



The Sunny Weekly



12 September 2016

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Sunny Review

上周回顧



1. [Welcoming Lunch for Incoming Exchange Students \(2016-17 Term 1\)](#)



We gave our warmest welcome to all Incoming Exchange Students at the Welcoming Lunch on 2nd Sep. Prof. Ming-chung Chu (朱明中教授), Chairman of Student Exchange Committee, greeted everyone in the opening remarks and looked forward to enhancing the cultural integration on Campus. Our International Team initiated pop-quiz with questions related to Hong Kong, so as to introduce this vibrant city to our new friends. The group photo seized the moments and such joyful time will surely last longer than one semester.



2. Green Team Member Recruitment: Mosquito Repellent Balm Workshop 綠色小組迎新傾莊活動：蚊膏製作坊



The first Green Team member recruitment activity (綠色小組迎新傾莊活動) was held in the evening of 8th Sep. 15 participants joined the workshop and made their own mosquito repellent balm using 100% natural and organic ingredients. It's a must-have item in your bag if you live on campus! Would you like to join or even organize more workshops of this kind? Be a College Green Team member and spread green messages to everyone you know! More Green Team member recruitment activities will be held in the coming few weeks. [Scroll down](#) to learn more!



3. The first College Forum of 2016/17 Term 1: "Mental Wellness in CUHK" (Speaker: Ms. Oliva Hiu-ching Jung) 2016/17 年度第一學期首次書院論壇：心理健康在中大 (講者：張曉靜女士)



The 1st College Forum of 2016/17 Term 1, entitled "Mental Wellness in CUHK (心理健康在中大)" was held last Friday, 9 September. Ms. Oliva Hiu-ching Jung (張曉靜女士), Student Counsellor from Student Counselling and Development Service, Office of Student Affairs shared with students different degree of mental illness and how to seek support from CUHK if students suffer from mental health problem. Students also complete a survey to better understand their mental wellness.

We are also grateful to have Professor Annisa C.H. Lee (李賴俊卿教授), Dean of students, to introduce the activities to be organized at House of Sunny Living, the College's new initiative to promote healthy living, after the talk.



4. Non-Resident Hall Welcoming Lunch 走讀生舍堂大食會



More than thirty non-residents had a pleasant lunch gathering at the West Block Non-Resident Hall on 9th Sep. Professor Kong-Pang Pun (潘江鵬教授), Chairperson of Student Hostel Committee and Associate Professor of Department of Electronic Engineering, and Dr. Michael C.K. Tong (湯自強醫生), Convener of non-resident hall development, attended the party and encouraged students to voice out their ideas on their ideal Non-Resident Hall life. Some students interested in forming the Non-Resident Hall Executive Committee (走讀生舍堂幹事會) started their discussion on the work plan already, while some others made a unique gift to their new friends by drawing cute faces on cookies!



College Activities 書院活動

1. House of Sunny Living - Activities highlights in 2016-17 House of Sunny Living 2016-17 年度活動巡禮



音樂放鬆分享會

音樂除了可以陶冶性情，令人心情放鬆，經過繁忙的一天，最好靜下來聽一聽音樂，放鬆一下心情，把整天的繁惱拋諸腦後。音樂有這麼多類型，那些音樂可以幫助我們放鬆心情、紓緩日常的壓力呢？

活動由音樂人鍾一諾教授 (Prof. Roger Chung) 帶領

年輕香港男歌手、作曲及填詞人，香港中文大學公共衛生學院助理教授；與其兄鍾一匡組成的鍾氏兄弟是香港知名音樂組合，並獲得多個華語樂壇重要獎項，包括 2012 年全球華語金曲獎「年度最佳爵士藝人」、2014 年華語音樂傳媒大獎「最佳組合」、2014 年 CASH 金帆音樂獎「CASH 最佳歌曲大獎」、「最佳歌詞」、「最佳合唱演繹」等殊榮。2014 年推出本土話題大碟《極》，榮獲華語金曲獎七月份十大唱片首位，並被多個權威樂評網站選為年度最佳大碟。主打歌《時代的顛覆者》更一度被瘋傳於網絡，及被多個傳媒報章稱為「時代之歌」。文學泰斗李歐梵亦曾公開點名鍾氏兄弟為「香港音樂的出路」。此外，鍾教授也是著名唱片監製，曾監製及合作過的音

