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You can also contact Mr. William Mak at williammak@cuhk.edu.hk or 3943 3989 for technical support.



Sunny Review 上周回顧

- [1. Visit from Xiamen University and the University of San Diego 有朋自遠方來](#)
- [2. Farewell Dinner for Incoming Exchange Students](#)
- [3. Mentorship Christmas Gathering 聖誕師友聚會](#)

College Activities 書院活動

- [1. Rance Lee Mentorship Programme 李沛良師友計劃 2017-18](#)
- [2. Wu Yee Sun College Most Popular Canteen Staff Award Presentation 伍宜孫書院飯堂最受歡迎員工頒獎禮](#)

College Announcements 宣佈事項

- [1. Opening Hours of College Catering Outlets at Winter Solstice, Christmas and New Year Holidays 冬至、聖誕及新年期間書院膳堂之營業時間 <New>](#)
- [2. College Photo Day for Graduating Students of 2017/18 <New>](#)
- [3. Meeting of Scholarships & Financial Aid Committee - Next Meeting Date \(19th Jan\) <New>](#)
- [4. Reaching Out Award 2017/18 - Now open for application 外展體驗獎 2017/18 現已接受申請](#)
- [5. Complimentary Fruit at College Student Canteen 書院學生飯堂免費送水果](#)
- [6. Temporary Study Room during Examination Period \(6-22 Dec\)](#)
- [7. Temporary Counter Service Arrangement of Dean of Students' Office \(UG/F\)](#)
- [8. Exchange and Travel Grant/Loan 2017/18](#)
- [9. "Meet the Dean" Hours 輔導長時間](#)
- [10. Student Pastoral Care](#)
- [11. WYS's Got Talents](#)

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

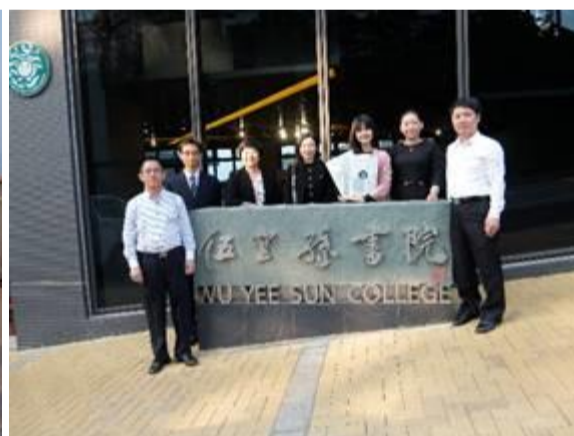
- [1. Mingle Fund](#)
- [2. Sports for Life Award Scheme 體育運動參與獎勵計劃](#)
- [3. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃](#)
- [4. Global Learning Award Scheme \(Summer Round\) 寰宇學習獎勵計劃 \(夏季\)](#)
- [5. Service-learning Project Funding Scheme 服務學習項目資助計劃](#)
- [6. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃](#)

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

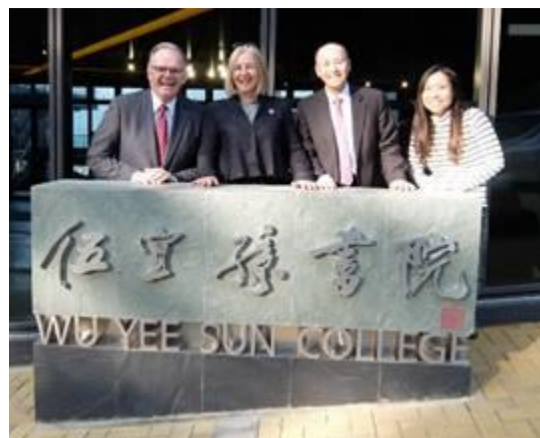
- [1. The D.H. Chen Foundation Scholarship 2018/19](#)
- [2. Student Leader Training Scheme 2018 學生領袖培訓計劃 2018](#)
- [3. Hong Kong Scholarship for Excellence Scheme 2018/19](#)
- [4. HSBC Overseas Scholarship 2018/19 Now Open for Application](#)
- [5. International Symposium on Health Care Communication](#)
- [6. 網上心理健康計劃 - 《心導遊》](#)

