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Sunny Review

1. College Students Receiving Awards in “Literary CUHK” Essay Competition 書院同學於「文學中大」徵文比賽中獲獎



Mr. Wai-chaak Yim 嚴瑋擇同學



Miss Ka-yu Cheng 鄭嘉裕同學

Heartiest congratulations to College students Miss Ka-yu Cheng 鄭嘉裕同學 (Translation/2), Mr. King-to Leung 梁景滔同學 (Cell & Molecular Biology/2) and Mr. Wai-chaak Yim 嚴瑋擇同學 (Electronic Engineering/2) on their achievements in the “Literary CUHK” Essay Competition (「文學中大」徵文比賽). Let’s appreciate their winning pieces by clicking the links below!

“University Chinese I” Class Bronze Award 「大學中文一」組銅獎

Miss Ka-yu Cheng 鄭嘉裕同學／作品：牽手 ([文章欣賞](#))

“University Chinese I” Class Merit Award 「大學中文一」組優異獎

Mr. Wai-chaak Yim 嚴瑋擇同學／作品：散秋，不散愁 ([文章欣賞](#))

Mr. King-to Leung 梁景滔同學／作品：給你一個機會 ([文章欣賞](#))

Students who are also interested in creative writing should not miss our upcoming event “[小小說工作坊](#)”!



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2. College Students Receiving Award in Script Writing Competition in Jockey Club UNESCO Hong Kong “Global Citizenship Education” Project 書院同學於賽馬會香港聯合國教科文組織協會「世界公民教育」計劃劇本寫作比賽中獲獎

College students Miss Po-kwan Wan 尹寶鈞同學 (Architectural Studies/2), Miss Cho-Jan Wang 王卓然同學 (Journalism & Communication/2) and Mr. Wai-chaak Yim 嚴瑋擇同學 (Electronic Engineering/2) joined hands with three other university students to participate in the Jockey Club - UNESCO HK Association “Global Citizenship Education” Project (賽馬會香港聯合國教科文組織協會「世界公民教育」計劃), the aim of which is to instill in

students an understanding of Global Citizenship Education (GCE), particularly about the 17 UN Sustainable Development Goals (SDG), through script-writing and theatre performances. For tertiary students, the focus is **Mental Health and Well-Being**.

The group won the first position of the script-writing competition with a story about bipolar disorder (躁鬱症). They will receive further professional drama training from Hong Kong Repertory Theatre and perform at the "Global Citizenship Education" Festival to be held on 28th Feb at Hong Kong Science and Technology Parks. Heartiest congratulations from all the Sunnies!

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College Activities

1. 被忘錄之小小說工作坊 及 微電影工作坊

香港人生活節奏急速，來去匆匆，很容易遺忘或忽視身邊的人/事/物，甚或迷失了自己。其實只要細心觀察和靜心體會，就會發現無時無刻身邊都有小故事，有好風光，有有情人，感觸無處不在。

為鼓勵大家多留意身邊或者社會上被遺忘的人/事/物，並以具創意的方式表達出來，書院以「被忘錄」為主題，在2019年1月至2月舉辦小小說工作坊，以及微電影工作坊。參加者可以學習寫作和拍攝技巧，並發揮創意，通過書寫和拍攝，將日常生活中經常被人忽略的人/事/物，與人分享。

小小說工作坊 「社會小人物故事」

小小說又名微型小說或極短篇小說，是順應現代人繁忙生活而發展成一種篇幅短小的小說，約1000字以下至3000字。小小說跟一般小說一樣重視故事背景、個人形象、人物心理、敘事節奏，可以是轉折雖少意境深遠，或轉折雖多卻清晰動人。



課程簡介：本課程旨在教授同學對小小說寫作技巧的基本認識，另培養同學對構思小說內容與經營情節的能力。課堂形式以閱讀、討論及進行寫作活動為主，篇章包括香港、台灣及翻譯文學，同時兼具抽象與寫實創作教學。同學在閱讀過程中，也可發掘出自己喜歡的寫作風格，從而進行仿作練習。

