

Subject: The Sunny Weekly (13/03/2017)

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You can also contact Mr. Kan Poon at kanpoon@cuhk.edu.hk or 3943 9767 for technical support.



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Sunny Review

上周回顧



1. Best Essay Award 2015-16 of General Education Foundation (GEF) Programme



Congratulations to Li Jing-woei (李經緯, Medicine/ 2) and Leung Kin-shing (梁建城, Government and Public Administration/ 3), who was awarded in the Best Essay Award 2015-16 of General Education Foundation (GEF) Programme! The Best Essay Award recognizes excellent student essays written for the two GEF courses, In Dialogue with Humanity and In Dialogue with Nature, which demonstrate innovative ideas and critical thinking. The student seminar and award presentation ceremony was held last Saturday. Both of them submitted essays in "In Dialogue with Humanity". Jing-woei wrote on the topic "If Life is a Journey, These are the

Rules to Live Well” and was awarded Silver Award, while Kin-shing wrote on “**言論自由的界限: 從傳媒角色思考自我審查的意義**”, and was awarded Bronze Award. Their and other awardees’ essays can be viewed [here](#). Congratulations to both of them!



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2. 2017 Summer Programme Introduction Session 2017 暑期活動巡禮



Six summer programmes organized by the College were introduced in the Summer Programme Introduction Session on 7th March. Attendees learnt the details of various programmes and listened to the sharing of Mr. Leung Ting-fung (梁庭丰), Miss Chan Wah-mui (陳華梅), Miss Cheung Wai-ki (張惠期), Mr. Chong Yip-fung (莊業豐) and Mr. Chui Ka-lung(徐嘉隆), participants of different programmes last summer, about their valuable experience gained. The College encouraged the students to make good use of the fundings provided to support their own initiatives to embrace different cultures and engage in self exploration.



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3. Mentorship Gathering 師友聚會



The third year of Mentorship Programme brings in a new batch of mentees. They gathered at College on 11th Mar to get to know each other. By designing the group name and planning the next mentorship activity together, mentors and mentees shared their interests and life stories. The most creative idea was awarded with home-grown cherry tomatoes by Green Team. This mini-task brought mentors and mentees closer together and gave a good start to the programme.



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4. 香港大專盃男子足球賽 USFHK Men's Soccer Competition



College student, Jeremiah S. Chan (陳思偉同學) participated in CUHK team to compete with The Education University of Hong Kong over USFHK Men's Soccer Competition (香港大專盃男子足球賽) on 11th Mar. The keen competition did not pour out the passion of students and they strived their best until the penalty shoot out. The strong spirit won them the first champion since 23 years ago. Congratulations!



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5. 第十四屆兩大校長盃教職員足球友誼賽 14th Vice-Chancellor's Cup Soccer Match



College members Professor Daniel Z.Y. Long (龍卓瑜教授), Assistant Professor, Department of Systems Engineering & Engineering Management, Mr. Nelson K.T. Lam (林國棠先生), Assistant Lecturer of Physical Education Unit and Mr. Wong Chun-lung (黃鎮龍先生), our College staff, took part in the Vice-Chancellor's Cup held by CUHK and The University of Hong Kong and won the trophy together with the score 2:0. Congratulations!



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College Activities 書院活動

1. 洽蕙藝文計劃－「藝術中與西」講座 Hop Wai Art and Cultural Programme - "Art East and West" Seminars (Chinese Only)

由伍宜孫書院、崇基學院及聯合書院主辦，中大文物館協辦之洽蕙藝文計劃－「藝術中與西」講座，將於四月舉行。詳情如下：



日期	題目	講者
6/4/2017 星期四	南韓當代藝術發展現況	卓家慧女士 (藝術系碩士生)
	帝國戰圖與蘇州貢品：從一組柏林藏《平定台灣戰圖》雕漆掛屏談起	詹鎮鵬先生 (藝術系博士候選人)
11/4/2017 星期二	長安地景 (普通話主講)	高坤翠博士 (香港理工大學中文及雙語學系導師)
	北行日記——尋訪廣東印譜	陳文妍女士 (藝術系博士候選人)
13/4/2017 星期四	尋訪關西中國書畫——大阪篇	張惠儀博士 (藝術系兼任講師)

時間：7:00 - 9:30 pm

地點：崇基學院牟路思怡圖書館 謝昭杰室

語言：除特別註明外，講座均以粵語主講

費用：全免

網上報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3023002>

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2. Wu Yee Sun Art Festival 伍宜孫才藝節

<The following content is draft by Wu Yee Sun Art Festival Organizing Committee>



【舞會最低 \$65 伍唱初賽免費、決賽只係 \$15！】

宜嘢依夜 夜夜 宜嘢 依夜~~~

千呼萬喚，宜螢玩影 Yeeluminant 終於開始喇！
三月想同我地唱下歌，去下 Ball？

記住以下日子啦！

伍唱初賽：Blind Audition

日期：三月十四日 (星期二)

時間：七點正

地點：伍宜孫 Courtyard

比賽隊伍：個人 | 團體 | 搞笑

學生舞會

日期：三月二十日 (星期一)

時間：七點正

地點：伍宜孫書院 LG/F

票價：正價 \$90 | 五人同行 一人免費 每人\$65 | 不過三優惠 \$87

購票表格：<https://goo.gl/UTSMFt>

將提供手工啤酒、手調飲品、甜點小食
活動更有 DJ 點唱站、King Queen 票選 和 免費 Photo Booth 📷

伍唱決賽

日期：三月二十八日（星期二）

時間：七點正

地點：伍宜孫書院 LG/F

入場票價：\$15

購票詳情：請留意 page 內擺攤資訊

將提供飲品 嘉賓更有 Robynn & Kendy、周殷廷 Yanting、三丁目同埋星座少女！

想知道更多資訊，請 click 入我地個 page：fb.me/SunnyYeah2017 😊

／／今個 3 月，我地一齊螢影不離士林路／／

聯絡 📞 行政部主席 | 陳偉涵 William 55009728

【Ball: \$65(lowest) ; Singing Contest: Preliminary Round free ; Final Round \$15 each 】

Yi Yeah Yi Yeah ~ ~ Yi Yeah Yi Yeah ~ ~

The long awaited Yeeluminant finally begins!

