

Go Green!  
Be Sunny!

 The Sunny College

# The Sunny Weekly

 伍宜孫書院  
WU YEE SUN COLLEGE

15 May 2017

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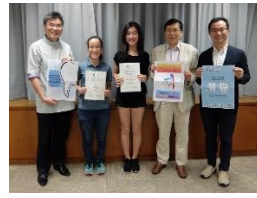
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**1. 口腔健康標語海報創作比賽 Oral Health Poster and Slogan Making Competition**



With a view to raising the awareness of students on Oral Health, Wu Yee Sun College has conducted a Poster and Slogan Making Contest on Oral Health. Michelle Ho Man-ching (何敏晴同學) (Medicine/ 4) received the Champion for the competition, and Coco Ng Yan-tung Coco (吳欣桐同學) (MEDU/ 1) and Shirley Lee Ho-ying (李可瑩同學) (ENGE/ 4) received the 1<sup>st</sup> and 2<sup>nd</sup> runner up respectively. An award presentation was held last Tuesday, 9 May 2017 at University Health Service (UHS). We were grateful to have Professor Albert Lee (李大拔教授), Chairman of College Health and Spiritual Well-being Committee and Dr. Michael C.K. Tong (湯自強醫生), College Member and Dental Surgeon of UHS, to present the prizes to winners and Dr. Lancelot W.H. Mui (梅維浩博士), Associate Dean of Students, to support us at this occasion. The winning posters will be put up at UHS and College hostels to further promote the importance of oral health. Congratulations to all awardees!



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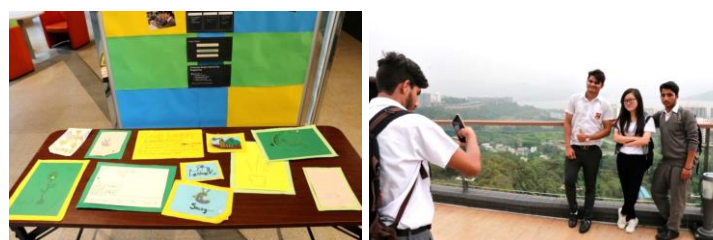
**2. clab X SEI Intercultural Programme Closing Ceremony**



A group of Sunnies has formed a working group, The SEI Team (Sunny Team for promoting Education and Intercultural-ties), and initiated a series of activities to promote inter-cultural exchange among CUHK last few months. They have been working with Salesians of Don Bosco Ng Siu Mui Secondary School (天主教慈幼會伍少梅中學), a school with ethnic minorities students and brought a group of CUHK students to provide simple trainings on different topics about STEM Education (Science, Technology, Engineering and Mathematics) to them.



Before the trainings, the working group had met with the leading teachers of Creativity Lab (clab) to seek opinions on their projects and organized various workshops to the participants for preparing the training materials.



With the genuine efforts made by the team, a series of classes were held in April to May and the students were brought to our College campus to showcase their work in the College Gallery during the Closing Ceremony. The working team also led a campus tour to the secondary students and shared with them about their university and college life.





Professor Annisa C.H. Lee (李賴俊卿教授), College Dean of Students, came to welcome the students at the occasion and wished them to make every endeavor in their study and find their own way in the future. After the debriefing, the tasting of the delicious Halal food brought the event to the finale.



You are welcome to follow [SEI Team Facebook page](#) to learn more of their projects and get the latest updates. Any students who wish to initiate your creative projects may also apply the [Be Entrepreneurial! Funding Scheme](#) or send email to [clab.wys@cuhk.edu.hk](mailto:clab.wys@cuhk.edu.hk) to seek support from the College.

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## College Activities 書院活動

### 1. Freecycling Scheme at Hostel Check-out 退宿回收



**College Green Team** and **"CU X Rubbish"** are co-organizing a **freecycling scheme** at hostel check-out from 21 April to 29 May. Collection boxes have been placed at the G/F lift lobby of East Block and West Block. Items collected will be distributed to resident students of next year or donated to charities. Please join and contribute to a green environment!

一年一度的退宿時間即將到了！書院環保小組將聯同「免廢讀中大」於在4月21日至5月29日舉行退宿回收活動，東西座宿舍電梯大堂已放置回收箱，讓各位宿生將有用的物品分類回收再用，供下年宿生使用或捐贈予慈善機構。請大家積極參與，為環保出一分力。

#### **Reminders 注意事項:**

- 1) Please make sure the stuff is clean 請清潔乾淨所有物資
- 2) Food is not accepted, just share with your friends or share at the pantries 恕不接受食物，請找三五知己分享或放在樓層 pantry 共享
- 3) Boarders are welcome to take stuff they want during the collection period 歡迎宿生們在回收期間將有用物資取走

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## College Announcements 宣佈事項

### 1. Suspension service of laundry room 暫停使用洗衣房 (22 May 2017)

Due to the inspection and repair electrical installations work, the service of laundry room at B/F Wing West on College campus will be temporarily suspended from 9:00 a.m. to 11:00 a.m. on Monday, 22<sup>th</sup> May 2017. Sorry for any inconvenience caused.