課程第一節將先教授小小說之寫作佈局、場景與感官調度；第二節簡介寫實主義小說的取材與切入；第三節則講授抽象與陌生化書寫及點評同學作品。優秀作品可以考慮放上網頁或出版小說集。

課節名稱：

第一節 小小說的寫作佈局

第二節 現實的裁片

第三節 陌生化的謎語

導師：梁莉姿老師

香港青年作家，90後寫作者。曾獲青年文學獎、中文文學創作獎、大學文學獎等。寫詩，也寫小說。作品散見《字花》、《香港文學》、《明報》等，著有小說集《住在安全島上的人》、《明媚如是》及詩集《雜音標本》。

日期：1月10日、17日及24日(星期四)

時間：晚上7時至8時半

地點：伍宜孫書院西座112室

語言：廣東話

按金：\$150 (出席最少2堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6460044>

截止日期：1月8日(星期二)

*名額有限，先到先得。報名次序以遞交按金先後次序為準。請將按金交至書院院務室。

查詢：

劉欣誼小姐 (3943-3988 / carlylau@cuhk.edu.hk)

微電影工作坊 「微微一攝很輕易」



目標：

鼓勵同學多注意身邊或者社會上被遺忘的人/事/物，並通過簡單器材(如手機、家用相機)，以小故事形式攝製成一段約3至5分鐘的短片

課堂安排：

(1) 1月11日(星期五)：介紹微電影理念，分享如何構思拍攝內容，教導基本拍攝技巧

1月15日(星期二)：《青春戰記2: 來得及再愛你》中大首映

(2) 1月18日(星期五)：教導基本拍攝和剪輯技巧，分析其他影片的技巧，要求同學自行拍攝並剪輯一段影片

(3) 2月22日(星期五)：

基於同學交的影片，作出分析和提出改善建議，教導進階拍攝和剪輯技巧，要求同學自行拍攝並剪輯一段影片

(4) 2月28日(星期四)：基於同學交的影片，作出分析和提出改善建議

導師：賀峰導演

自2004年起創辦香港影藝聯盟並擔任創會主席至今，同時獲邀擔任多個短片比賽評審，並於2016年起擔任瑞士閃爍環球短片節中國區競賽評審團主席。

日期：2019年1月至2月(4堂)

時間：晚上7時至9時(2小時)

地點：伍宜孫書院西座112室

語言：廣東話

按金：\$150(出席最少3堂可獲退回全部按金)

名額：不多於20人*

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6459940>

截止日期：1月8日(星期二)

*名額有限，先到先得。報名次序以遞交按金先後次序為準。請將按金交至書院院務室。

註：參與學生需自備電腦以及其他攝影器材(如有)，並先行於電腦內安裝免費剪接軟件“davinci resolve 15”(<https://www.blackmagicdesign.com/products/davinciresolve/>)

查詢：

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

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2. 《青春戰記2: 來得及再愛妳》電影欣賞及導演分享會



由平和基金資助，以香港中文大學為主要拍攝場地 (如百萬大道、圖書館、伍宜孫書院)，並邀請中大教授、同學及中學生參演的電影《青春戰記 2: 來得及再愛妳》，已完成製作，快將上映。《青春戰記 2》以穿越時空為題材，期望透過清新純真愛情故事，帶出有關戒賭的教育意義及反思。

書院有幸邀得《青春戰記 2》導演賀峰先生親臨書院，與出席者一同欣賞電影及進行分享，機會難逢！適逢香港中文大學 55 周年校慶，希望大家能積極參與。詳情如下：

日期：2019 年 1 月 15 日(星期二)

地點：伍宜孫書院 UG 樓層演藝廳

時間：7:00 pm – 9:00 pm (電影播放); 9:00 pm- 9:30 pm (分享會)

講者：賀峰 (青春戰記 2 導演)

費用：免費

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6525277>

(歡迎所有中大師生。伍宜孫書院師生優先。名額有限，先到先得。1 月 10 日截止報名)