Want to sing and dance with us in March?

Remember to reserve following days for Sunny Yeah 2017!!!

Singing Contest Preliminary Round : Blind Audition

Date : 14 March (Tuesday)

Time : 7 pm

Venue : Wu Yee Sun College Courtyard

Competing Categories : Individual | Group | Troll group

Ball

Date : 20 March (Monday)

Time : 7 pm

Venue : Wu Yee Sun College LG/F

Tickets : Single \$90 | Buy 5 Get One FREE (\$65 per head) | GPA < 3 Discount : \$87

Ticketing Google Form : <https://goo.gl/UTSMFt>

We got craft beer, drinks, dessert and snacks 🍷

We got jukebox, Prom King and Queen and Free Photo Booth

Singing Contest Final

Date : 28 March (Tuesday)

Time : 7 pm

Venue : Wu Yee Sun College LG/F

Tickets : \$15

Ticketing Deatils : Check out our booth opening hours

We got drinks! We have even invited guests, Robynn & Kendy、Yanting、三丁目 and Stars Girl!

Order tickets now!!! Don't forget to like our Facebook page! fb.me/SunnyYeah2017 😊

／／This March, we stick together at Residence Road.／／

Contact 📞 Administrative Department: William 55009728

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3. 上海專業研習計劃

一趟旅程 • 兩種體驗



- 你有機會到騰訊、馬克華菲等大型企業實習，親身體驗公司運作，與專業管理人員交流；
- 你又可考察其他企業/機構，建立自己的專業網絡；
- 你還可與復旦大學學生遊歷上海，從創新創業認識社會及城鄉發展

日期：21/05-10/06/2017

專業研習企業：

科網企業 – 騰訊 (Tencent)
零售及電子商貿 – 馬克華菲 (Mark Fairwhale)
建造工程 – 宏潤建設 (Hongrun Construction)
金融服務 – 杉德銀卡通 (Sand Bank-link)
社會創新 – 可可空間(cocospace)

費用：\$1,000*

按金：\$500 (出席所有行前簡介會/活動、完成計劃報告及所有分享活動者可獲全數退還)

*書院將自動為本計劃的合資格參加者統一申請「專上學生內地體驗先導計劃」資助，並將該資助直接應用於本計劃。每名中大全日制本科生只可於在學期間受惠一次。申請獲批者將得到往返旅費的一半或不多於港幣3000元的資助（以較少額為準）。

報名：請於3月17日中午12時前遞交網上申請

詳情：<http://www.wys.cuhk.edu.hk/short-exchange.php?id=1012>

查詢：Sonia (soniayu@cuhk.edu.hk /3943 3937)

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4. International Cultural Festival - Salsa Dance night - Grasp the last chance, deadline extended to TOMORROW



Salsa is a kind of Latin dance, which is fun and good for health. By listening to music and moving your body, you can wipe away your daily stress.

Instructor: Miss Maria Consuelo VEGA LEON (Department of Linguistics and Modern Languages)

Date :

Class B : 16 Mar 2017 (Thu) (application deadline : **14 Mar 2017**)

Time : 7:00-8:00pm

Venue : Multi-purpose Sports Room in WYS House of Sunny Living (伍宜孫書院如日坊 - 多用途活動室)

Quota : 10 /per class

Deposit: \$50 (Refundable upon completion of activity)

Registration:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2585379>

*Please submit the deposit to the College Office before application deadline for successful registration and seat reservation. Place is limited. First-come, first-served. Time of deposit payment will be the determinant.

****Participants please wear sport shoes**

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

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5. 語文文化桌: 廿一世紀的土豆遇上十七世紀的土豆



在廿一世紀，我們都看過很多穿梭時空的小說、電影，總覺得回到過去會出現不少碰撞與火花。但這些小說、電影的題材，都離不開「人」這個重要元素。我們有沒有想過，假若不是「人」，而是「植物」穿梭了時空，回到過去，它的結局又會是怎樣？

講者: 梁樹風博士 (中國語言及文學系講師，秉持「時還讀我書」的理念，在塵網中醉心耕讀。)

日期: 3月21日(星期二)

時間: 晚上 6:30 至 8:30

地點: 伍宜孫書院教職員飯堂

語言: 粵語

按金: \$50 (準時出席可獲退回全部按金)

報名:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2899660>

截止日期: 3月15日(星期三)

*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。

查詢: 曾煒婷小姐 (valentinatsang@cuhk.edu.hk / 3943 3988)

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6. 陝西歷史文化之旅

如果你想看古跡，穿漢服，看中國傳統藝術表演，「陝西歷史文化之旅」就非常適合你，詳情如下：

日期: 2017年7月15日至22日(8日)

地點: 西安

行程(暫定):

- 到訪「袁家村」參觀新農村建設
- 到中學義教
- 秦腔表演
- 漢服體驗
- 參觀古蹟,例如: 兵馬俑、鐘鼓樓、城牆、碑林.....
- 品嚐特色美食

語言: 普通話

名額: 10人 (本地生優先; 視乎報名情況進行篩選或面試)