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### 2. Sunny Biweekly is Here Soon

Starting from now to August, Sunny Biweekly will be issued instead. The College e-newsletter will be sent every two weeks during the summer holidays. The next publication will be issued on 29<sup>th</sup> May. Sunny Weekly will resume in the coming September.

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### 3. College Folder Design Competition – Result Announcement

The College Folder Design Competition was organized by Creativity Lab (c!ab) in late March 2017. The result is as follows:

Champion: Lai Tung-faat (黎東發, BCHE/ 4)  
1<sup>st</sup> Runner-up: Lui Cheuk-wing (呂卓穎, LAWS/ 4)  
2<sup>nd</sup> Runner-up: Tan Sze-may (陳詩, IBBA/ 2)  
Merit Award: Michelle Ho Man-ching (何敏晴, MEDU/ 4)

All submissions are being showcased in the College Gallery recently and you may also view them via the [College Website](#). Thank you for all the creative work designed by the participants.

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### 4. Hostel Check-out for Term 2, 2016-17

The College hostel check-out deadline for the academic year 2016-17 is **Wednesday, 17 May 2017**. Please download the Hostel Check-out Form and complete the check-out procedure before the deadline. **Hostel deposit of those who do not complete the check-out procedure by the designated check-out deadline will be forfeited.**

#### Note of Hostel Check-out:

[http://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1489647492WYS\\_Hostel\\_Checkout\\_SummerHostel2017\\_Note.pdf](http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1489647492WYS_Hostel_Checkout_SummerHostel2017_Note.pdf)

#### Hostel Check-out Form:

[http://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1477536355WYS\\_Hostel\\_CheckoutForm\\_Sep2016.pdf](http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1477536355WYS_Hostel_CheckoutForm_Sep2016.pdf)

Enquiries:

Ms. Polly Po (3943 1741 / [polly@cuhk.edu.hk](mailto:polly@cuhk.edu.hk))

Ms. Candy Shek (3943 1615 / [candyshek@cuhk.edu.hk](mailto:candyshek@cuhk.edu.hk))

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### 5. Suspension of Fresh Water Supply 暫停食水供應 (21 May 2017)

Due to the renovation work of Creativity Lab (c!ab), fresh water supply of UG/F - 5/F on College campus will be temporarily suspended from 9:00 a.m. to 6:00 p.m. on Sunday, 21<sup>th</sup> May 2017. Sorry for any inconvenience caused.

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

"Meet the Dean" Hours & Lunch will be closed during exam period and summer vacation. Any students who wish to meet 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 may email Miss Sonia Yu ([soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk)) or Miss Katie Yu ([katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk)) for arrangement.

The events will resume next semester with further notice. All the best for examination!

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## 7. 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](mailto:carolcheng@cuhk.edu.hk) / 3943 3936) or Miss Yolinda Wong ([yolindawong@cuhk.edu.hk](mailto: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!



<b>Booking Period:</b>	Monday 19:00-22:00; Wednesday 14:00-17:00 (except public holidays & special situations)  *Other than the time specified above, please consult College Dean of Students' Office <b>ONE working day</b> prior to the proposed booking time.
<b>Registration:</b>	<b>BEFORE</b> 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 <a href="https://goo.gl/AMzk0z">https://goo.gl/AMzk0z</a> ;  3) attend a briefing about the proper use of music equipment; and  4) read through the " <a href="#">Rules &amp; Regulations For Music Equipment</a> " and complete the <a href="#">booking form</a>  *For other student bodies' bookings, please follow the rules and procedures stated in the " <a href="#">Rules &amp; Regulations For Music Equipment</a> ".  The briefings will be organized again in the next semester. If you would like to register as music team member and use the music equipment, please contact Sonia / Kan.
<b>Enquiries:</b>	Sonia (3943-3937/ <a href="mailto:soniayu@cuhk.edu.hk">soniayu@cuhk.edu.hk</a> ) / Kan (3943-9767/ <a href="mailto:kanpoon@cuhk.edu.hk">kanpoon@cuhk.edu.hk</a> )

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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 Jun - Sep 2017, the application is now open from 19<sup>th</sup> Apr to 14<sup>th</sup> Aug 2017.**

For programmes/activities held in Aug 2017 - Jan 2018, application will be open from 15<sup>th</sup> Aug to 14<sup>th</sup> Dec 2017.