Sunny Review 上周回顧

- [1. Visit from Xiamen University and the University of San Diego 有朋自遠方來](#)



Delegation from Xiamen University (廈門大學) visited our College campus on 6th Dec and were received by Dr. Po-kin Leung (梁寶建博士), Associate Dean of Students and Ms. Sandy P.S. Lee (李珮珊女士), College Secretary.



Dr. James Harris, President of the University of San Diego and Ms. Sue Cunningham, President of Council for Advancement and Support of Education, joined a College tour on 8th Dec and were impressed by the College's features including Creativity Laboratory and The Lounge.

[\(Back to top\)](#)

2. Farewell Dinner for Incoming Exchange Students 2017/18 Term 1 and Year (2017-18 年度第 1 學期及全年交換生歡送晚宴)





Coming to the end of the first semester, the International Team and the College organized a dinner to farewell our exchange students coming from different countries on 6th Dec 2017. Professor Anthony T.C. Chan, College Master (院長陳德章教授), Professor Chu Ming-chung, Chairperson of Student Exchange Committee (學生交流委員會主席朱明中教授), Committee members and local College students had a great dinner with the exchange students. Participants enjoyed the hot pot, exchanged views and experience of Hong Kong culture and played mini games.

[\(Back to top\)](#)

3. Mentorship Christmas Gathering 聖誕師友聚會



A group of mentors and mentees gathered on 9th Dec to celebrate the festive season and enjoyed delicious tea refreshment. We also took the opportunity to invite comments from mentors and mentees to suggest further improvements for the programme.

[\(Back to top\)](#)

College Activities 書院活動

1. Rance Lee Mentorship Programme 李沛良師友計劃 2017-18



Objectives: Enrich students' **social networking, people skills and career development**

Benefits for Mentees:

- Identify needs and goals for personal development
- Broaden horizons in real-life workplace
- Extend personal network for future development
- Brainstorm and act on new ideas together with mentors

Mentorship Format

- **“Group-to-group Mentor-mentee” model:** We match 2-4 mentors and 4-6 mentees of diversified backgrounds so as to bring in more creative insights.
- **Two-year Programme Period:** Mentors and mentees can utilize two years to establish closer bonding and pursue new goals together.

Eligibility: Year 2 and Year 3 full-time undergraduate students affiliated to Wu Yee Sun College (Priority will be given to Year 2 students)

Application: Submit [online application](#) on or before **19th Dec 2017**

Selected students are required to attend the following activities

1. Mentee Briefing: evening in mid-January, 2018
2. “Meet Your Mentor” – Mentorship Gathering: weekend afternoon in late-January or early-February, 2018

More Details: <https://goo.gl/Z1aYmf>

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

[\(Back to top\)](#)

2. Wu Yee Sun College Most Popular Canteen Staff Award Presentation 伍宜孫書院飯堂最受歡迎員工頒獎禮

Thank you very much for voting the Most Popular Canteen Staff. The Award Presentation will be conducted on Tuesday, 12th Dec 2017 in College Student Canteen. You are most welcome to join us and congratulate the winners!

[\(Back to top\)](#)



1. Opening Hours of College Catering Outlets at Winter Solstice, Christmas and New Year Holidays 冬至、聖誕及新年期間書院膳堂之營業時間

Kindly note the following opening hours of all catering outlets at Wu Yee Sun College:

22 nd Dec 2017 (Fri)	7:45am - 5:00pm
24 th - 26 th Dec 2017 (Sun - Tue)	Closed
31 st Dec 2017 - 1 st Jan 2017 (Sun - Mon)	Closed

[\(Back to top\)](#)

2. College Photo Day for Gathering Students of 2017/18

The College Photo Day for Graduating Students of 2017/18 has been scheduled on 23rd Mar 2017 (Fri). More information regarding application for departmental booths, collection and return of gowns, schedule for group and departmental photos etc. will be announced in due course.

