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Sunny Review

1. Sunny Living Week: Relax, Refresh and Recharge!



Following the success from last year, the well-received *Sunny Living Week* was re-run at the beginning of this semester, offering a wide variety of activities with new elements to *train students' body, mind and spirit*, and encourage them to *contribute to the environment and society*.

The sequel started off with a touch of our mother nature. Around 40 student and staff members followed the lead of Professor Kwai-cheong Chau (鄒桂昌教授), Chairperson of Campus Environment Committee and Adjunct Associate Professor at the Department of Geography and Resource Management, in *Eco-hike @ Tai Po Kau Nature Reserve (大埔滘生態遊)*. It was a fruitful journey in which Professor Chau educated us about various ecosystem services essential to the survival of human beings and the relationship between forests and climate change. More than an ecology class, the eco-hike was a lesson taken in the forest while participants learnt about the co-existence of human and nature.



College Master Professor Anthony T.C. Chan (院長陳德章教授) then shared with participants the health benefits of eating more vegetables and less meat at the *Vegetarian Lunch (素食)*. Professor Kwai-cheong Chau echoed and

further elaborated on the importance of green eating and its impact on defeating the climate change threats. All participants including College staff members, local and non-local College students would certainly tell you that veggie dishes do not mean monotonous and tasteless vegetables only. Give vegetarian meal a try and start a more nutritious diet in your life!



After gaining energy from the Vegetarian Lunch, a group of Sunnies joined the *Forest Bath (森林浴)* to immerse themselves in the natural forest atmosphere in CUHK under the guidance of Miss Amanda Yik, Forest Bath Guide of US Association of Nature and Forest Therapy Guides & Programs. They used their five senses to see, to smell, to hear, to touch and to taste this familiar environment from a new perspective. At the end of the event, their worries and stress were wiped away by the magical power of the nature.



Another way to show our love to the nature is to replace one-off plastic products with their sustainable counterparts. Students learnt how to create zero-waste *Beeswax Food Wraps (蜂蠟保鮮布)*, while making each one unique by designing their one-of-a-kind patterns on the cloths. All participants had an enjoyable time and the beeswax food wraps are definitely wonderful gifts for friends and family!

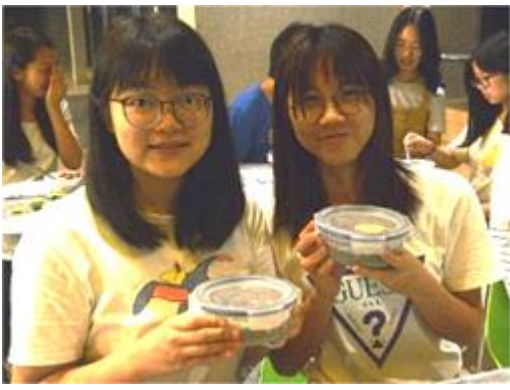




Sunny Relay Race challenged 8 student teams for an interesting task of rowing 2km and riding a specially-designed bicycle to make 3 cups of smoothies! While each team strived their best for the fastest speed, they did not forget the spirits of “*Sports for Everyone*” and “*Green Eating*” manifested through the laughter and cheers during the race. The smoothie-ride bicycles lent by *Green Monday* and the sharing on balanced diet from professional nutritionists gave students a fun way to begin green living.



Another group of Sunnies began their green living by joining the *Shape You Up : Healthy Snack Making Workshop (愈食愈FIT - 有營小食製作工作坊)*. Miss Tiffany Cheung, Nutritionist of *Green Monday*, taught participants to make vegan chia seed pudding and introduced different healthy snack choices. Tiffany also explained benefits of vegetarian diet in terms of health (e.g. avoiding obesity and chronic diseases) and environmental protection (e.g. reducing greenhouse gas emission and water usage). She also introduced alternative plant-based protein sources such as peas, bean curd and nuts. At the end of the workshop, Tiffany suggested participants to choose food with different colours, as a rainbow of foods creates a palette of nutrients that are essential for a healthy diet plan.



Promoting a sunny lifestyle takes collective efforts. Different student organizations and units set up their *Activity Booths* at the College Gallery to share the important message to their fellow students, including **UV Resin DIY Keychain Workshop** by *Creativity Laboratory (創意實驗室)*, **Darts Game** by *Sports Association (體育學會)*, **DIY Sunblock Workshop** by *Green Team (綠色小組)* and **VR Game** by *Jockey Club Museum of Climate Change (賽馬會氣候變化博物館)*. Those getting tired from the workshops and games could get free organic sugarcane water and buy organic vegetables at the *Organic Farm Booth* to re-gain their energy!