Check out the following link for more information including eligibility:

[http://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1493026691ExchangeandTravelGrantandLoan2017181st.pdf](http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1493026691ExchangeandTravelGrantandLoan2017181st.pdf)

For enquiries, please contact Ms. Carol Cheng at [carolcheng@cuhk.edu.hk](mailto:carolcheng@cuhk.edu.hk) or Miss Yolinda Wong at [yolindawong@cuhk.edu.hk](mailto: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 Kathy Fong (3943 3942/ [kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk))

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## 11. 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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**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:**

Please stay tuned for updates

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

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

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### 3. 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 <sup>st</sup> – Apr 30 <sup>th</sup>	May 1 <sup>st</sup> – Oct 31 <sup>st</sup>
Summer	May 1 <sup>st</sup> – Oct 31 <sup>st</sup>	Nov 1 <sup>st</sup> – Apr 30 <sup>th</sup>

#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](mailto: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](mailto: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](mailto: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.

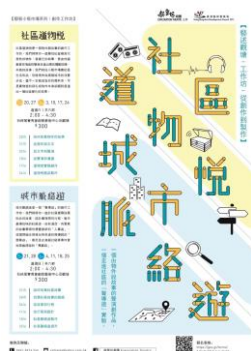
For more info, please visit: <http://www.wys.cuhk.edu.hk/exchange.php?lang=zh&cat=others>

For enquiries, please contact Miss Katie Yu at [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) or 3943 3935

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

### 1. 【藝述觀塘 | 藝裝小販市場系列 | 創作工作坊】



\*本活動由赫藝坊劇團舉辦，團隊一直希望透過戲劇進行地區教育工作，讓市民大眾能夠更實在地感受及關注一些社會議題，如舊區重建、公共空間的使用等。

#### !【藝述觀塘 | 創作工作坊】!

〔社區道物悅 X 城市脈絡遊〕接受報名!!!

小販市場賣的物件反映著生活細節，而觀塘的小販發展更反映著城市變化。我們分別以攤檔的生活雜物去看一代人的生活點滴及社區歷史，並從觀塘小販市場的變遷追索社區脈絡與城市發展的關係。

#### ◆◆工作坊一：社區道物悅◆◆

小販市場賣的是生活用品，但縱使拼命跟隨城市的消費步伐，還不一定能成為你的那杯茶，可是賣物者的掙扎或物件本身卻絕對是道出一個社區變化的故事。

社區道物悅是一個物件說故事的創作工作坊：我們將與你一起尋找社區裡具代表性的物件，發掘它的故事，更由他盛載著你情感的聲音來道出那些觸動回憶、共鳴的故事。

日期：5月20、27日；6月3、10、17、24日（六節，逢周六）

時間：2:00 - 4:30pm

地點：石硤尾賽馬會創意藝術中心及觀塘

費用：\$300（六節）

#### 🔗工作坊內容：

20/5（一）如何收集物件的故事

27/5（二）從資料到文字

03/6（三）從文字到聲演

10/6（四）從聲演到溝通

17/6（五）道物悅實踐創作

24/6（六）道物悅展品製作

## ◆◆ 工作坊二：城市脈絡遊 ◆◆

平凡角落裡暗藏窩心小詩？重建地盤上飄浮人情往事？走進社區不就是能認識社區真摯，要遇上百科活字典的風趣幽默導遊談何容易！

何不隨著社區故事的脈絡來一趟或獨來獨往，或結伴同行的『聲導遊』？由有溫度、有實感的故事帶領你懷舊嘗新的「人事遊」，或選擇結合探偵玩味串連坊間傳說的「懸案遊」，甚至是走進疑幻疑真事件實地尋幽探秘的「異觀遊」。

城市脈絡遊是一個『聲導遊』的創作工作坊：我們將與你一起於社區裡尋找最貼合的故事，設計最理想的行程，製作最堪玩味的社區遊。

日期：5月21、28日；6月4、11、18、25日（六節，逢周日）

時間：2:00 - 4:30pm

地點：石硤尾賽馬會創意藝術中心 及 觀塘

費用：\$300（六節）

### 📍 工作坊內容：

21/5（一） 如何收集社區故事

28/5（二） 找尋社區故事的脈絡

04/6（三） 從故事到行程

11/6（四） 從行程到設計

18/6（五） 社區脈絡遊製作

25/6（六） 社區脈絡遊提升

### 📍 兩個工作坊現已開始報名：

<https://goo.gl/forms/iSPDIROrEznTYk273>

查詢及報名：

FACEBOOK：赫壘坊 Exploration Theatre

電話：9601 0916 Yan

電郵：[etdrama@yahoo.com.hk](mailto:etdrama@yahoo.com.hk)

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## 2. 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，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](mailto:swywong@psy.cuhk.edu.hk)。

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