

The Sunny Weekly

18 Mar 2019



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Sunny Review

1. High Table Dinner : "Let's Slash" (Speaker: Miss Ming-lok Wong)
書院高桌晚宴 : Slash 得起 (講者 : 黃明樂小姐)



The second High Table Dinner of 2018/19 Term 2 entitled "Let's Slash" was held last Tuesday at the College Dining Hall. Miss Ming-lok Wong (黃明樂小姐) first revealed why she quit from the much sought-after job as an Administrative Officer in civil service and started to pursue her real passion by working as a radio host, author as well as script and lyric writer for theatre performances. She later spoke on how she overcame the obstacles of being a freelancer and how to maintain a positive mindset by enjoying every moment. To conclude, Miss Wong shared how her freelance life has helped her develop the new life-coaching career with the aim to help other people discover their potentials and their own passion in life.

We were grateful to have Professor Man-hong Lai (黎萬紅教授), Dean of students and Associate Professor at the Department of Educational Administration and Policy as the moderator of the dinner.



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2. Resistance & Functional Trainings



Our in-house fitness trainers have recently brought to students two new thematic fitness training workshops – Resistance Training and Functional Training. While Functional Training enhanced the everyday movement of your body, Resistance Training uplifted your muscle strength to further improve endurance. The four-session module gave participants a general understanding and simple practice of the exercises. They can begin or strengthen their workout plan from what they have learned in the workshops.

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3. College Students Awarded at SDPA Prize Presentation Ceremony (高等院校學生推動可持續發展獎頒獎禮)



Our Sunnies once again shone at the Prize Presentation Ceremony of the Sustainable Development Promotion Award for Students of Higher Education Institutions (SDPA 高等院校學生推動可持續發展獎) held on 15th Mar. SDPA aims to promote the concept of sustainable development (SD) to local undergraduate students and

raise their awareness of the importance of SD; and to encourage them to organize projects for applying sustainable practices in daily lives and spreading the messages to their peers, families and the community.

The project “**Venture Hong Kong**” (香港遊蹤), submitted by our Sunnies Miss Natalie S.Y. Chung 鍾芯豫同學 (Geography and Resource Management/4), Mr. Tommy K.C. So 蘇建澤同學 (Nursing/4) and another CUHK student, won both the Proposal Award (項目規劃獎) and Implementation Award (項目推行獎). “**Venture Hong Kong**” organizes a competition similar to orienteering and aims at encouraging the public to explore unique spots of Hong Kong in a fun and interactive way.

Heartiest congratulations from all the Sunnies!



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College Activities

1. "Nature in Touch" Hiking and Planting Day 2019 「體驗自然」遠足植樹日



*Looking at distant objects in nature allows your eye muscles to relax.
Before examination starts, let's take a deep breath in the nature to relax and get recharged!*

Date: 14th Apr (Sun)

Time: 9:00am – 2:00 pm

Location: Pat Sin Leng Nature Trail, Pat Sin Leng Country Park

Meeting Point: College Gallery (8:50am); University MTR Station (9:00am)

Transport: Coach service between CUHK & Pat Sin Leng

Leading Teacher: Professor Kwai-cheong Chau (Chairperson of Campus Environment Committee and Adjunct Associate Professor at the Department of Geography and Resource Management)

Dress-code: sports

***Please prepare drinking water and snacks, if necessary*

Fee: Free of Charge

Deposit: HK\$50 (fully refundable after completion of event)

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7149502>

Registration Deadline: 7th Apr (Sun)

Deposit Submission Deadline: office hours, 8th Apr (Mon)

Enquiries:

Mr. Andy Cheung (3943-9768 / andy_cheung@cuhk.edu.hk)

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2. Summer Internship Programme with Dorsett Hospitality International 帝盛酒店暑期實習計劃 2018/19



To Learn – Be Inspired from the Corporate Culture and Be Coached by the Experienced Management