Contact Rebecca at rebecca_wong@cuhk.edu.hk / 3943 3936 if you have any questions.

[\(Back to top\)](#)

3. Meeting of Scholarships & Financial Aid Committee - Next Meeting Date (19th Jan)

The upcoming meeting of Scholarships & Financial Aid Committee will be held on Monday, 19th Jan 2018 at 4:00pm. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (Student Union: reasun.wyssu@gmail.com) prior to the meeting. Thank you for your valuable input.

[\(Back to top\)](#)

4. Reaching Out Award 2017/18 - Now open for application 外展體驗獎 2017/18 現已接受申請

Wu Yee Sun College full-time undergraduate students are now invited to apply for the Reaching Out Award 2017/18 (ROA) offered by the HKSAR Government. The award, in the amount of HK\$10,000 for each successful applicant, aims to support students in participating in events/competitions (e.g. conferences/forums/workshops/seminars/training camps/competitions/service projects etc.), internships or placements (credit-bearing/non-credit bearing), field/study trips or courses (e.g. foreign language immersion programmes/academic exchange programmes etc.) which are conducted outside Hong Kong in 2017/18 academic year (1st Sep 2017 - 31st Aug 2018).

Learn more about the selection criteria, supporting documents required and application procedures:-
<http://www.wys.cuhk.edu.hk/news-details.php?id=6879&lang=zh>

Application Deadline: 7th Feb 2018 (Wed)

Enquiries: Contact Rebecca at rebecca_wong@cuhk.edu.hk / 3943 3936 or Yolinda at yolindawong@cuhk.edu.hk / 3943 3932

[\(Back to top\)](#)

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

To show their support to students during the examination period, the caterer will offer complimentary fruit to Wu Yee Sun College students who purchase any meal (drinks excluded) from 4 to 22 December 2017 (Monday to Friday; Dinner session only) at the Wu Yee Sun College Student Canteen. Please present your CU Link Card as verification. Offers limited to 40 fruits per day and first-come first-served.

書院學生飯堂將於 2017 年 12 月 4 日至 22 日之星期一至五晚市時段贈送水果予本院同學，為同學考試溫習打氣！凡於上述期間惠顧晚市食品（飲品除外），可免費獲贈水果乙個。同學需出示學生證以茲證明。每晚限送 40 份，送完即止。

[\(Back to top\)](#)

6. Temporary Study Room during Examination Period (6-22 Dec)

Seminar Room 112 (1/F, West Block) will be open 24 hours as a temporary study room during centralized exam period from 6th to 22nd Dec 2017. College students can access the room with their CU link cards. Please observe rules of study room use and be considerate to other users.

[\(Back to top\)](#)

7. Temporary Counter Service Arrangement of Dean of Students' Office (UG/F)

Renovation work at Dean of Students' Office (UG/F) is being conducted **from 22nd Nov 2017 to 14th Jan 2018**. The office will be temporarily closed and noise may be generated during the early work period.

In regard of the **provision of following counter services**, please go to **College Office (G/F)**:

1. Submission and Collection of Documents/ Certificates
2. Submission and Collection of Deposit
3. College Facilities/ Equipment Booking

Dean of Students' Office will resume normal operation on 15th Jan 2018. If you have any enquiries, please contact Kathy at 3943-3942 / kathyfong@cuhk.edu.hk or Kiki at 3943-3934 / kiki.chan@cuhk.edu.hk.

[\(Back to top\)](#)

8. Exchange and Travel Grant/Loan 2017/18

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 2017 - Jan 2018, the application is now open until to 14th Dec 2017.**

For programmes/activities held in Feb – May 2018, application will be open from 15th Dec 2017 to 14th Apr 2018.

