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## Sunny Review

### 1. Welcoming Dinner for Incoming Exchange Students



The College hosts around 40 incoming exchange students this semester! The International Team and the College organized a dinner to present our warmest welcome to them on 17<sup>th</sup> Jan. College Master, Professor Anthony T.C. Chan (陳德章教授) and College Associate Dean of Students, Dr. Po-kin Leung (梁寶建博士) greeted the exchange students, introduced the College to them and encouraged them to explore Hong Kong. Participants tried the traditional Poon Choi (盆菜) and enjoyed buffet. They made new friends and had a great time chatting with people from different backgrounds. They also knew more about the College and Hong Kong from the sharing among the tables and the interesting quiz!



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### 2. 《War of the Youth 2: Love Reload》Movie Appreciation and Sharing Session 《青春戰記 2: 來得及再愛妳》電影欣賞及導演分享會





Film Screening and Sharing Session on “War of the Youth 2: Love Reload” 《青春戰記 2: 來得及再愛妳》 was held on 15<sup>th</sup> Jan at the College Theatre. Quite a lot of scenes in the film were shot in our College and CUHK, which the participants found familiar and close to their own life.



It is our honour to have Mr. Fung Ho (賀峰先生), director of the film, and 3 leading actors to come and share with the participants, with Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Fellow and Research Associate Professor at Stanley Ho Big Data Decision Analytics Research Centre, being the moderator. They revealed how they tackled the problems encountered during the shooting, and expressed their heartfelt thanks to the College and CUHK for facilitating the shooting on campus.



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**3. College Forum: *Gene Editing and its Associated Ethical Issues* (Speaker: Professor King-ming Chan)  
書院論壇：基因編輯與其相關的道德議題 (講者：陳竟明教授)**



The College Forum entitled "Gene Editing and its Associated Ethical Issues (基因編輯與其相關的道德議題)" was conducted by Professor King-ming Chan (陳竟明教授), Associate Professor at the School of Life Sciences, last Friday. Professor Chan introduced the concept of gene editing, and discussed related ethic issues such as bioethical concerns of gene-edited babies.



We were grateful to have Dr. Lancelot W.H. Mui (梅維浩博士), College Associate Dean of General Education and Lecturer at the JC School of Public Health and Primary Care, moderating the Forum.



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#### 4. College Student Broke Hong Kong Record of 3000m Steeplechase (3000 米障礙賽)





Mr. Hanniel H.N. Chow (周漢轟同學) took part in Hong Kong Athletic Series One (香港田徑系列賽 - 系列賽一) held on 19<sup>th</sup> - 20<sup>th</sup> Jan. He completed the 3000m Steeplechase race (3000 米障礙賽) in 9:15:03, i.e. 4.03 seconds faster than the Hong Kong record previously kept for 6 years. Hanniel is now the record-keeper of both Hong Kong Youth Record and Hong Kong Record in this race.

Congratulations from all the Sunnies! Wish him success in his upcoming races!



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## 5. Harvest Season for Green Team Farmers!



Having started the soil preparation for organic farming since last summer, Green Team members worked diligently with a group of 20 Sunny farmers recruited at the beginning of Term 1 to grow fruits and vegetables at our rooftop farm. With sweat and precious time inputted, as well as the patient guidance from Professor Kwai-cheong Chau (鄒桂昌教授), Chairman of Campus Environment Committee and advisor of Green Team, the Sunny farmers challenged themselves planting crops that our Sunnies have not farmed before. They harvested some succulent cherry tomatoes, cabbages, and broccolis and joyfully shared the fruits with Professor Chau and the College. They are still anticipating bell peppers, beetroots and tomatoes to ripe.



Join Green Team at the next round of farmer recruitment to experience the satisfaction brought by farming and a fruitful season!



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## 6. Delegation Visit from Manchester University



A delegation of Manchester University visited our College on 15<sup>th</sup> Jan. Professor Albert Lee (李大拔教授) and Dr. Lancelot W.H. Mui (梅維浩博士), College Associate Deans of General Education, and Professor Ming-Chung Chu (朱明中教授), Chairman of College Student Exchange Committee, received the delegation. The delegates listened to the sharing on the College and toured around the campus to appreciate the beautiful environment and excellent facilities of the College.

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## College Activities



## 1. French SURVIVAL Language Activity

### Bonjour ~Hello~

If you are interested in having a taste of **French culture and language** (without academic pressure or exam), our event "**French SURVIVAL Language Activity 2018-19**" is most suitable for you! Mr. Louis Jean MUNSCH, our college member who comes from France and teaches French in CUHK, has prepared many interesting activities to teach you simple and useful French in an interactive way.

	1 <sup>st</sup> session	2 <sup>nd</sup> session
<b>Date</b>	24 <sup>th</sup> Jan (Thu)	29 <sup>th</sup> Jan (Tue)
<b>Time</b>	6:45 pm – 8:30 pm	6:45 pm – 8:30 pm
<b>Venue</b>	W112, Wu Yee Sun College	TBC
<b>Quota</b>	25	15
<b>Content</b>	teach basic French with some French snacks and drinks (eg. macaron, cheese, baguette)	teach more advanced French and experience French dinner (TBC)
<b>Eligibility and selection</b>	<ul style="list-style-type: none"> <li>- Local, International &amp; Exchange Students are welcome</li> <li>- Priority given to students who can attend <b>BOTH</b> sessions</li> <li>- Students who learned French before could also register but priority will be given to students who do NOT speak any French</li> </ul>	
<b>Instructor</b>	Mr. Louis Jean MUNSCH ( <i>College Member and Lecturer at the Department of Linguistics and Modern Languages</i> )	



### Registration:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6658299>

**Registration Deadline:** 21<sup>st</sup> Jan (next Mon)

### Enquiries:

Katie (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) )

Rachel (3943-3942 / [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) )

*Merci Beaucoup~ Thank you very much~*

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## 2. Red Couplets Writing with Resident Tutors 宿舍活動 – 豬年吉祥揮春



Chinese New Year is one of the most celebrated festivals. Join our Resident Tutors and residents to write red couplets (揮春) to make wishes for the new year of Pig. You will also take your red couplets home/ room for decoration. All are welcome!

**Date:** 30<sup>th</sup> Jan (Wed)

**Time:** 9:00 – 11:00 pm

**Venue:** College Gallery (G/F), Wu Yee Sun College

Light refreshment will be served. Please bring your own utensils and containers.

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### 3. Chinese New Year Hiking & Poon-Choi Banquet 新春行大運暨盆菜宴



Begin your lunar new year with fascinating natural landscape and delicious Poon-choi banquet (盆菜宴)! A weekend getaway for the exploration of Tai Po Kau Natural Reserve is organized by the College. Everyone will enjoy the Poon-choi Banquet after hiking.

**Date:** 16<sup>th</sup> Feb (Sat)

**Gathering Time & Venue:**



13:15 – Wu Yee Sun College Main Entrance

13:30 – University Station Piazza (near to The Statue of Goddess of Democracy)

**Hiking Route:** Brown Walk, Tai Po Kau Natural Reserve [大埔滘自然護理區(啡路)] (Around 7.8km)

**Level of Difficulty:** 2.5 star (5 stars the highest)

**Poon-choi Banquet:** College Canteen, Wu Yee Sun College

**\*Please wear sports shoes, bring personal hiking gear, water, insect repellent, sun screen, etc.**

**PE Marks:** 4 marks

**Enrollment:**

**Students** – Please submit a refundable deposit of \$100 to College Dean of Students’ Office (UG/F) **on or before 5:30pm, 8<sup>th</sup> Feb (Fri)** for registration. (The deposit will be refunded after completion of the **WHOLE** activity)

**College Staff Members** – Please email to [kiki.chan@cuhk.edu.hk](mailto:kiki.chan@cuhk.edu.hk) with your full name, contact number and contact email **on or before 5:30pm, 8<sup>th</sup> Feb (Fri)** for registration. \$100 fee will be charged per person.

**Enquiries:**

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

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## 4. Basketball Enhancement Scheme (For Men) and Volleyball Training Programme



If you are interested in playing basketball or volleyball, why don't you get together to play with your peers this term?

### Basketball Enhancement Scheme (For Men)

**Dates:**

Jan 17, 24, 31

Feb 14, 21, 28

Mar 7, 14, 21, 28

Apr 4, 11, 26

### Volleyball Training Programme

**Dates:**

Every Fri Night, Except Public Holidays

Jan 18, 25; Feb 1, 15

8:00 pm -10:00 pm @ University Gym

**Time:** 7:00pm - 9:00pm  
**Venue:** Shaw College Outdoor Basketball Court

Remaining Sessions  
Every Fri Night, **Time and Venue to be confirmed**

**Deposit:**  
\$500 (\$200 refundable upon 80% of attendance)

**Deposit:**  
\$200 (\$100 refundable upon 70% of attendance)

*\*You will also have opportunities to join open competitions!*

**Application:**

Interested students please contact:

Basketball Enhancement Scheme (For Men) - **TSE Ka Him** (9441-7135)

Volleyball Training Programme - **KWONG Pui Doll** (9064-7678) or **MOK Hiu Man** (6213-1250)

**PE Marks:** 4

**Enquiries:**

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

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## 5. Fitness Consultation Sessions 健身訓練諮詢



Ever have doubts about all sorts of training techniques and effects? Ask our personal trainers at College Gymnasium!

**Trainer: Mr. Sebastian Chan**

**Trainer: Ms. Vanessa Chan**

**Dates (Every Wed, Except Public Holidays):**

**Jan** 16, 23, 30

**Feb** 13, 20, 27

**Mar** 6, 13, 20, 27

**Apr** 3, 10, 17

**Dates (Every Thu, Except Public Holidays):**

**Jan** 17, 24, 31

**Feb** 14, 21, 28

**Mar** 7, 14, 21, 28

**Apr** 4, 11, 18



**Time:** 7:00pm - 9:00pm  
**Venue:** College Gymnasium

**Time:** 6:00pm - 8:00pm  
**Venue:** College Gymnasium

No prior applications required! Kick-start your workout plan now!

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

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## 6. Get Moving - Resistance Training and Functional Training



### Move Alert!

We spend so much time in front of computer for study, work or entertainment, let's get a stroll or take some easy trainings to strengthen our body!

#### **Resistance Training & Exercise 阻力訓練**

- builds muscle strength and enhances endurance

**Dates:**  
Feb 20, 27; Mar 6, 13

**Instructor:** Mr. Sebastian Chan

**Time:** 7:00pm - 8:00pm  
**Venue:** College Gymnasium

**Quota:** 12 (per class)

**Deposit:** \$200 (per class) [*refundable upon completing at least 3 lessons*]

#### **Application:**

Please complete application form at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6639007> **AND** submit deposit to College Dean of Students' Office (UG09) **on or before 5:00 pm, 31<sup>st</sup> Jan.**

**PE Marks:** 4

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

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## 7. 語文文化桌: 花間詞中的「嚴妝」與「淡妝」

詞是一種興起於唐代的文體，宴席之間，樂工及歌妓以歌舞侑酒，文人為其所作的就是詞。後蜀的趙崇祚把部分晚唐及五代文人詞作編訂為《花間集》，其中不少作品以女性描寫為主題，清代詞學家周濟曾以「嚴妝」及「淡妝」來形容兩位著名花間詞人溫庭筠與韋莊的詞作。「嚴妝」與「淡妝」除了指出花間詞人描繪女性儀容用筆細膩外，其實亦點出了詞體的本色特質，提示我們如何欣賞詞作。



**講者:** 曾智聰教授

香港中文大學中文系哲學碩士，清華大學中文系博士，現職香港公開大學人文社會科學院助理教授。

**日期:** 2月18日(星期一)

**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=6638124>

**截止日期:** 2月13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。請將按金交至書院院務室。

**查詢:**

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

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## 8. 中國書法班

書法不只是一種表現文字美的藝術，亦可以陶冶性情，怡養身心。參加同學將通過隸書臨習，學習中國書法的用筆、結構技法、原理，培養知法明理的理性學書觀念，冀能通過短期訓練，培養學員書法自學能力。

**導師:** 雷紹華老師

雷老師主修書法篆刻國畫。於香港大學專業進修學院，香港中文大學專業進修學院及自己的書法工作室任教。所教課程涉及篆隸楷行書五種書體，教學方法系統而理性。



**日期:** 2月20、27日 及 3月6、13日、20日 [逢星期三，共五堂]

**時間:** 晚上 6:30 至 8:30

**地點:** 伍宜孫書院西座 112 室

**按金:** \$300 (出席四堂可獲退回全部按金)

**報名:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6570268>



截止日期：2月13日

\*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](mailto:carlylau@cuhk.edu.hk))

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## 9. English through Wine and Cheese Appreciation



*Aroma, Round, Thin... Do you understand wines?*

*What vocabulary can you think of to describe wines and cheeses?*

*Do you know which cheese goes best with your favorite wine?*

*Come and join our workshop to learn more about the secrets of wine and cheese pairings so that you can create your amazing wine and cheese pairings next time on your own!*

**Date:** 26<sup>th</sup> Feb (Tue)

**Time:** 7:00pm - 9:30pm

**Venue:** W112, Wu Yee Sun College

**Speakers:**

Ms. Anna Tam (Food and wine writer, and WSET course tutor)

Ms. Jessica ACUN□A (Assistant Lecturer at English Language and Teaching Unit)

**Eligibility:** Students aged 18 or above

**Registration:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6580637>

**Deadline:** 19<sup>th</sup> Feb

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

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

**Enquiries:**

Miss Carly Lau (3943-3988 / [carlylau@cuhk.edu.hk](mailto:carlylau@cuhk.edu.hk))

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## 10. clab Proudly Presents: Film Photo Contest clab 年度鉅獻：菲林攝影比賽



為鼓勵更多同學參加比賽，clab 現將菲林攝影比賽截止日期延遲至一月三十一日。獎品豐富，中大同學均可參與，立即把握機會！

To encourage more participants, clab is now extending the submission deadline of Film Photo Contest 2018 to **31<sup>st</sup> Jan 2019**. Grasp this last chance!

主題 **Theme** | 光 Light

截止日期 **Submission Deadline** | 11:59 pm, 31<sup>st</sup> Jan 2019

規格要求 **Format Requirement** | 黑白/ 彩色菲林照片 (片幅不限)

參賽資格 **Eligibility** | 中大學生及伍宜孫書院校友均可參與

參賽表格及詳情 **Submission Form and Details** | [https://bit.ly/clab\\_film\\_contest](https://bit.ly/clab_film_contest)

查詢 **Enquiries** | Facebook Fanpage @ WYS clab CUHK

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## College Announcements

### 1. Application for Deferment of Tuition & Hostel Fee of Term 2, 2018/19 申請緩繳學費及宿費事宜

Please be reminded that the deadline for the fee payment of Term 2, 2018/19 is Thursday, 31<sup>st</sup> January. A late charge of \$200 will be levied upon belated payment.

College students who wish to defer tuition and/or hostel fees of Term 2, 2018/19 due to financial difficulties must complete below application form and submit it together with supporting documents to the College Office (G03, G/F, East Block) by **Friday, 25<sup>th</sup> January** during office hours.

[https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1547515920WYS\\_FeeDeferment\\_201819\\_T2\\_Form.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1547515920WYS_FeeDeferment_201819_T2_Form.pdf)

Late applications and incomplete forms will not be processed.

*Enquiries:*

Ms. Karen Yiu (3943-3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

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### 2. College Student Grant/Loan – Application Now Opens (Freshmen Only) 書院學生助學金/貸款 – 現已開始接受申請 (只限新生)

College students who have financial difficulties may apply for College Student Grant/Loan 2018/19.

Application is now open for freshmen **ONLY** until **Friday, 22<sup>nd</sup> Feb**.

Please download the application form from the following link and submit the completed form with supporting documents to the College Office (G03, G/F, East Block) before the deadline.

[https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1547522772StudentGrantandLoan201819\\_Fmn.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1547522772StudentGrantandLoan201819_Fmn.pdf)



Enquiries:  
Ms Karen Yiu (3943-3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

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### 3. Fire Drill 2018/19 火警演習

To familiarize staff and students with the fire alarm system and evacuation procedures, the College and the Security Unit will jointly conduct a fire drill on Thursday, 19<sup>th</sup> Feb at 9:00 pm. The fire drill will take about 30 minutes. After fire drill, a demonstration on the use of fire extinguishers will be conducted.