To Grow – Set Your Goals and Embrace Challenges

To Contribute – Bring in Your Talents to Drive Business Growth

Eligibility: Non-final year full-time Wu Yee Sun College undergraduates of relevant disciplines as required

Internship Period: Jun – Aug 2019 (8 weeks)

Location: Hong Kong Corporate Office

Allowance: \$4,000 / Month

Internship Positions:

Department	No. of Interns	Disciplines
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Engineering	1	Engineering
Finance	1	Accountancy & Finance
Human Resources	1	Business-related
I.T.	1	I.T
Interior Design	1	Interior Design
Legal	1	Law
Procurement	1	Business-related
Project	1	Architecture or Surveying
Sales & Marketing	2	Business-related

Application: Please register at <https://bit.ly/Dorsett19a> **on or before 25th Mar**

Enquiries:

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

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3. clab Presents - 523 Sakura Festival

March

- the beginning of spring,
- the season of graduation activities,
- the prime time for sakura blossoms to bloom

Sakura captivates with its delicate beauty, even though it is tragically short-lived. However, their fragility reminds us of our youth, always chasing after our dreams, constantly growing until it blossoms into magnificent petals of hope. Being surrounded by Sakura blossoms, we are also able to revel in the miracle that we met our companions, experiencing the beauty of the flowers as we forget all of our worries. We sincerely hope all of you can share this happiness at the "*523 Sakura Festival*" presented by clab.

A series of activities stimulating your FIVE senses will be staged. Details as below:



19/3 | 8:00pm | Gallery
 櫻花甜品派發
FREE dessert in Sakura presentation
 Come and Join us!

21/3 | 7:00pm | c!ab
 櫻花匙扣工作坊
Sakura Pendant Making Workshop
 Apply Now: <http://bit.ly/SakuraPendantMaking>

26/3 | 7:00pm | c!ab
 靛藍絞染工作坊
Shibori Indigo Dyeing Workshop
 Apply Now: <http://bit.ly/ShiboriIndigo>

25/3, 27/3 & 29/3 (Photo Day) | 7:00pm | Canteen
"WYS ON AIR" 飯堂廣播 - Canteen Broadcast
 Message Collection Box: <http://bit.ly/WYSONAir>

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4. 櫻花匙扣工作坊 Sakura Pendant Making Workshop



陽春三月，櫻花亦隨之盛開，日本更會有「櫻花祭」。與親朋好友一同賞櫻，藉此共聚一下。談笑風生之間，花瓣隨風掠過，相信大家都想將此美景留下。

創意實驗室特意舉行「櫻花匙扣工作坊」，以櫻花的邊框來進行創作，同學可自行選擇顏色填上，又或添加閃粉等裝飾，發揮無窮的創意。無論藝術天份到甚麼程度，也可製作出既實用又精美的鎖匙扣，將櫻花美景緊握手中。

March is the blossoming season of Sakura. In Japan, there is a Sakura festival. Family & friends gather together, sitting under the Sakura tree, appreciating its beauty & chatting with each other! What a wonderful scene!

Creativity laboratory (c!ab) organizes Sakura pendant making workshop for all the Sunnies. You can unleash your creativity through decorating the frame with coloring, glitters and much more. No matter you're an artist or not, you're welcome to create your own pendant, holding such wonderful Sakura scene in hand!

日期 **Date** : 21/03/2019 (星期四 Thursday)

時間 **Time** : 7:00 pm - 8:30 pm

地點 **Venue** : c!ab

名額 **Quota** : 10

承蒙洽蕙堂贊助及推動，伍宜孫書院、崇基學院及聯合書院邀請到本地著名書法策展組織「石齋之友」擔任本年度訪問藝術團體，於四月四日至十八日到訪三院。

訪問藝術團體簡介：

石齋之友緣於一群書法朋友二十多年來在書畫文房店「石齋」的聚會，並於 2003 年註冊為書法策展組織，其宗旨在聯絡國內外書法家，通過展覽活動，推廣中國書法。先後策展有〈書苑掇英——當代香港百人書法展〉、〈滄海連波——香港書家與滄浪書社交流展〉、〈傳承與新意——2007 石齋之友書法展〉、〈臨池清興——香港當代書法家邀請展〉，均獲同道好評。近年將重點放在書法教育，並設立資訊科技組，專任網上推廣工作，在面書設立賬戶，定期上載資料通訊，藉以將中國書法推廣給年輕一代。