故事簡介： <https://www.youtube.com/watch?v=eaeOJ5to3PA&feature=youtu.be>

阿軒意外穿越回到了 5 年前仍在讀大學的時期，正是他與女友 Joyce 第一次邂逅的日子。阿軒認為這是上天給他的一次機會，讓他阻止父親因沉迷賭博而鑄成大錯、並救回 5 年後意外受傷昏迷的 Joyce，從而改變自己的命運。然而，命運真的可以改變嗎？一切又是否可以如他所願？

查詢：

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

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3. Yoga Class 2018/19 Term 2

Date: 14th, 21st, 28th Jan; 11th, 18th, 25th Feb (Mondays)

Time: Class A --- 7pm to 8pm; Class B --- 8pm to 9pm

Venue: W112-114

Quota: 14 (per class)

Fee:

College student \$300 (\$200 will be refunded upon completing at least 5 lessons)

College member \$200

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6538540>

Interested students please fill in this webform AND submit deposit to Dean of Students' Office **on or before 5:30pm, 10 Jan** (first-come-first-served)

Instructor: Ms. Carol Tai

PE Marks: 4

Enquiries:

Miss Kiki Chan (3943-3934 / kiki.chan@cuhk.edu.hk)

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4. Fitness Room User Introductory Course 健身室使用者課程



The full Sea-view Fitness Room is now open for use. In accordance with the University's guidelines, only those who can present valid CUHK Fitness Room User Cards can use Fitness Rooms on University campus. Students/ members who are not CUHK Fitness Room User Card holders may attend a Fitness Room User Introductory Course organized by the College with details as follows:

Date: 17th Jan (Thursday)
Time: 7pm - 8pm
Venue: College Fitness Room
Quota: 12 (first come, first served)

Instructor: Ms. Chan Po Ling
Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6537578>
Application Deadline: 14th Jan

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

Enquiries:
 Miss Kiki Chan (3943-3934 / kiki.chan@cuhk.edu.hk)

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5. Cheer for College Rowing Team!

CUHK Rowing Championship will be held on 5th and 6th Jan 2019. Come and support our College Rowing Team together!

Date: 5th & 6th Jan 2019
Venue: Jockey Club Shek Mun Rowing Centre
Award Ceremony: 6th Jan 2019, 1pm - 2 pm (tentative)

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College Announcements

1. Acting Appointment 署理職務

College Dean of Students Professor Man-hong Lai (輔導長黎萬紅教授) will be out of town from 12th to 15th Jan. During Professor Lai's absence, Dr. Pk-Kin Leung (梁寶建博士), Associate Dean of Students and Lecturer at the Department of Physics, has been appointed the Acting Dean of Students of Wu Yee Sun College.

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2. New College Member 新增書院成員

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



Professor Francisco Cisternas

BS, MSc (University of Chile); MA; PhD (Carnegie Mellon University)
Assistant Professor, Department of Marketing

Professor Cisternas received his PhD in Business Administration (Marketing) and MS in Business Administration from Carnegie Mellon University, and a BS in Industrial Engineering and MS in Operations Management from the University of Chile. His research focuses on modelling the interactions between the digital and physical channels using big data and combining aspects of Operations into Marketing. His research applications include Fintech, Sports and Retail Industries.

Professor Cisternas' work was awarded two research grants from the PNC Centre for Financial Services and Innovations from one of the largest banks in the US. In 2015 Professor Cisternas was distinguished with the Dipankar and Sharmila Chakravarti fellowship for his contributions to research in Marketing.

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3. Arrangement for Gown Borrowing and Photo Day for Graduating Students of 2018/19

The College Photo Day has been scheduled for 29th Mar (Fri). Graduating Class of 2018/19 may visit the College Office (G03, G/F, East Block) during office hours from now until 1st Feb (Fri) for graduation gown and cap size trial.