Check out the following link for more information including eligibility:

http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1502848874ExchangeandTravelGrantandLoan2017182nd.pdf

For enquiries, please contact Miss Rebecca Wong at rebecca_wong@cuhk.edu.hk or Miss Yolinda Wong at yolindawong@cuhk.edu.hk

[\(Back to top\)](#)

9. "Meet the Dean" Hours 輔導長時間

"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 Man-hong Lai (黎萬紅教授), College Dean of Students and Associate Professor at Department of Educational Administration and Policy
- Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor at Department of Chinese Language and Literature
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer of Department of Physics

Every Sunnie is welcome!

Academic Year 2017-18

Date: Every Wednesday
Time: 4:30 - 5:30pm
Venue: Dean of Students Office, Room UG09, Wu Yee Sun College

If you would like to register or have any questions, please feel free to contact Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937) or Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935)

[\(Back to top\)](#)

10. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain new perspectives! DON'T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

- 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.

[\(Back to top\)](#)

11. 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)

[\(Back to top\)](#)

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

1. Mingle Fund

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?cat=others> .

For enquiries, please contact Miss Kathy Fong at kathyfong@cuhk.edu.hk or 3943 3942.

[\(Back to top\)](#)

2. 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!

How to redeem prizes? Check your accumulated points at <http://bit.ly/WYSSportsForLife>! Redemption will be arranged by the end of every semester.

Please stay tuned for updated activities!

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

[\(Back to top\)](#)

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 "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: Ms Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)

[\(Back to top\)](#)

4. Global Learning Award Scheme (Summer Round) 寰宇學習獎勵計劃 (夏季)

If you are planning to expand your wisdom and horizon with support from the scheme, ACT NOW! The scheme supports Wu Yee Sun College students to create, design, plan or participate in non-local academic or experiential learning programmes outside Hong Kong, in order to broaden students' international perspectives and enrich their experiences.

The quality of the proposals and applicants' track records are the main considerations in evaluating applications. This Scheme is divided into Short-term and Long-term Scheme. Successful applicants will be awarded "Global Learning Award", which is a merit-based award and 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\$12,000 or 100% of particular items (<i>whichever is lower</i>)
		*Participating in organized programmes	HK\$5,000 or 50% 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 sending request to kathyfong@cuhk.edu.hk. The request shall be made at least month before application deadline together with submission of the completed proposal, budget plan and application form.

Application is opened twice a year - Winter and Summer Round.

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

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

Know more about the details and [apply!](#) Please contact Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942) if you have any enquiries.

[\(Back to top\)](#)

5. 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)

[\(Back to top\)](#)

6. 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 two types of events:

1. **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)

2. **The course fee of qualification courses for sports coach.** *Rowing, Rope-skipping, Orienteering, Taekwondo* are some of the examples.

Funding Amount: \$800 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 (kathyfong@cuhk.edu.hk / 3943 3942)

[\(Back to top\)](#)

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

1. The D.H. Chen Foundation Scholarship 2018/19

The D. H. Chen Foundation Scholarship 2018/19 is now open for application. To be eligible, applicants must:

- be permanent residents of Hong Kong;
- be full-time Year 1 undergraduate students in the academic year 2017/18[^];
- be studying a UGC-funded undergraduate programme;
- attain a Year GPA of at least 3.5 out of 4.0 or equivalent in Year 1; and

- demonstrate leadership, civic mindedness and commitment to social service.
- ^ Students enrolled in two-year undergraduate programmes are **NOT** eligible for this Scholarship Programme.

For details of the Scholarship and its application form, please visit <http://admission.cuhk.edu.hk/> (Financing Your Studies > Scholarships > Open for Applications).

If you would like to learn more about the Scholarship, please join the upcoming Information Session.