是次訪問活動包括展覽、書法講座、示範及交流，詳情如下：

--- 2019 年 4 月 4 日 (星期四) 下午 4 時 30 分

勝緣 - 石齋之友書法邀請展 開幕禮

崇基學院行政樓大堂展覽廳

展期：2019 年 4 月 4 日至 4 月 18 日

開放時間：

星期一至五：上午 9 時至下午 5 時

星期六：下午 1 時至 6 時

星期日及公眾假期休息

--- 2019 年 4 月 6 日 (星期六)

專題講座：書法是怎樣練成的 (區大為先生)

時間：下午 2 時至 3 時 30 分

地點：崇基學院行政樓地下 G4 室

書法示範及交流：研究、欣賞「懷素自敘帖」的用筆藝術 (林德茂先生)

時間：下午 3 時 45 分至 5 時 15 分

地點：崇基學院行政樓地下 G4 室

--- 2019 年 4 月 13 日 (星期六)

專題講座：讀帖析微 - 「唐摹神龍本蘭亭集序」 (曾廣才先生)

時間：下午 2 時至 3 時 30 分

地點：崇基學院行政樓地下 G4 室

書法示範及交流：導臨「唐摹神龍本蘭亭集序」 (葉榮枝先生主持)

時間：下午 3 時 45 分至 5 時 15 分

地點：崇基學院行政樓地下 G4 室

備註：

1) 名額 25 名; 參加讀帖析微-「唐摹神龍本蘭亭集序」講座者將獲優先取錄。

2) 參加者需付材料費\$30 (不設退還) 及活動按金\$100 (完成活動後可退還)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6642731>

活動名額有限，伍宜孫書院、崇基學院、聯合書院員生校友將獲優先取錄。

查詢：

石曉風女士 (3943-1615 / candyshek@cuhk.edu.hk)

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7. Sunny Yeah Promotion

[以下內容為宜嘢依夜籌委會撰寫，並經書院電郵傳送。]

The following message is drafted by Organizing Committee of Sunny Yeah and sent via College.]



舞會 Ball

那年十八，母校舞會...但係母校冇舞會?!!!! 連站著如嚟囉既機會都有?!!!!
機會黎啦飛雲，宜孫舞會等緊你呀！表演跳舞飲酒 要咩有咩，仲邀請到 blaster!!!!
一齊 high 到最尾！仲點會站著如嚟囉?快啲報名啦啦啦啦!!!!

Never been to a ball? Here's your chance!!!

Sunny Yeah Ball is waiting for you! Dance with others, watch mesmerizing performances, enjoying some cocktail, we have all you ever want and desire! Also, we have invited a great band - Blaster to join our party! Let's have the time of our lives all night long!

What are you waiting for? Join the Sunny Yeah Ball right now right by clicking the link below!!

報名傳送門 Registration Form:

https://docs.google.com/forms/d/1dNjWnrT7Ofj3V88kWJMfs5gZie4f9L_OdmpEg3WJ09g/viewform?edit_requested=true

日期 **Date and Time** : 20th Mar (Wed) 7:00 pm - 10:00 pm

地點 **Venue** : 伍宜孫書院學生膳堂 Wu Yee Sun College Dining Hall

票價 Ticket :

\$90 (單人 Single) // \$87 (不過三優惠 GPA less than 3.00) // \$80 (五人同行 Group of five or above)

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8. 電影欣賞 Movie Appreciation: 廣告牌殺人事件 *Three Billboards Outside Ebbing, Missouri*