For **Gown Borrowing**, students are required to complete below online Form of Undertaking and submit the bank-in slip of HK\$680 deposit to the College Office by 1st Feb (Mon). The gown borrowing period will be from 28th Feb to 15th Apr:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6202866>

Please note **Class Representatives** will collect gowns on behalf of graduating students. Please submit the names and contact details of your class rep by 25th Jan (Fri) via the following link:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6496566>

For departmental societies who wish to organize **Celebratory Activity during the College Photo Day**, please complete below online application form by 18th Feb:

<https://www.wyys.cuhk.edu.hk/news-details.php?id=11372>

Enquiries:

Ms Cassie Li (3943-3941 / cassieli@cuhk.edu.hk)

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4. Locker Application for College Students/Student Organizations (2018/19) 書院儲物箱申請 (2018/19)

Lockers are now available for WYS College non-resident students and student organizations.

Options for Lockers and respective locations:

- I. College Locker: 1/F, East Block (opposite to Learning Commons)
- II. YIA Locker: 4/F, Yasumoto Academic International Park (near Room 406 & 410)
- III. WMY Locker: 5/F, Wu Ho Man Yuen Building
- IV. More than 1 locker

Students / student organizations can apply at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6537293>. Successful applicants will be assigned lockers for use in the period **21st Jan - 26th Apr**.

Application Procedures

- 1) Submit application online during the period **7th Jan to 12:00 nn 18th Jan**. First come, first served.
- 2) Submit a deposit of \$50 via HSBC or Hang Seng Bank ATM to The Chinese University of Hong Kong (293-005005-018) **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 **on or before 5:30 pm 1st Feb** after receiving the confirmation email sent by the Office.
- 4) We will follow your preference to assign locker(s) as far as possible, subject to the number of applications.

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 Kiki Chan (3943-3934 / kiki.chan@cuhk.edu.hk)

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5. Try-outs for Wu Yee Sun College Sports Teams (2018-19 Term 2) 書院院隊選拔 (2018-19 下學期)



不論你是運動愛好者或是專業運動員，都不要錯過伍宜孫書院院隊選拔的時間！書院現正招募羽毛球、乒乓球及網球院隊隊員，快來發揮你的運動天賦！

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

Sports Team 項目	Date 日期	Time 時間	Venue 地點	Coach/ Coordinator Tel. No.教練/協調員電話
Men's & Women's Badminton	18 th Jan 2019 (Fri)	6pm - 8pm	Yeung Ming Biu Indoor Sports Centre	Mr. Nelson LAM 3943-3987
Men's & Women's Table Tennis	16 th Jan 2019 (Wed)	7pm - 9pm	Shaw College Multi-purpose Sports Hall	Mr. Tsz-fai Cheung 3943-3986
Men's & Women's Tennis	23 rd Jan 2019 (Wed)	8pm - 10pm	Tennis Court No. 3, 4, 5	Mr. Tsz-fai Cheung 3943-3986

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6. Kick Start Your Own Business and Rocket to Success - Apply for Dorsett Young Entrepreneur Scholarship (帝盛青年創業家獎學金) NOW!



Dorsett Young Entrepreneur Scholarship 帝盛青年創業家獎學金 (DYES) is an award offered by Dorsett Hospitality International Limited. The awardees will be offered up to HK\$80,000 (subject to the total number of applications) with 2-4 quota per year.

DYES aims at providing students, who are year 2 or above and preferably have exposure to Mainland China, an opportunity to demonstrate entrepreneurial talents with innovative ideas to set up their own business, targeting on Hong Kong and/or the Mainland China market. You can submit your application individually or in a group comprised of at least 50% WYS students.

Please check out the details through the website <http://www.wys.cuhk.edu.hk/funding-scheme.php>. Simply click "Dorsett Young Entrepreneur Scholarship" and download the guideline for further details.

Should you be interested in developing your own business, submit the application form together with a ONE-page Summary and a ONE-page Business Model Canvas on or before **18th Jan 2019**.

Enquiries:

Miss Florence Tsui (3943-9767 / florecetsui@cuhk.edu.hk)

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7. Reaching Out Award (外展體驗獎) 2018/19 - Now open for application

Wu Yee Sun College full-time undergraduate students are now invited to apply for the **Reaching Out Award 2018/19 (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 2018/19 academic year (1st Sep - 31st Aug).