費用: 港幣 1,000 元正 (參加者須隨團往返)

按金: 港幣 500 元正 (出席簡介會並按要求完成活動者可獲全數退回)

報名方法:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2964290>

截止報名時間: 2017年3月17日中午12時正

查詢:

方凱麒小姐 (kathyfong@cuhk.edu.hk / 3943 3942)

余秋萍小姐 (katieyu@cuhk.edu.hk / 3943 3935)

註:

1. 參加者須按書院安排於7月22日陪同和接待西安交通大學的學生到書院進行回訪;
2. 參加者將自動由書院代為申請香港教育局「專上學生內地體驗先導計劃」, 而每名中大全日制本科生只可於在學期間受惠一次。



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7. 第十三屆哈爾濱工業大學小衛星學者計劃—中俄友誼之旅



如果想認識俄羅斯和小衛星科技，就不要錯過「第十三屆哈爾濱工業大學小衛星學者計劃—中俄友誼之旅」，它能讓你大開眼界，增進你的學術知識，亦將你與不同地域的年輕人連繫起來，建立友誼。詳情如下：

日期：2017年6月7日至16日（10天）

地點：哈爾濱、俄羅斯

暫定行程（或按實際情況有所更改，一切按哈爾濱工業大學之安排為準）

- 哈爾濱：「哈工大與小衛星」專題講座；參觀哈爾濱工業大學博物館、航太館、中央大街、哈爾濱索菲亞教堂、防洪紀念塔及侵華日軍第七三一部隊罪證陳列館等
- 俄羅斯：分三組前赴符拉迪沃斯托克(海參崴)、哈巴羅夫斯克(伯力)、布拉戈維申斯克(布市)進行參觀和到訪大學

語言：普通話及英語

名額：10人（本地生優先；視乎報名情況進行篩選或面試）

費用#：香港至哈爾濱之半額交通費（書院或大學將半額資助交通費，上限HK\$3,000；參加者自行購票）

按金：HK\$500（出席行前簡介會並按要求完成分享活動者將獲全額退回）

報名方法：

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2964290>

截止報名日期：2017年3月17日中午12時正

行前簡介會：4月3日上午9時30分（必須出席）

查詢：

方凱麒小姐 (kathyfong@cuhk.edu.hk / 3943 3942)

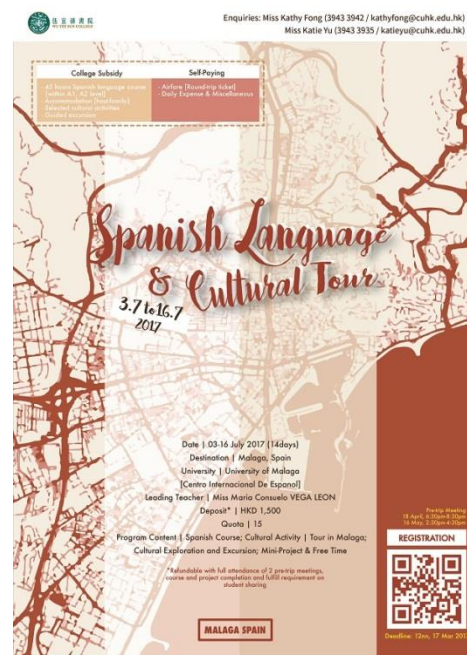
余秋萍小姐 (katieyu@cuhk.edu.hk / 3943 3935)

註：

1. 哈爾濱工業大學提供交流期間的城市間交通費、住宿、餐飲及參觀門票等費用，其他個人開支由參加者自行負責；
2. 參加者必須持有香港特區護照或澳門特區護照或中國護照，以及多次往返回鄉證，有效期為6個月以上，其他護照如英國國民海外護照（BNO）、香港特別行政區簽證身份書（DI）及其他地區國家護照將不接受報名；
3. 參加者將自動由書院代為申請香港教育局「專上學生內地體驗先導計劃」，而每名中大全日制本科生只可於在學期間受惠一次；
4. 同行包括香港其他大專院校學生。

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8. Spanish Language & Cultural Tour



Hola! If you are looking for a chance to visit Spain, explore Spanish culture and learn Spanish, the third popular language worldwide, you should grab the opportunity now. Trip details are as below:

Date: 03-16 July 2017 (14days)

Destination: Malaga, Spain

University: University of Malaga (Centro Internacional De Espanol)

Leading Teacher: Miss Maria Consuelo VEGA LEON

Program Content: Spanish Course; Cultural Activity: Tour in Malaga; Cultural Exploration and Excursion; Mini-Project & Free Time

Quota: 15

Deposit*: HKD 1,500

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2952744>

Registration Deadline: 12nn, 17 March 2017

Pre-trip meetings: 18 April, 6:30pm-8:30pm ; 16May, 2:30pm-4:30pm

*refundable with full attendance of 2 pre-trip meetings, course and project completion and fulfill requirement on student sharing

Enquiries:

Miss Kathy Fong (3943 3942 / kathyfong@cuhk.edu.hk)

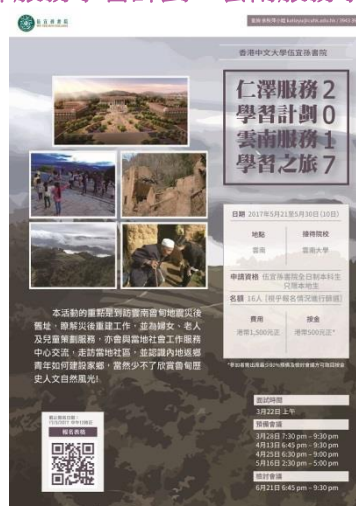
Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk)