Date : 17th Jan 2018 (Wed)
Time : 4:30 p.m. – 5:30 p.m.
Venue : LT8, 2/F, Yasumoto International Academic Park, CUHK
Speakers : Representatives of The D. H. Chen Foundation
The D. H. Chen Foundation Scholars
Language : Cantonese

All LOCAL Year 1 undergraduate students admitted into CUHK in 2017/18 are welcome.

Registration Procedures

1. To reserve a seat for the Information Session, please complete and submit **by 11th Jan 2018** an online registration form which is available at the website of the Office of Admissions and Financial Aid at <http://admission.cuhk.edu.hk/> (Financing Your Studies > Events).
2. Confirmation on registration will be sent by email **on or before 12th Jan 2018 (Fri)**.

Enquiries

For enquiries, please contact us by email at sfas@cuhk.edu.hk or by telephone at 3943-7209 / 3943-1737.

[\(Back to top\)](#)

2. Student Leader Training Scheme 2018 學生領袖培訓計劃 2018

常聽說「生活要用心經營」。「經營」二字時時刻刻在我們身邊出現——經營愛情、經營友情、經營家庭、經營事業、經營學業。字典是這樣說的：「經營」包含籌劃經營、組織計劃之意。網絡上載林林總總關於經營生活的妙法；良方再多，亦離不開一個字——「人」。大學生活中，無論你上課、「上莊」、「傾 project」、「去 exchange」、做義工或兼職，每天總少不免為大大小小的事情討論、思考、決策及取捨。義大利裔美籍企業家、美國克萊斯勒汽車（Chrysler）的前總裁李·艾柯卡先生（Lee Iacocca）曾說：「動機最重要，你可以做兩個人的工作，但你不能成為兩個人。你必須鼓舞下一個人，並使他鼓舞他的團隊。」艾柯卡先生握要道出領袖的基本素質——啟發、感染和推動他人。

學習不局限於課堂；由學生事務處學生發展及資源組舉辦的「學生領袖培訓計劃」Student Leader Training Scheme（SLTS），將透過一系列活動，讓大家：

- S - 認識自我（SELF）：學習聆聽自我內在聲音，了解自我性格，明白內心的真正需要；
- L - 聯繫溝通（LIAISON）：掌握與人溝通的要訣，加強同理心，從而提升處理人際關係的能力；
- T - 建立團隊（TEAM）：提高團隊精神及領導才能；
- S - 掌握技能（SKILLS）：加強演說、危機處理、財務管理及短片製作技巧。

計劃內容

計劃內的活動語言以廣東話為主，各項活動分屬四大單元：

單元一：認識自我（SELF）

1. 「MBTI® 性格類型」工作坊 (REF: S-02)
2. 「性格透視®」工作坊 (REF: S-01)
3. 「體驗戲劇 探索生命」工作坊 (REF: S-03)

單元二：聯繫溝通（LIAISON）

1. 「團隊教練」工作坊 (REF: L-01)
2. 出走校園：參觀「毋忘愛」 (REF: L-02)
3. 出走校園：「香港導盲犬服務中心」體驗日 (REF: L-03)
4. 「口述電影」工作坊 (L-04)

單元三：建立團隊（TEAM）

1. 歷奇領袖訓練營 (REF: T-01)
2. 悟宿基金本科生外展訓練計劃 2017-18 (REF: T-02) 2018 年 5 月 (待定)

單元四：掌握技能（SKILLS）

1. 「危機處理」工作坊 (REF: SK-01)
2. 「學生團體財政管理」工作坊 (REF: SK-02)
3. 「拍攝宣傳短片」工作坊 (REF: SK-03)
4. 「成功演說」工作坊 (REF: SK-04)