樂人包括上海歌后姚莉、泰迪羅賓、盧冠廷、曾路得、夏韶聲、[林一峰](#)、岑靈兒、金培達、Joey Tang、蘇德華、單立文、Eugene Pao、七屆格林美得主歌手 Andrae Crouch、六屆格林美得主 Ukulele 大師 Daniel Ho、台灣名製作人李壽全、台灣金音獎得主林生祥等。

日期：2016年10月19日（星期三）

時間：晚上 6:30 至 8:00

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1987438>

《小王子的領悟》讀書會



小王子為什麼要離開玫瑰？狐狸的教導，為什麼能令小王子走出危機，明白馴服的道理？小王子最後選擇將命運交託給毒蛇，真的是明智之舉嗎？

這是許多《小王子》的讀者都會有的困惑。

周保松教授的新書《小王子的領悟》剛剛出版！他會在今次活動分享他對這些問題的解讀，帶領讀者進入小王子的世界，尋找那美麗的思想綠洲，並跟同學見見面、簽簽書。

周保松教授簡介

喜歡文學，關心教育，研究政治哲學。著作包括《政治的道德》（2015年獲「香港書獎」）、《自由人的平等政治》、《走進生命的學問》、《相遇》、《政治哲學對話錄》等。英國倫敦政治經濟學院博士，香港中文大學政治與行政學系副教授。曾獲中大校長模範教學獎及通識教育模範教學獎。

日期：2016年10月18日（星期二）

時間：晚上 7:00 至 8:30

地點：伍宜孫書院

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1989557>

身、心、靈靜坐教室

我們認為，活在繁華的都市裡，每一個人人都應該學習靜坐，以令自己能擁有片刻寧靜，就像寧靜可令一杯混濁的水慢慢回復清澈一樣，你選擇學習「身、心、靈靜坐」是為你自己的心靈送上一份最佳的禮物！

「身、心、靈靜坐教室」旨在助你將被煩囂生活導至混濁的心靈平復，令你更清明、更專注、身心更健康！你只需練習幾天，就可發現「身、心、靈靜坐」為你帶來的改變。

導師：周東妮博士 (Dr. Kanny Chou)

日期：2016年11月17日、24日（逢星期四，共兩堂）

時間：晚上 7:00 至 9:00

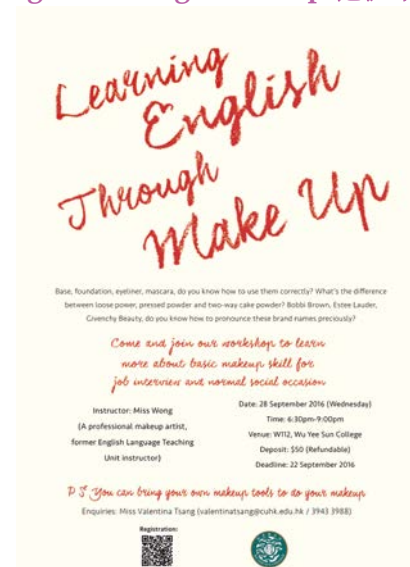
按金：港幣\$50 (出席兩堂可獲退回全部按金)

截止日期：11月11日

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1956317>

查詢：Miss Valentina Tsang (valentinatsang@cuhk.edu.hk / 3943 3988)

2. English through makeup 化粧學英語



Base, foundation, eyeliner, mascara, do you know how to use them correctly? What's the difference between loose power, pressed powder and two-way cake powder? Bobbi Brown, Estee Lauder, Givenchy Beauty, do you know how to pronounce these brand names precisely?

Come and join our workshop to learn more about basic makeup skill for job interview and normal social occasion!

Instructor: Miss Wong (A professional makeup artist, former English Language Teaching Unit instructor)

Date: 28 September 2016 (Wednesday)

Time: 6:30pm-9:00pm

Venue: W112, Wu Yee Sun College

Deposit: \$50 (Refundable)

Deadline: 22 September 2016

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2040012>

You can bring your own makeup tools to do your makeup.

*Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation.

Place is limited. First-come, first-served. Time of deposit payment will be the determinant.