Fee coverage:

Item	College Subsidy	Self-paying
# 45hour Spanish language course (within A1, A2 level)	✓	
Accommodation (host-family)	✓	
Selected cultural activities (eg. Tour in Malaga)	✓	
Guided excursion	✓	
Airfare (Round-trip ticket)		✓
Daily Expenses & miscellaneous		✓

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9. 仁澤服務學習計劃：雲南服務學習之旅



本活動的重點是到訪雲南魯甸地震災後舊址，瞭解災後重建工作，並為婦女、老人、兒童策劃服務，亦會與當地社會工作服務中心交流，走訪當地社區，並認識內地返鄉青年如何建設家鄉，當然少不了欣賞魯甸歷史人文自然風光。心動不如行動，立即報名吧!

活動詳情

日期：2017年5月21至5月30日（10日）

地點：雲南

接待院校：雲南大學

申請資格：伍宜孫書院全日制本科生（只限本地生）

名額：16人（視乎報名情況按申請表內容進行篩選或面試）

費用：港幣 1,500 元正

按金：港幣 500 元正*

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2965415>

截止報名日期：2017年3月17日中午12時正

面試時間：3月22日上午

預備會議

3月28日（7:30pm - 9:30pm）

4月13日（6:45pm - 9:30pm）

4月25日（6:30pm - 9:00pm）

5月16日（2:30pm - 5:00pm）

檢討會議

6月21日（6:45pm - 9:30pm）

*參加者需出席最少80%預備及檢討會議方可取回按金

查詢

余秋萍小姐(katieyu@cuhk.edu.hk/ 3943 3935)

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10. Summer Overseas Language Programme 2016-17 - The University of Western Australia (UWA)



Summer Overseas Language Programme
The University of Western Australia

Have you thought of getting a taste of foreign education and culture? Or living in a city abroad as a student? This summer, the College Language Programme offers you a chance to enhance your language skills and broaden your horizons in Australia. An exciting summer experience vacation is waiting for you!

Date : 29 July to 19 August 2017 (3 weeks)

Programme Fee (HKD) : around \$29,000 (College subsidy : around 30%)

Programme fee covers :

- Tuition
- Round-trip Air Tickets
- Accommodation
- Meals (breakfast & dinner)
- Excursions

*The College reserves the right to make changes in fees, schedules, and courses without notice, and to cancel courses if enrollment is insufficient.

Students who have financial need can apply for extra financial support from the College Exchange and Travel Grant/Loan: http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1481859267ExchangeandTravelGrantandLoan2016172nd.pdf

Wu Yee Sun College Language Programme
Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2962738>
Deadline: 17 March 2017, 12:00nn
Interview may be required
Enquiries: Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

Have you thought of getting a taste of foreign education and culture? Or living in a city abroad as a student? This summer, the College Language Programme offers you a chance to enhance your language skills and broaden your horizons in Australia. An exciting summer experience is waiting for you! Prior to arriving in Australia, you will be sent an online placement test so that the class teachers will plan lessons according to your proficiency. During the 3-week summer programme, you will attend the morning classes with weekly theme to improve your English proficiency. You will also participate in formal debates using relevant, logical and cohesive arguments. In the afternoon, you will have opportunities to attend the UWA lectures. You can also meet up with students from the Australia China Youth Association (ACYA) for cultural exchange. Different cultural excursions will be included.

Date : 29 July to 19 August 2017

Programme Fee (HKD) : around \$29,000

College Subsidy : around 30%

Programme fee covers:

- ✓ Tuition
- ✓ Round-trip Air Tickets
- ✓ Accommodation (host family)
- ✓ Meals (breakfast & dinner)
- ✓ Excursions (e.g. Perth City, Fremantle Prison, Kings Park, Swan Valley)

Please click [here](#) to view the detailed programme schedule :

**The College reserves the right to make changes in fees, schedules, and courses without notice, and to cancel courses if enrollment is insufficient*

Programme Registration :

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2962738>

Deadline: 17 March 2017, 12:00nn

Interview may be required.

Students who have financial need can apply for extra financial support from the College Exchange and Travel Grant/Loan:

http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1481859267ExchangeandTravelGrantandLoan2016172nd.pdf

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

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11. Landscape Painting Workshop



LANDSCAPE PAINTING WORKSHOP

Instructor: Mr. Pradip Nath
(English Language Teaching Unit)

Date: Friday, 5 April 2017
Time: 6:30pm - 9:00pm
Venue: W112
Deposit: \$50
(Refundable upon completion of activity)

Registration: 

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

Student's painting: Wong Pu Yan (Nursing / Year 4)

The primary aim of the workshop is to help participants observe and enjoy nature's beauty while painting a landscape. The workshop will consist of a short talk and discussion on the subject of painting, followed by a guided painting session. The materials needed will be supplied by the College.

Instructor: Mr. Pradip Nath (English Language Teaching Unit)

Date: 5 April 2017 (Friday)

Time: 6:30pm - 9:00pm

Venue: W112, Wu Yee Sun College

Deposit: \$50 (Refundable upon completion of activity)

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2601913>

Deadline: 29 March 2017

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

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

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College Announcements 宣佈事項

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!



Professor Andrew P.C. LOH 盧保聰教授
BEng, MEng (NU Singapore); PhD (Monash)

Professor Poh Chiang Loh received his B.Eng (Hons) and M.Eng from the National University of Singapore in 1998 and 2000 respectively, and his Ph.D from Monash University, Australia, in 2002, all in electrical engineering. After his studies, he has joined the defense infrastructure industry briefly, before moving to the academia, where he has worked for 14 years as an assistant professor, a tenured associate professor, and then a tenured full professor. During this period, he has worked on multilevel inverters, converter topological developments, converter control and modulation techniques.