Learn more about the selection criteria, supporting documents required and application procedures here: <https://www.wys.cuhk.edu.hk/news-details.php?id=11200&lang=zh>

Application Deadline: 5:30pm, 31st Jan 2019

Enquiries:

Miss Yolinda Wong (3943-3932 / yolindawong@cuhk.edu.hk)

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8. Living Up to Wu Yee Sun College's Core Value - "Creativity", "Entrepreneurship" and "Social Responsibility" - Apply for Sunny Passion Programme NOW!



Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. You are invited to apply this programme individually or in group with at least 50% of Wu Yee Sun College students, competing for Gold, Silver and Bronze Award. Winners will get HK\$10,000, HK\$6,000 and HK\$4,000 respectively to implement, promote or demonstrate their project ideas to the others!

Just submit the application form with ONE A4 page Business Model Canvas in hardcopy to the College Office (Room G03, Wu Yee Sun College) **on or before 11th Jan 2019**. Express your ingenious creativity and make our society a better one!

Details: <http://www.wys.cuhk.edu.hk/funding-scheme.php>

Enquiries:

Miss Carly Lau (3943-3988 / carlylau@cuhk.edu.hk)

Miss Florence Tsui (3943-9767 / florecetsui@cuhk.edu.hk)

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

Every Sunnie is welcome!

Academic Year 2018/19

Date: Every Wednesday

Time: 4:30 pm – 5:30 pm

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

Enquiries:

Ms. Sonia Yu (3943-3937 / soniayu@cuhk.edu.hk)

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

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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 Wellness and Counselling Centre** at **3943 7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400 2055** is available 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.

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11. Exchange and Travel Grant/Loan 2018/19

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 Feb – May 2019, application is now open until 18th Apr 2019.**

For programmes/activities held in Jun – Sep 2019, application will be open from 19th Apr – 16th Aug 2019.

Check out the following link for more information including eligibility:

https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1544780574ExchangeandTravelGrantandLoan2018192nd.pdf

Enquiries:

Miss Yolinda Wong (3943-3932 / yolindawong@cuhk.edu.hk)

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12. WYS's Got Talents – Photography, Poster Design, MC and a lot more!

Are you interested in or excellent at **photography, video-production, art & design, simultaneous interpretation** or being the **Master of Ceremonies**? We are now also recruiting talents of **Audio & Video Control (影音控制)**, and any other talents you've got!

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:

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13. Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募

Want to stay in touch with your college friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just \$500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the [application form](#), and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

想跟書院同學保持聯繫？想擴闊人際網絡？想回饋書院？透過伍宜孫書院校友會，你可以將學生時代的關係延續下去。終生會籍只需 500 元。現時申請，更可獲贈一套四支環保飲管（先到先得，送完即止）。

各位同學只須填妥 [申請表](#)，連同會員費，交回伍宜孫書院地下院務室即可。

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College Funding & Awards Schemes

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: www.wys.cuhk.edu.hk/exchange.php?cat=others.

Enquiries:

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

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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:

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

Introduction

Global Learning Award Scheme aims to encourage students to create, design, plan or participate in **non-local** academic or experiential learning programmes, so as to broaden students' international perspectives and enrich their experiences. Students need to demonstrate from the application documents and interview that the programme applied is beneficial and valuable to them instead of just simply for entertainment. The College Student Exchange Committee will then determine if the students can be awarded, and the award amount (if any). For successful applicants, they will be awarded "Global Learning Award" and receive the award amount after fulfilling all post-trip requirement on time. For more details, please refer to the webpage of GLAS.

Eligibility

All Wu Yee Sun College students (except Exchange students) are eligible for application. The programme joined or planned must be finished by their corresponding graduation date. Some examples are students self-initiating or joining overseas tours, academic conferences, competitions, field trips, courses, internship/major-related placement, research, voluntary service. Programmes organized and subsidized by the College and Term-long Exchange Programmes are excluded.

Maximum Award Amount

The maximum award amount varies with the programme length and programme nature.