Enquiries: Miss Valentina Tsang (valentinatsang@cuhk.edu.hk / 3943 3988)

3. WYS Green Team Activity: Shorelines Cleaning at GeoPark 馬屎洲海岸公園清潔



馬屎洲位於吐露港內，被譽為「戶外地質博物館」，其沉積岩是香港第二古老岩層。可惜大量垃圾隨潮汐水流飄流至此，亦由於連島沙洲一帶的水流較平靜，所以該區的海岸垃圾也較容易堆積。保衛生態，海岸清潔，你做得到！

Ma Shi Chau peninsula, situated in Tolo Harbour, is one of Hong Kong's special geological sites. Many different geological features are on display here. The area is made up of sedimentary rocks formed in the Permian, some 280 million years ago. You don't want this place to be buried by tons of rubbish, right? Let's join hands and clean the shorelines!

Date: 24/9/2016 (Saturday)

Gathering Time and Location:

13:20 @ College Gallery / 13:25 @ University MTR Station

Activity Time: 14:00 - 17:00

Activities	Time
Briefing 簡介及安全守則	10 mins
Walking to the site 步行至馬屎洲	30 mins
Shorelines Cleaning 馬屎洲海岸清潔	80 mins
Guided Tour 導賞	20 mins
Walking back to shuttle bus 步行至三門仔	30 mins
Conclusion 總結	10 mins
Shuttle bus back to University MTR Station & Wu Yee Sun College	

Leader: Prof Chau Kwai-cheong, Chairman of Campus Environment Committee

Enrollment:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1954607>

Enquiry: Andy (3943 9768 / andy_cheung@cuhk.edu.hk)

4. Green Team Member Recruitment 書院綠色小組迎新傾莊 (Chinese Only)

**WYS GREEN TEAM
MEMBER RECRUITMENT**

8/9 (Thu) 蚊膏工作坊
14/9 (Wed) 沙律罐製作+賞月
24/9 (Sat) 海岸公園清潔
28/9 (Wed) BBQ
4/10 (Tue) 成莊日

Like our Facebook page for updates and enrollment!




傾莊第二擊：沙律罐製作 + 天台賞月

如果 你已經厭倦做食肉獸
如果 你想生活增添多點綠
其實 健康飲食都可以好好玩
其實 心動不如行動
黎同我地一齊整沙律罐啦!!

日期：2016年9月14日（星期三）
時間：7:00pm - 9:00pm
地點：東座天台

活動報名：<https://goo.gl/forms/EyLZYmQqeUqJjLe2>
查詢：wysgreenteam@gmail.com

5. Liver Health Seminar 肝臟健康勿忽視 健康檢查你要知



肝臟健康勿忽視 健康檢查你要知

肝臟是一個多功能的器官，由於早期的肝病如脂肪肝、肝纖維化、肝硬化或肝癌沒有明顯病徵，因此很容易被忽視。而根據衛生署衛生防護中心資料顯示，肝癌持續是本港的主要致命癌症。你想認識多一點肝臟這個器官嗎？又有甚麼方法可以保護我們的肝臟，預防肝臟疾病？那就萬勿錯過是次健康講座，講座同時設有肝臟纖維掃描測試(Fibroscan)，即時檢測你的肝臟健康。

甚麼是肝臟纖維掃描測試(Fibroscan)?
肝臟纖維掃描測試以無痛及準確的方式去測量肝臟的軟硬及纖維化程度。更安全可靠及準確的方法相對於肝穿。肝穿過程十分痛苦，醫護人員需要把細針插入測試者的肝臟位置，取樣後經過皮膚及纖維化纖維達到肝臟，同時亦透過針筒取出纖維化程度的組織樣本。上述操作，通常的檢查可以用在評估肝臟纖維化。肝臟纖維掃描測試適用於長期肝病患者及並未自覺有肝臟疾病的人士身上。肝臟纖維掃描測試結果可即時得知，無須等待數星期的組織報告。

活動內容

第一部份：
認識常見肝病
講者：書院健康生活委員會成員 黃麗虹教授

第二部份：
養肝護肝話中醫
講者：書院健康生活委員會成員 張保亭教授

第三部份：
肝臟纖維掃描測試 (Fibroscan)
*免費測試，每位限1次，每位僅可預約1次
(請於下午4時前報名並預約時間)

日期：2016年9月23日 (星期五)
時間：下午5:15至8:00
地點：伍宜孫書院西座112室
語言：粵語
費用：全免 (包括晚餐有小食招待)
查詢：李潔瑩女士 (3943 3933) / michelleli@cuhk.edu.hk
報名：