電影 Movie: 廣告牌殺人事件 *Three billboards outside Ebbing, Missouri*
 分析主題 Theme: 人生的焦慮 *Anxiety in Life*

日期 Date: 02.04.2019 (Tue)

時間 Time: 7 - 10pm

地點 Venue: 書院演藝廳 *College Theatre, Wu Yee Sun College*

電影語言 Movie Language:

英語, 配以中文字幕 *English, with Chinese subtitles*

主持 Moderator:

鄭政恒先生 --- 影評人、書評人，曾任香港電影金像獎、國際影評人聯盟獎、金馬獎評審。2012 年獲得香港藝術發展獎年度最佳藝術家獎。

Mr. Matthew Cheng --- Film critic, Book critic; Judging Panel member of various film awards; Recipient of "Award for Best Artist" in Hong Kong Arts Development Awards 2012

報名 Enrollment: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6890482>

已透過 RAS 登記出席是次 GEYS1010 活動之一年級同學不需重覆報名

No enrollment needed for Year 1 students who have registered for this GEYS1010 Activity via RAS

Enquiries:

Ms Candy Shek (3943-1615 / candyshek@cuhk.edu.hk)

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9. 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 Gym!



Trainer: Mr. Sebastian Chan

Dates (Every Wed, Except Public Holidays):

Jan 16, 23, 30

Feb 13, 20, 27

Mar 6, 13, 20, 27

Apr 3, 10, 17

Time: 7:00pm - 9:00pm

Venue: College Gymnasium

Trainer: Ms. Vanessa Chan

Dates (Every Thu, Except Public Holidays):

Jan 17, 24, 31

Feb 14, 21, 28

Mar 7, 14, 21, 28

Apr 4, 11, 18

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)

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College Announcements

1. Locker Application for 2019 Summer 書院儲物箱申請 (2019 年暑期)

Lockers located at 1/F, East Block (opposite to Learning Commons) are now available for WYS College students. Students can apply at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7149069>. Successful applicants will be assigned ONE locker for use in the period 3rd May – 8th Sep.

Application Procedures

- 1) Submit application online by **7th April**. 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, 23rd April** after receiving the confirmation email sent by the Office.
- 4) Each successful applicant will be assigned one locker.

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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2. WYS Hostel Application 2019/20 (For Non-local Students admitted in 2015/16 and before)

Hostel application **for non-local students admitted in 2015/16 and before** for the academic year 2019/20 will open from **16th Mar to 1st Apr**. Please read through the Application Note before submitting your online application.

Application Note:

https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1552642833WYS_Hostel_201920_NL1516_ApplicationNote.pdf

Online Application:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6107542>

An email notification will be sent to the email address provided upon successful online submission. Applicants must keep the email and present the email printout to the College as supporting document upon request. *Applicants are NOT required to submit a printout of the email notification for application.*

Enquiries:

Ms. Polly Po (3943 1741 / polly@cuhk.edu.hk)

Miss Zalon Wong (3943 9773 / zalonwong@cuhk.edu.hk)

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3. Wu Yee Sun College The Most Popular Canteen Staff Polling (2018/19 Term 2) 伍宜孫書院飯堂最受歡迎員工選舉 (2018/19 下學期)



多謝大家對書院最受歡迎飯堂員工選舉的支持，伍宜孫書院自舉辦最受歡迎飯堂員工選舉後，飯堂服務質素不斷提升。新一輪投票現正舉行，希望大家踴躍投票，為改善飯堂質素出一分力。

Thank you very much for voting the Most Popular Canteen Staff Polling in the past. Since the establishment of the Polling, the catering services have been improved largely. A new round of voting is conducting now. Please be reminded to give a vote. Let's work together to improve the catering service of College canteen.

請登入以下連結投票選出你心目中最受歡迎飯堂員工(每個同學/教職員最多可投三位飯堂員工)

Please click the link below to vote for the most popular canteen staff. Each student/staff can vote for three canteen staff at most.