	Programme Length	Programme Nature	Maximum Award amount
Short-term	Shorter than one month	Self-initiated programmes	HK\$12,000 or 100% of cost of the particular items <i>(whichever is lower)</i>
		Participating in organized programmes	HK\$5,000 or 50% of cost of the particular items <i>(whichever is lower)</i>
Long-term	One to six months	Self-initiated programmes	HK\$15,000 or 100% of cost of particular items <i>(whichever is lower)</i>
		Participating in organized programmes	

Application

Before submitting the online application form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6237886>), please read through all guidelines and samples on the webpage.

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	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

Enquiries

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

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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:

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

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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 activities and qualification courses for sports coach, in order to live up the spirit "Sports for Everyone".

More Diversified and Greater Support!

Eligibility

Application Fee of Sports Events --> **BOTH application fee and course fee of sports activities and workshops**

Funding Amount

Sports Activities: Max. \$500 --> **\$1,000**

Qualification Courses for Sports Coach: Max. \$800 --> **\$2,000**

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

Enquiries:

Ms Sonia Yu (3943-3937 / soniayu@cuhk.edu.hk)

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Other Activities & Announcements

1. 2019 正念博覽 Mindfulness Expo



為了讓中大同學和職員有機會學習正念，從而促進大家的精神健康，學生事務處心理健康及輔導中心與身心靈平台合辦《2019 正念博覽 1.12 Mindfulness Expo》活動。這次大會口號為：「人生四季，正念隨風」，全日講座及工作坊分為 4 個時段，共 22 場以「正念」（Mindfulness）為主題的工作坊（每場約 90 分鐘）。各節時段以「春」、「夏」、「秋」、「冬」作背景主題，意味無論人生哪一季或高低起跌，都能正念面對之。

是項活動除了預留 25% 座位予中大學生及職員外，也接受廣大市民報名參加。由香港資深正念導師及身心健康界別的專業人士帶領，旨在讓 4000 位市民受惠，推動市民身心靈健康。

日期：2019年1月12日(星期六)

時間：上午10:00至下午5:45(共分4個時段，每個時段約有5-6場工作坊，共22場)

報名方法：登入 <https://www.bmsp.hk/2019-jan-expo>

報名時期：即日起至8/1/2019

名額：每人最多可報2個工作坊

語言：廣東話為主(英文及普通話各有一個工作坊)

當日有各種不同元素的工作坊如：《正念修習如何減壓》(普通話)、《靜觀情緒ICU》、《幫助抑鬱者的「靜觀認知治療」》、《舞動靜心》、《靜心關愛的家庭 Mindful Relationship》、《茶道靜心》等，詳情請瀏覽

<https://www.bmsp.hk/2019-jan-expo>

查詢：3943-7208 (鄭小姐)

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1. HKMA Seminar - "The Way to Become a Top Trainer" (Jan 2019)

The poster for the HKMA seminar titled "The Way to Become a Top Trainer" is presented in Chinese. It features the Recruit logo and the HKMA logo. The main title is "「名企業家攻略：如何成為頂尖培訓員」研討會". Below the title, there is a paragraph of introductory text. The poster includes photos of three speakers: Mr. CY Chan, Ms. Maria Hui, and Ms. Angela Yip. At the bottom, there is a table with contact information for the organizers, including names like Mr. Stanley Wong, Ms. Wendy Wu, and Ms. Shirley Lau, along with their respective phone numbers and email addresses. The event is scheduled for Friday, 18th Jan 2019, from 3:00pm to 5:00pm at the South Seas Centre, 75 Mody Road, Tsim Sha Tsui, Kowloon.

To provide more opportunities for students to learn from outstanding HR and L&D practitioners, **5 complimentary seats** will be provided for our students at the Seminar which will be held as follows:

Date: Friday, 18th Jan 2019

Time: 3:00pm - 5:00pm (Registration starts at 2:45 pm)

Venue: 3/F, Tower 2, South Seas Centre, 75 Mody Road, Tsim Sha Tsui, Kowloon

Language: Cantonese

Guests of Honour:

- **Mr CY Chan**, Head of Talent Engagement and Corporate Social Investment, Co-Owner, Hong Kong Broadband Network Limited (*Board of Examiner of Award for Excellence in Training and Development 2019*)
- **Ms Maria Hui**, HR Director, Microsoft Hong Kong (*Board of Examiner of Award for Excellence in Training and Development 2019*)
- **Ms Angela Yip**, Director of Learning and Development, Hotel ICON (*Silver Award Winner of Campaign Award 2018*)

Interested students please send email to soniayu@cuhk.edu.hk with following information **on or before 9th Jan 2019**.

1. Student ID
2. English Full Name
3. Major / Programme
4. Contact Phone
5. Contact Email

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2. Fill in Questionnaire on Alcohol and Inconveniences Caused by Drinking & Get \$20 Cash Coupon!

The Jockey Club School of Public Health and Primary Care, CUHK are currently conducting a survey about alcohol and the inconveniences caused by drinking. The information collected in our dialogue will only be used for the study. The findings from this survey can help gain understanding about alcohol drinking in student hostel settings.

URL: <https://goo.gl/forms/gnmOoj6YFdE6T0tv1>

This interview's target respondents are local students living in hostel from CUHK and PolyU. Please take a little bit of time to answer some simple questions. In return, you will get HK\$20 cash coupon as an incentive for filling in the online questionnaire.

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3. Edwin S H Leong Hughes Hall Scholarship 2019/20

To enable students of outstanding academic merit from CUHK who need support to pursue postgraduate study at The University of Cambridge, Dr. Edwin Leong will donate a scholarship tenable at Hughes Hall in Cambridge for an outstanding graduate from CUHK to pursue a one-year full-time study at Master's level, either for a taught or research degree, in the academic year 2019-20.

The maximum value of the Scholarship is £32,000 (subject to confirmation) which may cover, in full or in part, the following:

- the University Composition Fee;
- the College fee;
- a maintenance allowance to take care of board and lodging set each year by the Cambridge Overseas Trust and a settling-in fee;
- the cost of one return airfare between Hong Kong and the United Kingdom by the most economical route

The Scholarship shall only be awarded to the CUHK alumni who graduated within the recent 3 years (i.e. 2015, 2016 and 2017 classes). It may also be awarded to a final-year student contingent upon graduating from CUHK before taking up the Scholarship.

Details of the Scholarship and its application form can be downloaded from our website at <http://admission.cuhk.edu.hk/> (*Financing Your Studies -> Scholarships -> Open for Applications*).

Completed application together with ALL the supporting documents must reach the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park by 5:30 pm, 31st Jan 2019 (Hong Kong time). Late or incomplete applications will not be processed.

Enquiries:

Scholarships and Financial Aid Section, Office of Admissions and Financial Aid (3943-7204 / sfas@cuhk.edu.hk)

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4. <賽馬會心導遊計劃>一站式網上自助心理支援平台

- 每日的工作都很繁忙，究竟如何可以隨時隨地去照顧自己的心理健康呢？
- 在香港有七分之一的成年人曾經有精神困擾的經歷，但只有 25%的人會尋求協助，究竟原因是什麼呢？
- 你試過情緒受困擾卻不知道如何照顧自己嗎？
- 你試過見到身邊的人精神狀態不太好，卻不知道怎樣去支持他們嗎？

我們明白不同人會在不同時候，會有不同的精神健康狀況，亦會有不同的需要。《賽馬會心導遊計劃》旨在根據每個人的個別需要，並配合現今科技向大眾推廣精神健康，從而達到以下目的：

- 提高社會對精神健康意識及去除對精神病的誤解
- 提昇心理健康及促進個人成長
- 預防抑鬱或焦慮症狀
- 及早處理情緒困擾

立即登入 www.jctourheart.org 登記成為會員，進行簡單的心理健康評估。平台會根據評每個人的個別需要而建議合適的課程或服務。只要每日抽少少時間參與平台上的課程，就可以隨時隨地提升自己的心理健康！

註：手機版仍在測試改善中。使用電腦版的 Google Chrome、Apple Safari 或 Microsoft Edge 瀏覽網上平台，會獲最佳效果。

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To unsubscribe, please email us at info.wys@cuhk.edu.hk.