肝臟是一個多功能的器官，由於早期的肝病如脂肪肝、肝纖維化、肝硬化或肝癌沒有明顯病徵，因此很容易被忽視。而根據衛生署衛生防護中心資料顯示，肝癌持續是本港的主要致命癌症。你想認識多一點肝臟這個器官嗎？又有甚麼方法可以保護我們的肝臟，預防肝臟疾病？那就萬勿錯過是次健康講座，講座同時設有肝臟纖維掃描測試(Fibroscan)，即時檢測你的肝臟健康。

活動內容:

日期：2016年9月23日(星期五)
時間：下午 5:15 至 8:00

第一部份：認識常見肝病

講者：書院健康生活委員會成員 及 香港中文大學內科及藥物治療學系
黃麗虹教授

第二部份：養肝護肝話中醫

講者：書院健康生活委員會成員 及 香港中文大學中醫學院
張保亭教授

第三部份：肝臟纖維掃描測試

肝臟纖維掃描測試名額已滿，報名參加測試者將被列入為後補名單，
歡迎參加第一及第二部份之講座活動

地點：伍宜孫書院西座 112 室

語言：粵語

費用：全免

講座後設有小食招待

歡迎同學、教職員及教職員家屬參加

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1782522>

查詢：李潔瑩女士 (michelleli@cuhk.edu.hk / 3943 3933)

6. Fitness Consultation Session

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 instructor's advice on the use of fitness equipment, body fitness or other health-related issues during the sessions. The details are as follows:

**** The session on 15th Sep will be cancelled ****

Period: 8th Sep – 1st Dec
(**Every Thursday, except Public Holidays**)
Time: 6:30-8:30pm
Venue: College Gymnasium

Instructor:



Ms. Ka-cheuk Leung (Thursday)

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

Enquiries: Ms. Kitty Lau (kitty_lau@cuhk.edu.hk / 3943 3942)



7. Fitness Room User Introductory Course 2016-17 健身室使用者課程 2016-17



The full Sea-view Fitness Room is now 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 in 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: Thursday, 22nd Sep
Time: 7:00 - 9:00pm
Venue: College Fitness Room
Quota: 16 (first come, first served)
Instructor: Ms. Ka-cheuk Leung

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2078823>
Application Deadline: **15th Sep**

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

Enquiries: Ms. Kitty Lau (kitty_lau@cuhk.edu.hk / 3943 3942)



1. New College Member 新增書院成員



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

Ms Irene W.L. CHUNG (鍾慧蓮女士) currently serves as a Teaching Assistant at the Department of Psychology. Her duties are to assist faculty staff in the development of a series of courses to be offered at *Coursera*, a massive open online courses platform.

2. Temporary Closure of Wu Yee Sun College Catering Outlets on The day following the Mid-Autumn Festival 中秋節翌日書院膳堂暫停營業

All catering outlets at Wu Yee Sun College will be temporarily closed on Friday, 16 September 2016 (The day following the Mid-Autumn Festival).

3. The "Sunny" Award & Admission Scholarship for Outstanding Artistic Achievements 2016/17 - Now Open for Application 2016/17 年度 The "Sunny" Award 及藝術傑出入學獎學金 - 現已開始接受申請



The following two Admission Scholarships are now open for application:-

- **The "Sunny" Award - HK\$15,000**
 - College freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility
- **Admission Scholarship for Outstanding Artistic Achievements - HK\$8,000**
 - College freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music

Eligible for freshmen who placed Wu Yee Sun College as their 1st College Preference.

Please go to the following links to complete the online application form on or before **11 October 2016 (Tuesday)**.

The "Sunny" Award: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2093656>

Admission Scholarship for Outstanding Artistic Achievements:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2093925>

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

4. Application for Deferment of Fees 2016/17

Students who have financial difficulties and would wish to defer payment on tuition and/or hostel fee, please submit application form together with supporting documents to the College Office (G03, G/F, East Block) on or before 26 September 2016 (Monday). Application form can be downloaded from http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1473663795TuitionFeeDeferment206171.pdf. For enquires, please contact Ms Carol Cheng at carolcheng@cuhk.edu.hk / 3943 3936.

5. College Inauguration Assembly (23rd Sep), Forums & High Table Dinner 2016/17

All students are required to attend **one College Assembly AND one College Forum/ High Table Dinner** in each term.

➤ **College Inauguration Assembly (23rd Sep)**

All students are **required** to attend the College Inauguration Assembly (First College Assembly). Please find the details as below:

Date : Friday, 23rd Sep 2016

Time : 11:30am - 1:15pm

Venue : Sir Run Run Shaw Hall

Dress code: Formal with College tie/ scarf *

We will also sing the College Anthem in the Assembly. You may have a taste of the melody [here](#) first.

Enquiries: Miss Evelyn Chong (T: 3943-1882 / E: evelynchong@cuhk.edu.hk)

*Year 1 students who have not collected their tie/ scarf, please come to the **College Office, G/F**, to pick your welcoming bag on **7th Sep – 16th Sep 2016 during office hours**. Please bring your CU Link card for record use.

➤ **College Forums & High Table Dinner**

All students are required to attend **at least one College Forum Or High Table Dinner in each term**. Please find the arrangement for Term 1 as follows:

Year 2 or above

The **registration** for College Forums and High Table Dinners is scheduled on **14th Sep (Wed) – 20th Sep (Tue)**, and the first Forum is scheduled on 7th Oct 2016. Please visit the College General Education page for details and registration:

<http://www.wys.cuhk.edu.hk/ge-prog.php>

Enquiries: Miss Evelyn Chong (T: 3943-1882, E: evelynchong@cuhk.edu.hk)

6. College Student Advisor Scheme Group List 師生茶聚分組名單

The matching results of College Student Advisor Scheme have released! The full list and guidelines can be accessed at <http://www.wys.cuhk.edu.hk/page.php?name=orientation-programme>

Individual group lists were sent to all freshmen and advisors by email. Each group consists of 1-2 advisors and 7-10 freshmen. Some of you have met your new friends and teachers at Welcoming Lunch. Even you have not, just take the initiative to write your group mates and advisors an email!

Tips to begin

1. Contact person# can get in touch with each other first by email or phone number.
2. Set up a whatsapp group and invite your advisor(s) to join.
3. **Everyone is encouraged to take turn to initiate activities** with your groupmates and advisor (e.g. lunch, tea, hiking, interest class)
4. It's not necessary to be a very academic or serious communication with advisor. Talk about your hobbies or ask advisors about their university life is also one of the directions.
5. Students and advisor shall meet **AT LEAST** once a term.

#Contact Person of the Group will help facilitate the meeting arrangement with Advisor and other group mates. The contact person is assigned and marked on the list sent to individual groups. If other students want to be the contact person instead, please discuss among yourselves and inform College the change.

If you have any questions, please feel free to contact Jane (3943-3934/ janewu@cuhk.edu.hk) or Sonia (3943-3937/ soniyu@cuhk.edu.hk). Hope you enjoy your time making new friends!

7. Wu Yee Sun College Sports Teams Tryouts (1st term, 2016-2017)



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！書院現正招募籃球、排球、游泳、划艇、田徑院隊隊員，快來發揮你的運動天賦！

If you are a professional sports player or are simply keen on doing sports, do not miss the College Team try-outs. The College is now recruiting athletes for the **basketball, volleyball, swimming, rowing, and athletic teams**. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

8. Locker Application for Non-residents and Student Organizations (2016/17) 書院儲物箱申請 (2016/17)

Lockers located at 1/F, East Wing (opposite to Learning Commons) are now available for WYS College non-resident students and student organizations. Students / student organizations can apply at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2073571>. Successful applicants will be assigned ONE locker for use in the period **29th Sep, 2016 – 19th April, 2017**.

Application Procedures

- 1) Submit application online by 12:00nn on 23rd Sep. First come, first served.
- 2) Submit a deposit of \$50 via HSBC or Hang Seng Bank ATM to The Chinese University of Hong Kong (293-005005-001) after being notified by email of the success of application.
- 3) Submit the bank-in slip / ATM advice to the Dean of Students' Office (UG09) in person within two weeks after receiving the confirmation email sent by the Office.
- 4) Each successful applicant will be assigned one locker.

Regulations for the Use of Lockers

1. Users should take care of their personal belongings kept in lockers. The College will not be responsible for any loss or damage.
2. Due to hygienic reasons, no food, beverages, condiments or similar items should be kept in the lockers.
3. Users are responsible for cleaning the lockers and removing all the personal belongings inside them before returning the lockers to the College. After the stipulated period of use, any leftover items inside the lockers will be disposed of without any notification (no compensation will be made for destroyed locks).
4. Deposit will be refunded by auto-pay. Students / student organizations should check their bank accounts in due course.
5. Deposit will be forfeited if any damage is made or failure to clear the locker upon expiry of the period of use.
6. The College may seize the student's right to use the locker if he / she violates the regulations or misuses the locker.
7. Users are fully responsible in taking care of their lockers. To avoid any misunderstandings, users are strongly recommended to lock their lockers even if they do not leave anything inside.

Enquiries: Ms. Kitty Lau (kitty_lau@cuhk.edu.hk / 3943 3942)

9. Opening Hours of Table Tennis Table

Table Tennis Table at College Gallery will open from 9:00pm to 8:00am (Monday to Friday) effective on 5th Sep, 2016.

**** Due to student activity, the table tennis table will be reserved for Resident Association on 14th Sep (21:00-22:00). ****

Opening Hour for Table Tennis Table at College Gallery

Location	Opening Hour	Remarks
College Gallery (near West Block)	9:00 pm – 08:00 am (Monday - Friday)	<ul style="list-style-type: none"> • Workmen will unlock the table tennis table at 09:00pm and lock it at 8:00am of the next morning.* • Students do not need to fold the table after playing.

**Subject to College/ Student events in College Gallery, the opening hour of Table Tennis Table may be changed or temporarily suspended.*

10. Cash coupons for Taiwanese Drinks and Frozen Yogurt 台式飲品及冰乳酪現金券

Cash coupons for the purchase of Taiwanese drinks (HK\$2) and frozen yogurt (HK\$3) at Café (inside Student Canteen) are available for your picking up now. Students can come to College Office to collect the cash coupons from **5th to 26th September 2016** during office hour. Every student is limited to collect one Taiwanese drinks coupon and one frozen yogurt coupon each day. Please show your student ID card for verification. Coupons are limited. First-come-first-served.

11. 天生我才? WYS's got TALENTS?



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=2083838>

12. "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 Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

“Meet the Dean” Lunch Gathering will be held every other Wednesday. Individual students or representatives of student organizations are all welcome to register for the Gathering. Please email Sonia before the *closest Monday noon to register for the event.
*remarks: registration has to be made on the previous working day if the closest Monday is public holiday

Upcoming gathering
Date: Wednesday, 28th Sep 2016
Time: 12:30 – 2:00pm
Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

13. Exchange and Travel Grant/Loan 2016/17

College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities/exchanges may apply for Exchange and Travel Grant/ Loan.

There are different rounds of applications. For programmes/ activities held in **Oct 2016 - Jan 2017**, the application is open from **15th Aug to 14th Dec 2016**.

For programmes/ activities held in **Feb - May 2017**, application will be open from **15th Dec 2016 to 18th Apr 2017**.

Check out the following link for more information including eligibility:
http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1469415873ExchangeandTravelGrantandLoan2015164th_2.pdf

For enquiries, please contact Ms. Carol Cheng at carolcheng@cuhk.edu.hk or Miss Yolinda Wong at yolindawong@cuhk.edu.hk

14. Student Pastoral Care

It is not uncommon for college students like all of you to encounter various academic, emotional, interpersonal or family concerns and difficulties when you adjust to university life or pursue personal growth. You may wish to know the below ways that you can seek support or advice from the College and the University when you face problems:

- 1) You are welcome to speak with our College Dean of Students when you have problems that need resolving. Please call **3943 3942** for arrangement.
- 2) You may also approach the University’s Student Counselling and Development Service at **3943 7208** for help.
- 3) A 24-hour Emotional Support Hotline is also launched 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. The hotline number is **5400 2055**.

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

1. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃



Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports events or competitions, in order to live up the spirit “Sports for Everyone”.

The College will subsidize the **application fee** of sports events/ competitions/ activities organized by organization(s) OTHER THAN College. *Oxfam Trailwalker, Standard Chartered Hong Kong Marathon, Totem Run, or The Nike Cup-Hong Kong Five* are some of the examples.

Funding Amount: \$500 or 80% of application fee (whichever is lower)

Guidelines: <http://www.wys.cuhk.edu.hk/page.php?name=sports-health-education>

Application: Please submit application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1935668> at least 14 working days **BEFORE** the start date of the activity. We will notify applicants the results within two weeks.

2. Global Learning Award Scheme (Winter Round) 寰宇學習獎勵計劃 (冬季)

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 Learning Award. The maximum award amount varies for programmes of different length and nature.

	Programme Length	Programme nature	Maximum Award amount
Short-term	Shorter than one month	Self-initiated programmes	HK\$8,000 or 100% of particular items (whichever is lower)
		#Participating in organized programmes	HK\$8,000 or 80% of particular items (whichever is lower)
Long-term	One to six months	Self-initiated programmes	HK\$15,000 or 100% of particular items (whichever is lower)
		#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. Comment from College Exchange Committee members on proposal of self-initiated programmes could be sought by special request. The request shall be made at least month before application deadline together with submission of the completed proposal, budget plan and application form.