His current Research Interests include grid-connected converter control, renewable energy, microgrids, power quality, and enhancement of power converter reliability.

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2. College Photo Day for 2016/17 Graduating Class - 31 March (Friday) 2016/17 年度畢業班拍攝日 - 3月31日 (星期五)



Graduating class of 2016/17 please take note to the below photo-taking schedule on **31 March 2017 (Friday)** and reserve time to join this memorable event!

1) Group Photo for ALL students

Time: 14:00

Venue: Central Courtyard

2) Faculty & Departmental Photo-taking

Time: 14:30 - 16:30

Venue: Central Courtyard

[View full schedule](#)

3) Booth Arrangement for Departmental Societies & College Student Bodies

Various departmental societies and college student bodies will set up their decoration and organize celebratory activities for photo-taking

[View floor plans](#)

Light refreshments will be served at Student Canteen for college graduating class of 2016/17.

For enquiries, please contact Rebecca at rebecca_wong@cuhk.edu.hk / 3943 3941 for details.

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3. c!ab - College Folder Design Competition 創意實驗室 - 書院文件夾設計比賽



創意實驗室現正舉辦書院文件夾設計比賽，歡迎所有伍宜孫同學參加！
Creativity Lab is organizing a Folder Design Competition and all College students are welcome to join!

規則 Rules

設計必須包括以下項目，否則將被取消資格。

The design must contain the following items; otherwise, the submission will be disqualified.

1. 書院院徽 College Emblem
2. Sunny College Logo
3. 「Wu Yee Sun College」或「伍宜孫書院」字; wordings “Wu Yee Sun College” or “伍宜孫書院”
4. 中大校徽 CUHK Emblem

指引 Guidelines

- 以綠色及其他書院主色(請參照以下連結)為主調，以「Sunny」、「Creative」、「Energetic」及「Go Green」為主題帶出書院陽光活力的精神

Use green and other College colour (pantone can be downloaded via the link below) as theme colour for the design to show the College spirit, such as Sunny, Creative, Energetic and Go Green

- 尺寸 Size : A4 (22cm X 31cm) X 2 (底面 Front & Back)

所有設計資料可於此處下載 All necessary materials can be downloaded at : <https://goo.gl/9V18ZS>

獎品 Prizes

冠軍 Champion - 書券價值港幣一仟元，該設計亦會用於製作書院文件夾 Book coupon HK\$1,000 and the design will be used for the College Folder *

亞軍 1st runner up - 書券價值港幣六佰元 Book coupon HK\$600

季軍 2nd runner up - 書券價值港幣四佰元 Book coupon HK\$400

* 設計可能需因應文件夾印刷要求而作出適量修改 Adjustment may be needed for the winning design in order to fit the printing requirement

遞交方法 Submission

參加者請把設計，連同姓名、學生證號碼及電話號碼，電郵至 kanpoon@cuhk.edu.hk。請於電郵標題註明「書院文件夾設計比賽」。

Please submit your design to kanpoon@cuhk.edu.hk with your name, SID and phone number and state “College Folder Design Competition” on the email subject. Confirmation email will be sent when your design is received.

稿件格式 File format: JPEG

稿件大小 File size: 不大於 less than 2M

截止日期 Deadline : 24 Mar 2017 (Friday)

查詢 Enquiries : Kan Poon (kanpoon@cuhk.edu.hk / 3943 9767)

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4. Locker Application for 2017 Summer 書院儲物箱申請 (2017 年暑期)

Lockers located at 1/F, East Block (opposite to Learning Commons) are now available for WYS College students. Students can apply at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3007001>. Successful applicants will be assigned ONE locker for use in the period **2nd May – 11th Sep, 2017**

Application Procedures

- 1) Submit application online by **12:00nn on 11th Apr**. 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 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: Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942)

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5. Scholarships for Academic Excellence 2016/17 年度學業優異獎學金



To recognize college students with outstanding academic performance, the College is pleased to offer:-

Master's List - Honor Award

To acknowledge Top College student of each academic programme of each class, with year GPA not less than 3.5 in 2016/17 academic year

Quota: One student from each programme of each class will be awarded

Academic Excellence Scholarship - HK\$10,000 (Selection Criteria, Quota and Award Amount UPDATED)

To acknowledge students with excellent academic performance - Highest 2016/17 Year GPA in each Faculty (with not less than 3.4)

Quota: 25 [Arts(3), Business Administration(4), Education(2), Engineering(3), Law(2), Medicine(4), Science(3), Social Science(4)]

Academic Improvement Award - HK\$5,000

To recognize Top 3 College students who have shown the greatest improvement in terms of Term 1 & Term 2 GPA of 2016/17 academic year

Quota: 3

Application to the above scholarship is NOT required. Scholarship recipients will be notified in August and awards will be presented in the College Inauguration Assembly in Sep 2017.

For more details about eligibilities, please go to <http://www.wys.cuhk.edu.hk/scholarships.php> (College Life & Support > Scholarships & Financial Aid > Sort by Type > Scholarships for Academic Excellence)

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

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6. Wu Yee Sun College -The Most Popular Canteen Staff Polling (2016-17 Term 2) 伍宜孫書院飯堂最受歡迎員工選舉



Thank you very much for voting the Most Popular Canteen Staff in the past. Since the establishment of the Polling, the catering services have been improved largely. Another round of voting will be conducted in March. Please be reminded to give a vote. Let's work together to improve the catering service of College canteen.

