both rounds, <u>first date</u> of the trip shall determine the application period)	# Application period
Winter	Nov 1 - Apr 30	May 1 - Oct 31
Summer	May 1 - Oct 31	Nov 1 - Apr 30

*#application documents shall be submitted to DOS Office by the last working day within the application period.*

Contact Miss Zalon Wong (3943 3935/ [zalonwong@cuhk.edu.hk](mailto:zalonwong@cuhk.edu.hk)) now if you have any ideas in mind.

Know more about the [details](#) and [apply here!](#)

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



Life begins at the end of your comfort zone!  
A **SMALL** change can make a **BIG** difference!

If you are planning for any short-term projects containing elements of Creativity, Entrepreneurial Spirit or Social Responsibility, apply for Be Entrepreneurial! Scheme.

To provide more support to students, the maximum funding amount has been raised to \$20,000!!!



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

#### Eligibility

- ✓ All WYS undergraduate students
- ✓ Individual and Group projects (*the group must comprise of at least 50% WYS students, other 50% may be students from other Colleges*)
- ✓ Applications are welcome all year round.

What are you waiting for? Click [HERE](#) to find out more information!

Enquiries: Miss Sonia Yu ([soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) / 3943 3937)

### 3. Sports for Life Award Scheme 體育運動參與獎勵計劃



Wanna move your body and get a prize in the same time?!

Sports for Life Award Scheme aims at motivating students to take part in more College's sports activities and exercising regularly for a healthy life. Students can earn award point(s) for participating in College's sports activities and gain prizes!

Stay tuned for more upcoming sports activities!

Enquiries: Miss Sonia Yu ([soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) / 3943 3937)

### 4. 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 Zalon Wong (3943 3935 / [zalonwong@cuhk.edu.hk](mailto:zalonwong@cuhk.edu.hk))

### 5. Mingle Fund (English only)

Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College. The Fund supports self-initiated activities with participation of both local and international/ incoming exchange students.

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

For more info, please visit: <http://www.wys.cuhk.edu.hk/index.php/zh/news-a-events/news/439-mingle-fund-english-only>

For enquiries, please contact Miss Zalon Wong ([zalonwong@cuhk.edu.hk](mailto:zalonwong@cuhk.edu.hk) or 3943 3935).



### 1. The Hong Kong Jockey Club Scholarships – Graduate Scholarship at the University of Oxford 2016/17

Three Scholarships for up to three academic years will be awarded for full-time graduate studies at the University of Oxford in any discipline.

The scholarship will provide in full the tuition and college fee, and a maintenance grant commensurate to the national minimum doctoral stipend of the UK Research Councils, which shall reflect the average living costs figure for all graduate students, up to a maximum amount per Scholar of GBP 75,254 per year for three academic years.

For more information about eligibility, please visit the website of the University of Oxford:

<http://www.ox.ac.uk/admissions/graduate/fees-and-funding/fees-funding-and-scholarship-search/scholarships-1#hkjc>

### 2. Innovation and Technology Scholarship Award Scheme 2016

The Innovation and Technology Scholarship Award Scheme (the Scheme) aims to provide recognition to outstanding undergraduates in universities in Hong Kong as well as opportunities to widen their international/Mainland exposure and gain industry experience. Twenty-five science undergraduates, to be nominated by the six local universities and selected by an Awardee Selection Committee of the Scheme, will each be awarded a **scholarship of up to HK\$150,000**. The Scheme comprises the following components:

- (a) Financial support for Overseas/Mainland Attachment Programme(s) between 1 June 2016 and 30 June 2017 (at least one of the attachment programmes must be longer than three weeks)
- (b) Mentorship Programme
- (c) Service Project Programme
- (d) Local Internship Programme (optional)

#### Eligibility and Selection Criteria

The Scheme is open to full-time, **non-final-year undergraduates** who meet the following criteria:

- Hong Kong Permanent Residents with the right of abode in Hong Kong.
- Students majoring in the University Grants Committee-funded programmes offered by the Faculty of Engineering, Medicine or Science.
- Preferably cumulative GPA of 3.3 (or equivalent) or above.
- A minimum total TOEFL score of 90 (Internet-based test) with scores for individual sections not lower than 21 on reading, 22 on listening, 21 on speaking, and 17 on writing; or a minimum IELTS (Academic Test) overall band score of 6.5, with no component below 6.0. All tests must have been taken on or after 20<sup>th</sup> February 2014.
- Have passion in innovation and technology, and intention of pursuing this as a career.
- Well-rounded, have participated in extra-curricular and/or community service activities.
- Able to demonstrate commitment to Hong Kong.
- Possesses good communication skills.
- Have not received an award under this Scheme.

#### Application Procedures

1. Details of the Scheme and its application form are obtainable from the website of the Office of Admissions and Financial Aid at <http://www.cuhk.edu.hk/adm/> (Scholarships & Financial Aid → Open for Application).
2. Applications must be sent to the Office of Admission on or before 18<sup>th</sup> January 2016.
3. For enquiries, please contact OAFA at 3943 7204 or [sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk)