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

1. Mindful Flourishing Workshop 日常心活「靜觀體驗工作坊」
2. Student Residence Bursary Scheme 2018/19 (for students who reside in hostel for the second term only)

[4. Service-learning Project Funding Scheme 服務學習項目資助計劃](#)

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## Sunny Review

### 1. 小小說工作坊



為期三節的「小小說工作坊」於上星期四結束。同學在香港年青作家梁莉姿導師悉心指導下，透過閱讀不同地方的文學作品、課堂討論及寫作練習，學習寫小小說所需的技巧。課程完結後，同學的寫作能力及創作力亦得以大大提升。

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### 2. 四川大學來訪



Around 100 students and teachers of Sichuan University visited our College on 23<sup>rd</sup> Jan. Mr. Wai-hung Tang (鄧惠雄先生), Senior College Tutor and Director of College Service-learning Programme, helped receive the delegation and introduce the College.



Mr. Steve W.C Huang 黃偉傑同學 (IBBA/ 3), Miss Michelle H.C. Shiu 蕭曉晴同學 (IBBA/ 3), Miss Tracy L.K. Wong 黃莉娟同學 (Nursing/ 3), and Miss Carrie K.L. Chan 陳嘉麗同學 (Nursing/ 4), all having participated in the Service-Learning Trip to Sichuan in May 2018, were invited to share their experience and self-reflection of the trip with the delegates. They also gave a College tour to the delegates to admire the beautiful campus and excellent facilities.

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### 3. College Student's Achievements Featured by the Media

College Student Miss LOUIE Yan 雷恩同學 (Sociology/ 4), a recipient of "Link First Generation University Student Scholarship" (領展第一代大學生獎學金), has been featured by various newspapers, sharing her struggles as a student from an underprivileged family and her eventual success.

Alongside her active participation in College activities, such as serving as Big Group Leader in College Orientation Camp (書院迎新營大組長), Organizing Committee Member of College Anniversary (院慶籌委), Student Convenor of c!ab (創意實驗室學生召集人) and Member of College Green Team (書院綠色小組成員) etc., she maintains her excellent academic performance and has been on the Master's List (院長嘉許狀) in the past 3 consecutive years.

The newspaper articles can be viewed here:

[立志回饋社會 中大兩基層女生獲嘉許 \(東方日報 28.01.2019\)](#)

[中學讀錯英文成笑柄 公屋戶拼出中大全系第一 \(明報 28.01.2019\)](#)

[成立社企辦工作坊 疏導服務業者情緒 \(明報 28.01.2019\)](#)

[基層大學生逆境自強 辦社企助人 \(星島日報 28.01.2019\)](#)

"*Emologue*", the initiative mentioned in the newspaper articles, is Miss Louie's project for College Senior Seminar, the required College General Education course for final-year students.

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## College Activities

### 1. 外展訓練營前傳: "Man vs Wild" 體驗篇 --- The 5 C's of Survivability





荒野求生技能, 睇電視睇得多, 自己做唔做到?

The 5 C's of Survivability 包括:

- Cover
- Cordage
- Container
- Combustion
- Cutting Tool

有興趣參加書院於 Reading Week 舉辦的 4 日 3 夜外展訓練營 (詳情容後公佈) 的同學, 更不要錯過這次 pre-camp 荒野體驗, 亦可於 camp 前認識其他參加者, 於正營時更快建立團隊精神。

是次活動亦為 stand-alone programme, 透過完成各類任務, 參加者可學到:

**Hard Skills** --- e.g. basics of survival and practical life skills

**Soft Skills** --- e.g. the idea of "It's actually not that hard!" / "I can be a great teammate/leader!"

日期: 2019 年 2 月 25 日 (星期一)

時間: 19:00 - 22:00

地點: 書院如日坊及中央庭園

費用: HK\$50; 另交 HK\$200 按金 (完成活動後可退還按金)

報名: <https://cloud.itsc.cuhk.edu.hk/webform/oiew.php?id=6747554>

查詢:

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

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## 2. College International Team: The World Buddies Program

*Do you want to have a memorable exchange experience?*

*Do you want to take a deeper look at HK society & living places?*

*Do you want to know more about the daily life of local people?*

### Join us --- The World Buddies Program!

The College International Team is now recruiting exchange students and international students (*excluding students from Mainland China and local students*) to join **“The World Buddies Program”** to have cultural exchanges activities with local primary students. Non-Wu Yee Sun students are welcome to apply but priority will be given to Wu Yee Sun students.

Participants will become world buddies to bring joy and introduce your home culture to Hong Kong primary students. It also gives you a great opportunity to experience local culture and daily life of Hong Kong people!

**The World Buddies Program**  
**Now Recruiting!**

Do you want to explore local Hong Kong?  
Do you want to have a memorable exchange life?  
Join the buddies program now!

**What is "World Buddies"?**  
Join and design cultural activities with local primary school children

**Partnering Primary School:**  
Asbury Methodist Primary School

**Date:**  
20/02, 27/02, 20/03, 27/03, 10/04

**Time:**  
13:30-15:00

**Sign-up!!**

Enquiry:  
65357881

### Program details:

**Partner school and venue:** Asbury Methodist Primary School (near Lai King MTR station)

**Date and Time:** 20/02, 27/02, 20/03, 27/03, 10/04 (Wed) @ 13:30-15:00 \*

\* You have to attend AT LEAST 3 out of 5 sessions

### **What you will experience:**

Have fun and make friends with energetic children, play traditional HK games, visit local living spaces, introduce your home country's culture!

### **What the children will learn:**

Widen world horizon and increase confidence in communication in English

**Registration Link:** <https://goo.gl/forms/b5PHZgNltK2OjWP72>

**Registration Deadline:** 31<sup>st</sup> Jan

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## 3. Spanish Cooking Class



*Get bored with Canteen food?*

*Why not join our Spanish Cooking Class to have great fun and yummy food?*

*You can better understand the Spanish culture as well!*

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

**Date :** 5<sup>th</sup> Mar (Tue)

**Time :** 6:30 pm - 8:30 pm

**Venue :** College Student Canteen

**Quota :** 40

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

**Deadline :** 26<sup>th</sup> Feb

**Registration:** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6762675>

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

**Enquiries:**

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

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#### 4. 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 (**this 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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## 5. 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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## 6. Basketball Enhancement Scheme (For Men) and Volleyball Training Programme



**Basketball Enhancement Scheme (For Men)**

PE mark = 4 marks  
\$500 Deposit (\$200 refundable after 80% of training attendance)

Jan 17, 24, 31; Feb 14, 21, 28; Mar 7, 14, 21, 28;  
Apr 4, 11, 18; May 16, 23

19:00-21:00 @ Shaw College Outdoor Basketball Court

▶ Semester-long Programme ▶ Open Competition Opportunities

Contact:  
TSE Ka Hin 14417135



**VOLLEYBALL TRAINING PROGRAMME**

**JAN 18 - APR 26**  
(EVERY FRI NIGHT, EXCEPT PUBLIC HOLIDAYS)

Jan 18, 25; Feb 1, 15  
20:00-22:00 @ University Gym

Remaining Classes  
Time and Venue to be confirmed

Deposit: \$300 (\$100 refundable upon completion of 70% sessions)

PE Marks: 4

Contact:  
KWONG Pui Doff 96642678  
MOK Hiu Man 6191259

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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## 7. 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):**

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

**Jan** 16, 23, 30

**Jan** 17, 24, 31

**Feb** 13, 20, 27

**Feb** 14, 21, 28

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

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

**Apr** 3, 10, 17

**Apr** 4, 11, 18

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

**Time:** 6:00pm - 8:00pm

**Venue:** College Gymnasium

**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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## 8. 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 (this Thu).**

PE Marks: 4

#### Enquiries:

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

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## 9. 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，提示我們如何析賞詞作。



**講者:** 曾智聰博士

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))

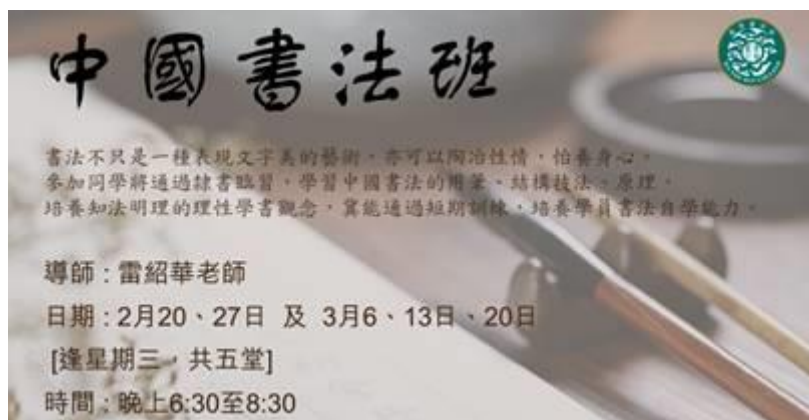
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## 10. 中國書法班

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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## 11. 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 ACUÑA (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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## 12 . c!ab Proudly Presents: Film Photo Contest

c!ab 年度鉅獻：菲林攝影比賽



為鼓勵更多同學參加比賽，c!ab 現將菲林攝影比賽截止日期延遲至一月三十一日 (本星期四)。獎品豐富，中大同學均可參與，立即把握機會！

To encourage more participants, c!ab is now extending the submission deadline of Film Photo Contest 2018 to **31<sup>st</sup> Jan (this Thu)**. 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 c!ab CUHK

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## College Announcements

### 1. Meeting of Campus Environment Committee - Next Meeting Date (31<sup>st</sup> Jan)

The upcoming meeting of Campus Environment Committee will be held at 4:00pm on 31<sup>st</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)); 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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### 2. Opening Hours of College Catering Outlets during Lunar New Year Holiday 農曆新年期間飯堂開放時間

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

1 Feb 2019 (Fri)	7:45am - 5:00pm (Last order at 4:30pm)
2 Feb 2019 (Sat) to 10 Feb 2019 (Sun)	Closed

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### 3. 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 / [karenjiu@cuhk.edu.hk](mailto:karenjiu@cuhk.edu.hk))

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#### 4. 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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#### 5. Meeting of Personal Growth and College Life Committee - Next Meeting Date (20<sup>th</sup> 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 11pm on 1 February 2019 to 8am on 8 February 2019 for Chinese New Year holiday. **Residents please leave the hostels and the College building by 11pm on 1 February 2019.**

Result of application for stay over the closure period has been announced via email and posted on hostel floors. 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2019年2月1日晚上11時前離開宿舍及書院大樓。

申請於上述期間居留宿舍之結果已經電公佈並張貼於各宿舍樓層。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. 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/reaching-out-award-201819-now-open-for-application/?lang=zh>



**Application Deadline: 5:30pm, 31<sup>st</sup> Jan (this Thu)**

**Enquiries:**

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

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## 8. 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 1<sup>st</sup> Feb (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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## 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](mailto:soniayu@cuhk.edu.hk))

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

[https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1544780574ExchangeandTravelGrantandLoan2018192nd.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1544780574ExchangeandTravelGrantandLoan2018192nd.pdf)

### **Enquiries:**

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

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## 12. 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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## 13. 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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## 14. 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.

	Programme Length	Programme Nature	Maximum Award amount
<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	

	Participating in organized programmes	HK\$15,000 or 100% of cost of particular items (whichever is lower)
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### 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 <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

*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/G6USQVJ78F0Lfd03>

\* 「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. 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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## 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, 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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#### 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](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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