為提高職員及學生的火警意識，書院及保安組將於二月十九日晚上九時進行火警演習。整個火警演習約三十分鐘，保安組將於演習後講解滅火筒的正確使用方法。

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### 4. Meeting of Information Technology Committee - Next Meeting Date (28th Jan)

The upcoming meeting of Information Technology Committee will be held at 11:30 am on 28<sup>th</sup> Jan. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (Student Union: [presun.wyssu@gmail.com](mailto:presun.wyssu@gmail.com)) prior to the meeting. Thank you for your valuable input.

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### 5. Meeting of Personal Growth and College Life Committee - Next Meeting Date 20th Feb

The upcoming meeting of Personal Growth and College Life Committee will be held at 11:00am on 19<sup>th</sup> Feb. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (Student Union: [presun.wyssu@gmail.com](mailto:presun.wyssu@gmail.com)); Resident Association: [resunance523@gmail.com](mailto:resunance523@gmail.com) or Non-Resident Association: [wuverine1819@gmail.com](mailto:wuverine1819@gmail.com)) prior to the meeting. Thank you for your valuable input.

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### 6. Closure of College Building during Chinese New Year 農曆新年期間書院大樓關閉

The College building will be closed from 11:00pm on 1<sup>st</sup> Feb to 8:00am on 8<sup>th</sup> Feb for Chinese New Year holiday. **Residents please leave the hostels and the College building by 11:00 pm on 1<sup>st</sup> Feb.**

Non-local and exchange students who need to stay in the hostel during this period, please submit an online application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5975711> by **21<sup>st</sup> Jan** for the Wardens' consideration.

Those who do not obtain special approval from the Wardens will **NOT** be able to access the College building and hostels with their CU Link Cards during the holiday period. Thank you for your kind attention.

書院大樓將於農曆新年期間（2019年2月1日晚上11時至2月8日早上8時）關閉。宿生請於**2月1日晚上11時前離開宿舍及書院大樓**。非本地生及交換生如須於上述期間居留宿舍，請於**1月21日前**遞交網上申請 (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5975711>)，以供舍監考慮。未獲舍監特別批准者於農曆新年假期間將**不能**以中大通進入書院大樓及宿舍，敬希垂注。

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## 7. Meeting of Catering Services Committee - Next Meeting Date (28<sup>th</sup> Jan)

The upcoming meeting of Catering Services Committee will be held at 3:00 pm on 28<sup>th</sup> Jan. College students can approach the corresponding student members through the College Student Union ([presun.wyssu@gmail.com](mailto:presun.wyssu@gmail.com)) if there are any suggestions or comments related to College Catering services. Thank you for your valuable input.

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## 8. Meeting of Scholarships and Financial Aid Committee - Next Meeting Date (25<sup>th</sup> Jan)

The upcoming meeting of Scholarships & Financial Aid Committee will be held at 4:00pm on 25<sup>th</sup> Jan. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (Student Union: [presun.wyssu@gmail.com](mailto:presun.wyssu@gmail.com)) prior to the meeting. Thank you for your valuable input.

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## 9. 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 (1<sup>st</sup> Sep - 31<sup>st</sup> 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, 31<sup>st</sup> Jan**

**Enquiries:**

Miss Yolinda Wong (3943-3932 / [yolindawong@cuhk.edu.hk](mailto:yolindawong@cuhk.edu.hk))

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

The College Photo Day has been scheduled for 29<sup>th</sup> Mar (Fri). Graduating Class of 2018/19 may visit the College Office (G03, G/F, East Block) during office hours from now until 1<sup>st</sup> 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 1<sup>st</sup> Feb (Mon). The gown borrowing period will be from 28<sup>th</sup> Feb to 15<sup>th</sup> 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 25<sup>th</sup> 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 18<sup>th</sup> Feb:

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

**Enquiries:**

Ms. Cassie Li (3943-3941 / [cassieli@cuhk.edu.hk](mailto:cassieli@cuhk.edu.hk))