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 st – Apr 30 th	May 1 st – Oct 31 st
Summer	May 1 st – Oct 31 st	Nov 1 st – Apr 30 th

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

Contact Ms. Kitty Lau (3943 3942/ kitty_lau@cuhk.edu.hk) now if you have any ideas in mind. Know more about the [details](#) and [apply here!](#)

3. 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 / 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: Ms. Kitty Lau (3943 3942/ kitty_lau@cuhk.edu.hk)

5. 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 points for participating in College's sports activities and gain prizes!

How to join? You will be enrolled into the Scheme after joining your first sports activity!

What are the prizes? 30 points for Sports Towel & 40 points for Water Bottle

How to redeem prizes? Prize redemption will be arranged every semester! Please follow the College news

Check your accumulated points at <http://bit.ly/WYSSportsForLife!!>

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

Other Activities & Announcements 其他活動及宣佈事項

1. University Bursaries and Loans 2016/17 大學助學金及免息貸款 (For eligible full-time local undergraduate students)

The University Bursaries and Loans (UBL) are now available for local students who are studying full-time undergraduate programme and cannot get sufficient financial assistance under the Government Tertiary Student Financial Scheme – Publicly-funded Programmes (TSFS) to apply.

Students should submit application form online via CUSIS **from 5th to 29th Sep 2016**. For application details, please visit <http://www.oafa.cuhk.edu.hk>

2. Student Residence Bursary Scheme 2016/17

This scheme aims to help those needy students who are not able to benefit substantially from the Community Care Fund (CCF) hostel subsidy, applicants must:

1. be local full-time undergraduate students;
2. be registered residents of the hostel and have resided in hostel for at least 75% of the time of the semester;
3. have average monthly household income roughly less than \$20,000 (during 1 April 2015 to 31 March 2016); and
4. be not able to benefit from CCF hostel subsidy or receive less than \$1,000 per semester under the CCF hostel subsidy

Amount of Bursary

1. for eligible needy students who are not able to benefit from CCF hostel subsidy, the value of each bursary will be \$1,000 per semester
2. for eligible needy students who receive less than \$1,000 per semester under CCF hostel subsidy, the value of each bursary will be the difference between \$1,000 and the approved amount of CCF hostel subsidy
3. the maximum amount of bursary for residents of all types of shared rooms will be the same.

Application Procedure

1. By online application via CUSIS (MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "Student Residence Bursary" during application period from **5 Sep to 31 Oct 2016**. For students who live in hostel for the 2nd term only, they should submit their applications during **9 January to 28 February 2017**.
2. Applicants should print out Section 8 of the online application form and submit together with the supporting documents to the College on or before the application deadline.

3. Helix Scholarship 2016/17

Helix System Limited (the donor) is now inviting applications from outstanding local full-time Year 2 or above undergraduate

students of The Chinese University of Hong Kong for Helix Scholarship 2016/17.

Amount

HK\$10,000

Eligibility

To be eligible for the scholarship, students must:

- be full-time Year 2 or above undergraduate students studying any UGC-funded bachelor's degree programme;
- be Hong Kong permanent residents with the right of abode in Hong Kong;
- have demonstrable financial need and meet at least one of the following conditions:
 - Have received Government grant and/or loan in the academic year 2015/16 or 2016/17.
 - Have received University bursaries and/or loan in the academic year 2015/16 or 2016/17.
 - The family of the student is receiving Comprehensive Social Security Assistance from the HKSAR Government.
 - The monthly family income per capita must not exceed HK\$15,000.
- have attained a Year GPA of 3.0 or above in the academic year 2015/16;
- demonstrate to contribute to the local community by their knowledge and expertise; and
- have active participation in extra-curricular activities and/or voluntary services.
- not receive this scholarship before

More details and application form can be downloaded from <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid > Open for Application). Completed application form together with all requisite documents should be submitted to College Office (G03, G/F, East Block) **on or before 4th October 2016**.

4. Li Kwan Hung Education Fund 2016/17 李鈞洪教育基金

This Fund is intended to assist students with disabilities who are studying with their able-bodied counterparts in local educational institutes at various levels. Application is now open **until 23rd Sept 2016**. Application form should be submitted to the College by the deadline. Late applications will not be considered.