參加者資格：	香港中文大學全日制本科生及研究生 (校內本科生團體或研究生團體的現任或候任幹事優先)
申請活動之數目：	不限
費用：	全免(悟宿基金本科生外展訓練計劃 2017-18 (REF: T-02) 除外)
獲取鼓勵：	完成 6 項活動或以上之參加者將獲得： 1. 香港中文大學學生領袖培訓計劃證書 (香港中文大學首張記錄參加者學生團體名稱及職位之證書)； 2. 港幣五十元書券乙張。
注意事項：	1. 學生事務處保留更改活動及計劃細則的權利； 2. 學生事務處將在活動期間拍照及攝錄影片以製作花絮；有關照片及影片之版權均屬學生事務處所有； 3. 報名期間所收集的個人資料，僅作此培訓計劃後勤及聯絡學生團體之用。

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2281295>

首輪截止報名日期：2017 年 12 月 18 日 11:55pm

詳情：www.cuhk.edu.hk/osa/slts.pdf

查詢：羅佩詩女士 (3943-7947/cecilaw@cuhk.edu.hk) & 司徒峰先生 (3943-5909 / szetofung@cuhk.edu.hk)

[\(Back to top\)](#)

3. Hong Kong Scholarship for Excellence Scheme 2018/19

To support outstanding local students to pursue undergraduate and postgraduate studies in world renowned universities outside Hong Kong. Up to 100 scholarship offers would be made per cohort. Each awardee will receive a non-means-tested scholarship of up to \$250,000 and a means-tested scholarship of up to \$200,000 per annum. The value of the award may be correspondingly reduced if an awardee also receives other awards to finance his/her same studies overseas.

More details about the scheme and to apply online, please visit www.edb.gov.hk/hkses. For enquiries, please call 3509 7395 or hkses@edb.gov.hk

[\(Back to top\)](#)

4. HSBC Overseas Scholarship 2018/19 Now Open for Application

The scholarship will enable **local non-final year full-time undergraduate students** to spend a semester or an academic year as a visiting student or an exchange student at one of the overseas universities selected from the List of Overseas Universities. The maximum total value for each scholarship is HK\$300,000, which can only go towards tuition fees and mandatory college fees, a minimum economy return airfare, reasonable room and board costs, books, a small portion of living expenses and visa application fees.

Details of the Scholarship and its application form can be downloaded from <http://admission.cuhk.edu.hk/> (Financing Your Studies à Scholarships → Open for Applications). The application deadline is **28th Dec 2017**.

For enquiries, please contact the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid at 3943 7204 or sfas@cuhk.edu.hk.

[\(Back to top\)](#)

5. International Symposium on Health Care Communication

The International Symposium on Healthcare Communication, organized by the Australian National University (ANU) Institute for Communication in Health Care (ICH), will be held at Australian National University in Canberra on 12th & 13th Feb 2018. The Institute will be launched at its new location at ANU, and the Institute's ongoing role as the Asia-Pacific Healthcare Hub of Charter for Compassion International will be honoured.

The Symposium will feature, amongst others, the following speakers:

- Associate Professor E. Angela Chan (Hong Kong Polytechnic University),
- Dr. Suzanne Eggins (Australian National University),
- Dr Sam Heard (Medical Director, Central Australian Aboriginal Congress),
- Dr. Katarzyna Jankowska (Nicolaus Copernicus University, Poland),
- Professor Rodney Jones (University of Reading - UK),
- Professor Emerita Suzanne Kurtz, (Washington State University -US and University of Calgary - Canada)
- Professor May O. Lwin (Nanyang Technological University - Singapore),
- Professor Christian Matthiessen (Chair Professor, Hong Kong Polytechnic University),
- Dr Elizabeth Rider (Harvard Medical School - US),

- Professor Peter Schulz (University of Lugano - Switzerland),
- Dr. Marilyn Turkovich (Exec. Director, Charter for Compassion International)

... plus international leaders in the field of healthcare communication

Registration can be done on [Eventbrite](#) (formal sale of tickets to follow).

[More info on the symposium](#)

[More info on the Institute for Communication in Health Care](#)

[\(Back to top\)](#)

6. 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。

[\(Back to top\)](#)