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## 11. 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 <sup>th</sup> Jan 2019 (Fri)	6pm - 8pm	Yeung Ming Biu Indoor Sports Centre	Mr. Nelson LAM 3943-3987
Men's & Women's Table Tennis	16 <sup>th</sup> Jan 2019 (Wed)	7pm - 9pm	Shaw College Multi- purpose Sports Hall	Mr. Tsz-fai Cheung 3943-3986
Men's & Women's Tennis	23 <sup>rd</sup> Jan 2019 (Wed)	8pm - 10pm	Tennis Court No. 3, 4, 5	Mr. Tsz-fai Cheung 3943-3986

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## 12. "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](mailto:soniayu@cuhk.edu.hk))

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

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## 13. 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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## 14. 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 18<sup>th</sup> Apr 2019.**

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

Check out the following link for more information including eligibility:

**Enquiries:**

Miss Yolinda Wong (3943-3932 / [yolindawong@cuhk.edu.hk](mailto:yolindawong@cuhk.edu.hk))

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## 15. Book Exchange Corner at The Lounge in House of Sunny Living 如日坊 – 漂書閣

A Book Exchange Corner has been set up at The Lounge in House of Sunny Living. Students and staff are welcome to donate good books for exchange. You can come to The Lounge to pick a book which is of interest to you and at the same time, please leave down a good book for exchange.

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## 16. Venue Booking of Terrace of Dreams for Barbecue Activities 借用圓夢臺 (燒烤活動用途)

If students would like to reserve Terrace of Dreams for Barbecue activities, you may follow the procedures below to submit application.

**Step 1:** Reserve Terrace of Dreams at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4082730> at least THREE working days prior to the event date.

**Step 2:** Receive booking results via email from College

**Step 3:** Go through the rules & regulations, then submit application to Student Union for reserving BBQ Stove <https://drive.google.com/drive/folders/0B2BJiMcr2icqWkE4V3dmMWJXVke>

Please be reminded BBQ can only take place in designated time and location:

**Booking Period:** Mon – Thu, 4:30 pm - 11:00 pm

**Designated Location for BBQ:** Terrace of Dreams

\*Booking of Terrace of Dreams via this online application can only be made for BBQ activities. For other activities organized by student bodies, student bodies concerned should submit booking request via online booking system (<https://www6.cuhk.edu.hk/WYS/frs/WYSLogin.aspx>).

**Enquiries:**

Miss Rachel Poon (3943-3942 / [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk))

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## 17. Displaying Promotion Poster and Video in College

To enhance the promotion channels and encourage student creativity, College student bodies may submit online application to display poster and video in College for their activities.

Display Locations\*:

1. Video wall at College Gallery (G/F)
2. TV at Lift Lobby, East Block (G/F)
3. TV at Lift Lobby, West Block (G/F)
4. TV at Student Canteen (LG/F)

\*College student bodies cannot select display locations.

Guidelines: <http://www.wys.cuhk.edu.hk/downloads.php>

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4616428>

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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.

**Details:**

[www.wys.cuhk.edu.hk/exchange.php?cat=others](http://www.wys.cuhk.edu.hk/exchange.php?cat=others)

**Enquiries:**

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto: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:**

Miss Florence Tsui (3943-9767 / [florecetsui@cuhk.edu.hk](mailto:florecetsui@cuhk.edu.hk))

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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.

	<b>Programme Length</b>	<b>Programme Nature</b>	<b>Maximum Award amount</b>
<b>Short-term</b>	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>
<b>Long-term</b>	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.

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

### **Enquiries:**

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto: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](mailto: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

The infographic is titled "Self-Motivation Fund for Sports Activities" and features a QR code in the top right corner labeled "Application & Guidelines". Below the title, a paragraph states: "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!'". A central banner reads "More Diversified and Greater Support". Below this, two columns are shown. The left column is for "Sports Activities" with a "Max. Funding Amount: \$500" and a downward arrow pointing to "\$1,000". The right column is for "Qualification Courses for Sports Coach" with a "Max. Funding Amount: \$800" and a downward arrow pointing to "\$2,000". Underneath these, the text "Eligibility: Application Fee of Sports Events" is followed by a downward arrow pointing to "BOTH application fee and course fee of sports activities and workshops". At the bottom right, it says "Enquiries: Kiki Chan (kiki.chan@cuhk.edu.hk / 3943 3934)".