For details on eligibility and download of application form, please visit <http://www.oafa.cuhk.edu.hk>

For enquiries, please contact the Headquarters of Hong Kong PHAB Association at 2551 4161.

5. CUHK Scholarship for Remarkable Endeavour for Admission 2016/17

This scholarship is designated for the students with special educational needs (SEN) in recognition of their extra efforts made to pursue higher education at CUHK. The SEN students should have at least one of the following conditions that affect their ability to learn:

- Specific learning disabilities
- Visual impairment
- Intellectual disabilities
- Hearing impairment
- Autism spectrum disorders
- Speech and language impairment
- Attention deficit / hyperactivity disorders
- Others proven special educational needs
- Physical disabilities

Value of the Scholarship

There are a maximum of 10 non-renewable scholarships of HK\$10,000 each.

Application Procedures

Interested students can download application form from Office of Admissions and Financial Aid (OFA) at www.oafa.cuhk.edu.hk (Scholarships & Financial Aid > Open for Application) and submit the forms together with supporting documents **IN PERSON** to OFA, Room 1202, 12/F, YIA during office hours **on or before 27th October 2016**.

For enquiries, please contact Ms. Angel Au at 3943 7209 or sfas@cuhk.edu.hk

6. Government Tertiary Student Finance Scheme (TSFS) and Non-means-tested Loan Scheme (NLSFT) 2016/17 政府資助專上課程學生資助計劃 / 全日制大專學生免入息審查貸款計劃

New College students who have financial difficulties should apply for TSFS or NLSFT. Application forms should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through "SFO E-link - My Applications" online at <http://ess.wfsfaa.gov.hk> **on or before 20th Sep 2016**. Applicants are reminded to visit <http://www.oafa.cuhk.edu.hk> for application details.

7. The Rhodes Scholarship 2017

A prestigious scholarship for pursuing a postgraduate degree or a second bachelor's degree at the University of Oxford, U.K. commencing October 2017 is now open for application. The basic tenure of the Scholarship is two years, subject to satisfactory academic performance and personal conduct. At the discretion of the Trustees, the Scholarship may be extended for a third year for those who take a recognized route to the DPhil. A Rhodes Scholarship covers all University and College fees, a personal stipend and one economy class airfare to and from the United Kingdom.

Details of the Scholarship are obtainable from the Hong Kong Rhodes Scholarship website at <http://www.rhodeshouse.ox.ac.uk/hong-kong>. Candidates are required to make online applications on the Hong Kong Rhodes Scholarship website and submit all the supporting documents by midnight on 23th September 2016 (Hong Kong time). Late or partial submissions may not be considered.

8. Bei Shan Tang Foundation Scholarship Tenable at Stanford University 2017/18

Bei Shan Tang Foundation has generously donated a scholarship tenable at Stanford Graduate School of Education for an outstanding graduate from CUHK to pursue one of the following full-time taught Master's (MA) degrees in the academic year 2017/18. **All local final-year students and graduates in any discipline are eligible to apply even though the designated programmes are education related.**

- Curriculum Studies and Teacher Education
- International Comparative Education
- International Education Policy Analysis
- Learning, Design and Technology
- Policy, Organization and Leadership Studies
- Stanford Teacher Education Programme

The Scholarship will basically cover all of the following:

- the University composition (tuition) fee for the normative study period of the programme;
- a maintenance allowance to cover the expense of board and lodging recommended each year by Stanford (US\$10,119 per quarter of the academic year 2016/17 – amount to be confirmed. Applicants may visit <http://financialaid.stanford.edu/grad/budget/index.html> for reference.); and
- the cost of one return airfare between Hong Kong and the United States via the most economical route.

Details of the Scholarship and its application form are obtainable from our website at <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid → Open for Application).
Application Deadline: 6th October 2016 (Hong Kong time)

9. The Esther Yewpick Lee Millennium Scholarship 2017

The Esther Yewpick Lee Millennium Scholarship is exclusively offered to CUHK final-year students or alumni, including both undergraduate and postgraduate. The scholar will be sponsored to read for a postgraduate degree or a second Bachelor's degree at the University of Oxford, U.K. commencing October 2017.

Details of the Scholarship and its application form are obtainable from our website at <http://www.cuhk.edu.hk/adm/> (Scholarships & Financial Aid → Open for Application).

Application Deadline: 5th September 2016 (by 5:30pm)