多謝大家對書院最受歡迎飯堂員工選舉的支持，伍宜孫書院自舉辦此選舉後，飯堂服務質素不斷提升。書院於三月份繼續舉辦最受歡迎飯堂員工選舉，希望大家踴躍投票，為改善飯堂質素出一分力。

Please click onto the link below to vote for the most popular canteen staff.
(Each student/staff can vote for three canteen staff at most)

請登入以下連結投票選出你心目中最受歡迎飯堂員工(每個同學/教職員最多可投三位飯堂員工)

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

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7. Awards for Creativity, Student Development and Talents 2016/17-Now Open for Application 2016/17 年度創意、學生發展及才藝獎-現已接受申請



To recognize college students who have outstanding achievement in different areas in the academic year, the following awards are now open for application:

#	Name of Award	Award Amount
1.	Outstanding Student of the Year Award	HK\$8,000
2.	Student Leader of the Year Award	HK\$8,000
3.	Student Leader of the Year Award (for Freshmen)	HK\$8,000
4.	Innovation and Creativity Award	HK\$8,000
5.	Social Services Award*	HK\$8,000
6.	College Services Award	HK\$8,000
7.	Outstanding Student Organization Award	HK\$10,000
8.	Outstanding Athletic Achievements Award*	HK\$10,000/8,000/5,000
9.	Outstanding Artistic Achievements Award	HK\$5,000
10.	Environmental Conservation Award	HK\$8,000
11.	Gestalt Music Scholarship	HK\$3,000
12.	Lam Ding Kwong Scholarship in Social Service	HK\$5,000
13.	Lau Cheung Kwai Lan Service Award for Residential Students	HK\$3,500

Please check out below link for more details about eligibilities. Interested students please submit online application on or before Sunday, 19th March.

<http://www.wys.cuhk.edu.hk/scholarships.php> (College Life & Support à Scholarships & Financial Aid à Sort by Type à Awards for Creativity, Student Development and Talents)

*Please note no selection interview will be arranged for “Outstanding Athletic Achievements Award” and “Social Services Award”. For the rest of the awards, only shortlisted applicants will be notified to attend selection interview.

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

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8. Drum Set and other Music Equipment Available for Booking



To promote music atmosphere on campus, the College recently arranged a drum set and other music equipment at College Theatre and made available for booking. You can come for practice, rehearsal or performance! Be a Music Team member and enjoy all the fun!



Booking Period:	Monday 19:00-22:00; Wednesday 14:00-17:00 (except public holidays & special situations) <i>*Other than the time specified above, please consult College Dean of Students' Office ONE working day prior to the proposed booking time.</i>
Registration:	BEFORE submitting booking request to College Dean of Students' Office, applicants must 1) be Wu Yee Sun College Students; 2) register as a member of Music Team via https://goo.gl/AMzk0z ; 3) attend a briefing about the proper use of music equipment; and 4) read through the " Rules & Regulations For Music Equipment " and complete the booking form <i>*For other student bodies' bookings, please follow the rules and procedures stated in the "Rules & Regulations For Music Equipment".</i> The upcoming briefing will be held again in March. Please stay tuned for updates!
Enquiries:	Sonia (3943-3937/ soniyu@cuhk.edu.hk) / Kan (3943-9767/ kanpoon@cuhk.edu.hk)

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9. 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 in Feb - May 2017, the application is now open from 15th Dec 2016 to 18th Apr 2017.

For programmes/activities held in Jun - Sep 2017, application will be open from 19th Apr to 14th Aug 2017.

Check out the following link for more information including eligibility:

http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1481859267ExchangeandTravelGrantandLoan2016172nd.pdf

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

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10. 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>

Enquiries: Miss Jane Wu (3943 3934/ janewu@cuhk.edu.hk)

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

"Meet the Dean" Hours

"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. The session is 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, Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor of Department of Chinese Language and Literature, and Dr. Lancelot W.H. Mui (梅維浩博士), College Associate Dean of Students and Lecturer of The Jockey Club School of Public Health and Primary Care. 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) and Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935)

"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, 22nd Mar 2017

Time: 12:30 - 2:00pm

Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937) and Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935)

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12. 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**.

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

1. 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!

Upcoming Sports Activities

Stay tuned for further updates!

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

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

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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 "Be Entrepreneurial!" Funding 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: Mr. Kan Poon (3943-9767 / kanpoon@cuhk.edu.hk)

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3. Global Learning Award Scheme (Summer Round) 寰宇學習獎勵計劃 (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 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 (<i>whichever is lower</i>)
		#Participating in organized programmes	HK\$8,000 or 80% of particular items (<i>whichever is lower</i>)
Long-term	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. 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 Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk) now if you have any ideas in mind. Know more about the [details](#) and [apply](#) here!

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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: Katie (katieyu@cuhk.edu.hk / 3943 3935)

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5. 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.

Enquiries: Kathy (3943-3942/ kathyfong@cuhk.edu.hk)

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6. 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/exchange.php?lang=zh&cat=others>

For enquiries, please contact Miss Katie Yu at katieyu@cuhk.edu.hk or 3943 3935

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

1. Earth Hour 2017 地球一小時 2017



Pledge to support Earth Hour this year! At **8:30pm** on **Saturday 25th Mar**, Hong Kong will join over 7,000 cities across the world to switch off their lights for one hour to promote awareness on climate change and urge to reduce our ecological footprint.