*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:

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

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## Other Activities & Announcements

### 1. Mindful Flourishing Workshop 日常心活「靜觀體驗工作坊」



未知上一次大家放下手機，靜心觀察四周景致是什麼時候呢？您可能說我很忙，很久沒有停下來的時間。那麼上一次靜心觀察自己的一個腳步、一個呼吸、一個心聲又是甚麼時候？邀請您在繁忙的大學生涯中，用一個晚上靜心觀察。

日常心活\*「靜觀體驗工作坊」旨在透過不同的靜觀為本活動，讓學生對靜觀有更多認識，並了解如何將靜觀融入生活，讓自己活在當下。在享受大學五件事的同時，提升自己的心理健康，了解自己多一點。

活動詳情：

日期：2月21日（星期四）

時間：19:00 - 21:30

地點：伍宜孫書院 W112-114

語言：廣東話

費用：全免

名額：20

報名表格：<https://goo.gl/forms/G6USQVJ78F0Lfdd03>

\*「日常心活」計劃由香港中文大學心理學系多元文化及全人健康研究室主辦，並由新生精神康復會「新生·身心靈」計劃全力支持，內容包括透過靜觀練習促進豐盛生活的手機程式、靜觀體驗及興趣活動，以及推動朋輩互助的「日常心活靜觀推廣大使」計劃，讓大學生透過有系統的線上及線下靜觀訓練，提升心理健康。

查詢：3943-4378

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## 2. Invitation to Know More about Alcohol Part II, and win HK\$1,500 up shopping coupon



JC School of Public Health and Primary Care, Faculty of Medicine would like to invite you to join the Part II of the workshop, on 23<sup>rd</sup> Jan 2019 evening. FREE dinner will be provided and there are chances to win HK\$1,500 up Apple gift card/ cash coupon.

**Date:** 23<sup>rd</sup> Jan 2019 (Wed)  
**Time:** 7:00pm - 9:00pm  
**Venue:** Gallery at G/F lobby, Wu Yee Sun College

Your participation would be a great help to develop an alcohol harms reduction programme for Universities students in Hong Kong.

Register Now: <https://goo.gl/forms/MGIvmbMKSicri1wl2>



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### 3. Student Residence Bursary Scheme 2018/19 (for students who reside in hostel for the second term only)

In order to help those needy students who are not able to benefit substantially from the Community Care Fund (CCF) hostel subsidy, the CUHK Student Residence Bursary Scheme was launched in 2014/15 academic year.

#### **Eligibilities**

To be eligible to apply for the CUHK Student Residence Bursary 2018/19, applicants must:

- (1) be local full-time undergraduate students;
- (2) be registered residents of the hostel and have resided in hostel for at least 75% of the time of the term;
- (3) have average monthly household income (during 1st Apr 2017 to 31st Mar 2018) lower than the median of the monthly household income published in the most recent Quarterly Report on General Household Survey by the Census and Statistics Department as follows:

<u>Household Size</u>	<u>Monthly Household Income</u>
1 person	\$8,500
2 persons	\$21,100
3 persons	\$33,100
4 persons	\$42,100
5 persons	\$43,700
6 persons or more	\$44,000

- (4) be not able to benefit from CCF hostel subsidy or receive less than \$1,360 per term under the CCF hostel subsidy.

The value of bursary will be maximum \$1,360 per term. Eligible students who live in hostel for the second term only should submit their online application via CUSIS from 7<sup>th</sup> Jan to 28<sup>th</sup> Feb. Applicants are required to print out Section 7 of the online application form and submit together with supporting documents to the College Office **on or before 28<sup>th</sup> Feb 2019**. Students who reside in hostel for whole year and have submitted their applications in the first term need not submit their application again.

**Details:** <http://admission.cuhk.edu.hk>

#### **Enquiries:**

Office of Admissions and Financial Aid (3943-1898)

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#### 4. 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, 31<sup>st</sup> 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](mailto:sfas@cuhk.edu.hk))

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#### 5. <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](http://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](mailto:info.wys@cuhk.edu.hk).