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6944263>

投票日期 Voting period : 1st to 31st Mar

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



The College Photo Day will be held on **29th Mar (Fri)**. Graduating students of 2018/19 please refer to the below for details:-

1) Group Photo for Graduating Class of 2018/19 & College Members

Time: **2:00 pm** (Please arrive by 1:45 pm and follow the instructions from photographer)

Venue: Central Courtyard (Rain Plan: Student Canteen)

2) Faculty & Departmental Photo-taking

Time: 1:00 pm – 3:05 pm

Venue: Central Courtyard (Rain Plan: Student Canteen)

[View Full Photo-taking Schedule](#)

3) Celebratory Decorations by Student Bodies

Venue: UG/F and LG/F (Rain Plan: Gallery & 1/F West Block)

[View Floor Plans](#)

The gown borrowing period is from 28th Feb (Thu) to 15th Apr (Mon). Return of gowns should be made by individual students on or before 15th April (Mon) during office hours to the College Office (G03, G/F, East Block). **Please note the returning place will be changed to College Theatre, UG/F on 15th April (Mon).**

Enquiries:

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

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5. "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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6. 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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7. Exchange and Travel Grant/Loan 2018/19

Wu Yee Sun College Exchange and Travel Grant / Loan

申請資格 Eligibility
獲選參加學期交換計劃或海外夏令假期活動/交流、暑期經濟困難的進修學生
College students with financial needs who are selected for semester or year exchange programme or going overseas for summer activities / exchanges
For Grants, applicants must be local undergraduate students.

學期/活動舉行期間 For Programmes/Activities	申請日期 Application Period	結果公佈日期 Application Result
Feb 2019 – May 2019	15 Dec 2018 – 18 Apr 2019	30 Apr 2019
Jun 2019 – Sep 2019	19 Apr 2019 – 16 Aug 2019	30 Aug 2019
Oct 2019 – Jan 2020	17 Aug 2019 – 15 Dec 2019	30 Dec 2019

最高資助額 Maximum Amount of Subsidy
助學金(Grant)-\$15,000 - 貸款(Loan)-\$5,000

YOUR only LIMIT IS YOU

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/1549961653ExchangeandTravelGrantandLoan2018192nd.pdf

Enquiries:

Ms Karen Yiu (3943-3936 / karenyiu@cuhk.edu.hk)

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8. 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:

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

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9. 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. Care and Well-being Fund for Mental Wellness Activities



Care and Well-being Fund for Mental Wellness Activities encourages students to participate in various activities to strengthen mental wellness, including workshops, talks, symposiums etc. to release their stress as well as training classes and courses such as counselling training to enrich their knowledge on mental health in order to improve students' overall mental wellness.

Eligibility:

For Wu Yee Sun College students who participate in mental health activities and trainings organized by organization(s) other than College

Examples:

Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Counselling Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course

Funding Amount per student per activity:

Maximum **\$800** or 80% of the course / activity fee (whichever is lower)

Take a look at the [guidelines](#) and the [report template](#), and start your healthy life now!!!

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6754853>

Enquiries:

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

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2. 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

Enquiries:

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

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3. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃

Life begins at the end of your comfort zone!

A **SMALL** change can make a **BIG** difference!

If you are planning for any short-term projects containing elements of Creativity, Entrepreneurial Spirit or Social Responsibility, apply "Be Entrepreneurial!" Funding Scheme.

To provide more support to students, the maximum funding amount has been raised to \$20,000!!!

Maximum Funding Amount: HK\$20,000

Eligibility

- All WYS undergraduate students
- Individual and Group projects (*the group must comprise of at least 50% WYS students, other 50% may be students from other Colleges*)
- Applications are welcome all year round

What are you waiting for? Click [HERE](#) to find out more information!

Enquiries:

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

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4. 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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5. Service-learning project Funding Scheme 服務學習項目資助計劃

If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College's Service-learning Project Funding Scheme supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project.

Learn to serve and serve to learn! Please visit the website for more info.

Enquiries:

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

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6. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃



Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports 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/whole-person-development/sports-health-education/>

Enquiries:

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

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Other Activities & Announcements

1. 日常心活「靜觀 x 咖啡工作坊」(3月27日) Mindfulness x Coffee Workshop 27th Mar 2019



未知上一次大家放下手機，靜心品嚐一杯咖啡是什麼時候呢？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 x 咖啡工作坊」邀請你通過靜觀方法，專心沖製咖啡，從過程中覺察自己的情緒、思想和身體感覺，了解自己多一點。

When was the last time you put down your phone and observe your footsteps, notice your breaths, and listen to your inner voice?

We invite you to spend an evening of your hustle and bustle university life to observe your bodily sensations, feelings, and thoughts and to take care of yourself by practicing mindfulness.

Date and Time: 27th Mar (Wed) 18:30 – 20:30

Venue: W116, Wu Yee Sun College

Language: Cantonese

Fee: Free

Target: College students

Quota: 20

報名表格 Program Details and Registration: <https://goo.gl/forms/eES1t7nhcsuA3qi53>

查詢 Enquiries :

3943-4378

*「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。

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2. Earth Hour 2019 地球一小時 2019

Pledge now to support Earth Hour by turning off all non-essential lights for one hour on Sat, **30th Mar at 8:30pm!** Wu Yee Sun College, together with other Colleges and Units of CUHK, will support to this global campaign to show our commitment to combat climate change and reduce our ecological footprint.

During Earth Hour, all non-essential lighting on UG/F Podium and 5/F Sky Garden will be switched off as a gesture of support. Every one of you, especially hostel residents, is invited to take action by switching off your lights!

More details of the campaign can be found at <https://earthhour.wwf.org.hk/en/home/>.

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3. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2018/19 (Application Deadline: 28 June 2019)

CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature aims to encourage and recognize the excellence of research, analysis, and writing by the students of CUHK in the use of primary sources and rare materials held by the Hong Kong Literature Collection of The Chinese University of Hong Kong Library (CUHK Library). Applicants can visit the website of CUHK Library for the information on Hong Kong Literature Collection (香港文學特藏) at <http://www.lib.cuhk.edu.hk/tc/collections/spc/theme/hklit>.

Number and Value of Scholarship

There will be two scholarships of HK\$10,000 each. The scholarship recipients should be able to demonstrate their strong competence in using the Hong Kong Literature Collection for their outstanding research papers on Hong Kong literature and related fields. No award will be granted if there is no suitable candidate.

Eligibility

Applicants must:

- Be full-time students taking undergraduate / research postgraduate programmes;
- Submit a research paper / thesis / dissertation * on Hong Kong literature and related fields; and
- Submit a statement in 500-800 words, written in either English or Chinese, on how to make use of the Hong Kong Literature Collection for the research paper / thesis / dissertation.

* For research paper, thesis and dissertation written in language other than English or Chinese, applicants are required to translate the academic works into either English or Chinese for submission.

Selection Criteria

A panel will meet to review applications and take into account the following during selection:

1. The originality, quality of analysis and interpretation of the research paper.
2. The excellence of writing style and thoroughness of documentation of the paper.
3. The extent and effectiveness of the applicant's use of the Hong Kong Literature Collection in the research.

Application Procedures

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

Completed application form together with all requisite documents should be submitted **in person** to the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park during office hours (Monday – Friday 8:45 a.m. - 1:00 p.m. and 2:00 p.m. - 5:30 p.m. except Public Holidays) **on or before 28 June 2019**. *Late or incomplete applications will NOT be considered.* Please refer to Notes for Applicants attached to the application form for the requisite documents to be submitted by the applicants.

Selection results will be announced by August 2019.

Enquiries:

Office of Admissions and Financial Aid (3943 9285/ 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.