As in the past years, The Chinese University of Hong Kong and Wu Yee Sun College will support this global campaign to show our commitment to combat climate change. **During Earth Hour, the non-essential lighting on our UG/F Podium as well as 5/F Sky Garden will be switched off as a gesture of support. Hostel residents are also encouraged to join in the action by switching off your lights!**

By taking part in the symbolic “lights off” moment, now famous around the world, we can all show our determination to create a better future by adopting a sustainable lifestyle and reducing wasteful consumption. Further details of the campaign can be found here: <https://earthhour.wwf.org.hk/en/home>.

Let's Go Green! Be Sunny!

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2. 環保有著『Soc』計劃 Green Student Society Scheme (SO Green!)



「環保有著『Soc』」計劃將向學生組織提供高達\$1000的資助，支援他們在日常會務、項目或活動中加入環保元素，又或者以環保為題舉辦活動實踐和推動環保。

參與的學生組織只需承諾於計劃期間實行計劃中指定的一些簡單環保行動。實行最多項行動的三個學生組織更可獲頒「SO Green!」大獎。名額有限，先到先得，有興趣請即報名！

計劃網站:

http://www.cuhk.edu.hk/sustainability/en/so_green/chi.html

海報:

http://www.cuhk.edu.hk/cpso/documents/2017_SOGreen.jpg

舉辦單位：校園規劃及可持續發展處

學生組織可索取資助金額：最高\$1000

報名限期：2017年4月19日

計劃期：2017年5月1日至11月30日

The [Green Student Society Scheme \(SO Green!\)](#) provides funding to student societies / groups for greening their daily operations or implementing green projects/ green event measures. Funding of up to \$1000, on reimbursement basis, will be offered to participating student societies / groups for expenses during the Scheme period.

For funding requirements, participating student societies / groups shall pledge to implement certain simple green actions as listed in the Scheme guidelines to make their operations and events greener during the Scheme period. The three societies / groups that have fulfilled the highest number of green actions will receive the 'SO Green!' Award.

Due to limited quota, application will be approved on a first-come, first-served basis. Apply now if interested!

Scheme website:

http://www.cuhk.edu.hk/sustainability/en/so_green/eng.html

Poster:

http://www.cuhk.edu.hk/cpso/documents/2017_SOGreen.jpg

Organizer: The Campus Planning and Sustainability Office

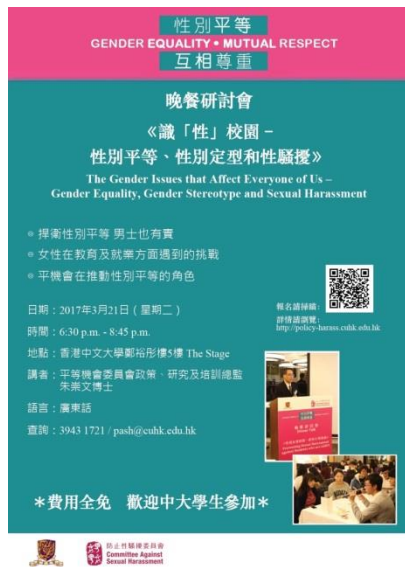
Funding for student organizations: Up to \$1000

Application deadline: 19 Apr 2017

Scheme period: 1 May – 30 Nov 2017

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3. Invitation to Dinner Talk on “The Gender Issues that Affect Everyone of Us – Gender Equality, Gender Stereotype and Sexual Harassment” 《識「性」校園 – 性別平等、性別定型和性騷擾》晚餐研討會



防止性騷擾委員會將於 3 月 21 日舉辦晚餐研討會，邀請平等機會委員會朱崇文博士與同學講解有關性別平等、性別定型和性騷擾的議題，以及交流意見，藉此提高大家對性別平等和互相尊重的意識，以締造一個沒有性騷擾的校園。

日期：3 月 21 日 (星期二)

時間：6:30 p.m. - 8:45 p.m.

地點：香港中文大學鄭裕彤樓 5 樓 The Stage

對象：中文大學全日制學生

語言：廣東話

費用：全免

報名：

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2824617>

詳情請[按此](#)

名額有限，請於 3 月 13 日或之前報名。

查詢請致電 3943 1721 與黃小姐聯絡或電郵至 pash@cuhk.edu.hk。

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4. HCMS Scholarship 2016/17 Presentation Seminar on “My Way, My Say: Defining & Achieving Career Success”



Every year, the HKMA Human Capital Management Society (HCMS) offers scholarships to students engaging in full-time studies in Human Resources Management in local institutions. This year, we got plenty of the universities nominating their students for the scholarship. To provide more opportunities for university students to learn from HR practitioners, we would like to extend a cordial invitation to your full-time students to attend the HCMS Scholarship 2016/17 Presentation Seminar on “My Way, My Say: Defining & Achieving Career Success”. Details of the Seminar are as follows:

Date: **Saturday, 25 March 2017**

Time: 9:00 am – 1:00 pm (Registration Starts at 8:45am)

Venue: The Hong Kong Management Association
3/F, Tower 2, South Seas Centre, 75 Mody Road, Tsim Sha Tsui, Kowloon

Language: English

Fee: Free of Charge

Guest of Honour: Mr C K Lee, Managing Director, C K Lee & Associates

20 seats will be offered for our students. Interested students please complete application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3004485> on or before 15th Mar, 2017.

Enquiries: Miss Jane Wu (3943-3934 / janewu@cuhk.edu.hk)

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5. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2016/17

CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature aims to encourage and recognize the excellence of research, analysis, and writing by the students of CUHK in the use of primary sources and rare materials held by the Hong Kong Literature Collection of The Chinese University of Hong Kong Library (CUHK Library). Applicants can visit the website of CUHK Library for the information on Hong Kong Literature Collection (香港文學特藏) at <http://www.lib.cuhk.edu.hk/tc/collections/spc/theme/hklit>.

Number and Value of Scholarship

There will be two scholarships of HK\$10,000 each. The scholarship recipients should be able to demonstrate their strong competence in using the Hong Kong Literature Collection for their outstanding research papers on Hong Kong literature and related fields. No award will be granted if there is no suitable candidate.

Eligibility

Applicants must:

- ÿ be full-time students taking undergraduate / research postgraduate programmes;
- ÿ submit a research paper / thesis / dissertation * on Hong Kong literature and related fields; and
- ÿ submit a statement in 500-800 words, written in either English or Chinese, on how to make use of the Hong Kong Literature Collection for the research paper / thesis / dissertation.

* For research paper, thesis and dissertation written in language other than English or Chinese, applicants are required to translate the academic works into either English or Chinese for submission.

Selection Criteria

A panel will meet to review applications and take into account the following during selection:

1. The originality, quality of analysis and interpretation of the research paper.
2. The excellence of writing style and thoroughness of documentation of the paper.
3. The extent and effectiveness of the applicant's use of the Hong Kong Literature Collection in the research.

Application Procedures

Information on the Scholarship and its application form can be downloaded from the website of our Office at <http://www.oafa.cuhk.edu.hk/> (Scholarships & Financial Aid > Open for Application).

Completed application form together with all requisite documents should be submitted **in person** to the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park during office hours (Monday – Friday 8:45 a.m. - 1:00 p.m. and 2:00 p.m. - 5:30 p.m. except Public Holidays) **on or before 30 June 2017**. *Late or incomplete applications will NOT be considered.* Please refer to Notes for Applicants attached to the application form for the requisite documents to be submitted by the applicants.

Selection results will be announced by August 2017.

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6. Summer Subsistence and Travel Loan Scheme 2016/17

The Summer Subsistence and Travel Loan Scheme is to provide interest-free loan to needy full-time local undergraduate students who will participate in academic exchange programmes abroad in summer of current academic year / term time of next academic year or to those who will join other extra-curricular activities or academic training / programmes in summer.

Students should complete and submit online application in CUSIS from 1 February to 15 March 2017. They are also required to submit the supporting documents as specified on Section 12 of the online application form to The Office of Admissions and Financial Aid (OFA) at Room 1206, 12/F, YIA during the period from 15 to 17 March 2017. For application details, students may visit www.oafa.cuhk.edu.hk for more information.

For enquiries, please contact OFA at 3943 1898 / 3943 7205.

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7. Scholarships for Overseas Studies

The following overseas scholarships are now open for application. Information on the awards and/or application forms could be obtained from www.oafa.cuhk.edu.hk (Scholarships & Financial Aid à Open for Application).

For postgraduate studies

<u>No.</u>	<u>Name of Scholarship</u>	<u>Closing Date for Application</u>
1.	The Japan Society of Hong Kong Scholarship 2017	10 February 2017 (by 5:00pm)
2.	University of Bristol Post-Graduate Scholarship 2017/18	28 February 2017
3.	Master of Applied Positive Psychology Scholarship 2017/18 (Tenable at the University of Pennsylvania)	1 March 2017
4.	Dan David Prize - Scholarship Applications 2017	10 March 2017
5.	The University of Birmingham Hong Kong Postgraduate Scholarships 2017	31 March 2017
6.	CEU MSc in Finance Scholarship 2017	1 April 2017
7.	China Oxford Scholarship Fund 2017/18	15 April 2017

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8. 網上心理健康計劃－《心導遊》

(由香港中文大學心理學系舉辦)



簡介:

在忙碌的都市生活中，你有覺得疲累、心情低落，或是不安、焦慮嗎？工作上的責任和重擔，有令你感到負荷不來嗎？你覺得沒有時間，但又想為到自己既心理健康做些什麼？《心導遊》是一個為期八至十個星期的網上心理健康研究計劃。目的旨在提升大眾生活質素及心理健康，並預防廣泛性焦慮症及抑鬱症。在心導遊這個旅程之中，我們會從旁輔助你。希望你在過程之中，學習、練習、以及反思，並預備好去面對充滿未知、驚喜以及挑戰的人生。

詳細內容：

i) 對象：18 歲以上，能閱讀及理解廣東話，能閱讀及理解廣東話，具高風險會患上抑鬱症或焦慮症，而未曾確診患上抑鬱症、躁狂抑鬱症、廣泛焦慮症、精神分裂症譜系疾患或有自殺傾向的人士參加。

ii) 《心導遊》包括了三個不同的課程：思緒遊、靜觀遊、知識遊。合資格的人士將會被隨機分派到以上三個課程的其中一個，每個課程為期約六個星期。參加者只需每星期花約半小時，就能提升自己的心理健康或對心理健康的認識。

iii) 參加者需於課前、第六節課後、完成課程後三個月及九個月後於網上填寫有關精神健康的問卷以檢討計劃成效。

iv) 為鼓勵參與，首 180 名完成課程及課後各階段評估的參加者，可獲得港幣\$100，最高合共\$300 的答謝金（答謝金將為現金或同等金額的現金券）。答謝金將於會面評估後派發。

有興趣參加的人士，可於網上登記（<http://www.psy.cuhk.edu.hk/tourheart/>），並填寫一份簡單問卷。我們將會預約初步合資格的參加者到香港中文大學進行簡單的會面評估，以確定符合參加條件。

如有查詢，歡迎於辦公時間致電多元文化及全人健康研究室研究助理 黃小姐 3943-4189 或電郵 swywong@psy.cuhk.edu.hk。

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