This year's Sunny Living Week concluded with an insightful *Visit to T-Park (源·區 --- 轉廢為能之旅)* in which a waste-to-energy journey was introduced. Participants were amazed by the state-of-the-art sludge incineration and self-sustaining operation systems in T-Park, which reduces the volume of sludge by 90 per cent and thus substantially reduce the loading on landfills, as well as generate electricity during the incineration process to meet on-site operational needs. After an informative guided tour, some Sunnies took the chance to enjoy a relaxing T-Spa, supported by the heat energy recovered from the sludge incineration process, with a seamless sea view of Deep Bay.



With the spirit of *Sunny Living* in mind, we will always be able to relax, refresh and recharge, hence be ready for different challenges in life!

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2. Hostel Floor Gatherings 宿舍樓層聚會



Hostel life is of great fun! Every month, Resident Tutors organize floor gatherings to mingle with resident students, celebrate festivals and create occasions for residents to meet their fellow floor-mates. First-year students shared their difficulties in adapting to university and hostel life while senior year students offered tips. Together they build a supportive community in the hostels. If you still haven't met your floor-mates or resident tutor, don't miss the chance in October!



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3. College Student Bodies' Promotion at CUHK Art Fair 書院學生團體於中大藝墟宣傳



Dessert Society (甜品學會) and College Rotaract Club (宜孫扶青) took part in CUHK Art Fair (中大藝墟) on 18th and 19th Sep to promote themselves by sharing their activities and recruiting new blood. Many fellow students expressed interests and signed up to be their members. We hope that various student societies will continue to thrive and create pleasant campus life for their peers.



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4. Clab Orientation Activities 創意實驗室迎新活動



The student conveners of Creativity Laboratory (創意實驗室), also known as the *clabbers*, organized a series of orientation programmes in the past few weeks. To begin with, they transformed the Creativity Laboratory (c!ab) into a live concert hall with lighting and sparkling decorations. Joining hands with Music Society, all participants including local and non-local students had a relaxing and enjoyable music night.

Clabbers also made use of dried flowers and leaves to conduct **UV Keychain Workshop** (滴膠匙扣工作坊) and **Natural Plant Dyeing Handkerchief Workshop** (植物拓染工作坊).



Those interested in getting to know c!ab better are welcome to join our coming gathering on **26th Sep (Thu) at 7:30pm in c!ab**. Share your creative ideas with us and be one of us!

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College Activities

1. Rance Lee Award --- Application Opens Now!



Creativity (創意) and Sunny Living (陽光生活) are two of the College's core values. If you are health-conscious and a green living supporter, grab this chance to promote your creative idea!

Rance Lee Award aims at encouraging the integration of creativity and Sunny living in the following 3 areas:

- Rance Lee Award for creativity in promoting **health and well-being**
- Rance Lee award for creativity in promoting **lifetime sports**
- Rance Lee award for creativity in promoting **green life**

Unleash your creativity and submit your application with a one-page executive summary **on or before 31st Oct**. Tell us your ideas in proposal format and make a better life together!

Check out the website and click "**Rance Lee Award**" for further details:
<https://www.wyys.cuhk.edu.hk/funding-scheme.php>

Enquiries:

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

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2. 中國繪畫班



宗旨: 本課程為中國繪畫基礎班, 教授寫意花鳥、山水畫, 旨在透過學習中國繪畫之不同門類和技法, 提高學員對中國繪畫之認識, 奠定基礎, 培養對中國文化之興趣。

導師: 蔡德怡老師

畢業於香港中文大學藝術系, 獲文學士 (2011) 及藝術碩士 (2015), 主修中國畫, 期間赴浙江大學藝術學系、北京畫院交流進修。曾獲康本國際交流獎學金、2011 傑出藝術新秀獎、詹雲白夫人紀念中國書畫獎、香港當代藝術獎 2012 (入選)、才藝發展獎學金 2014 (香港特別行政區政府獎學基金), 亦為香港藝術館 2017“賽馬會‘藝術館出動’教育外展”受邀藝術家等。蔡氏曾於香港舉辦三次個人展覽, 亦同時積極參與多個香港及海外藝術聯展, 作品為香港藝術館、本地與海外藏家及機構等收藏。同時在不同學校及公眾機構教授中國繪畫, 推廣中國藝術。

日期: 2019 年 10 月 8 日、15、22、29 日及 11 月 5 日、19 日 (逢星期二, 共六堂)

時間: 晚上 6:30 至 9:00

地點: 伍宜孫書院西座 112 室

語言：粵語/普通話

人數：最多 20 人

按金：港幣\$400 (出席四堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7883368>

截止日期：9月25日

*名額有限，先到先得，欲報從速。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 (carlylau@cuhk.edu.hk / 3943-3988)

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3. 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!

Mr. Ryan Chan

Dates (Every Wed, Except Public Holidays):

Sep 11, 18, 25

Oct 2, 9, 16, 23, 30

Nov 6, 13, 20, 27

Time: 18:00-20:00

Venue: College Fitness Room

Ms. Vanessa Chan

Dates (Every Thu, Except Public Holidays):

Sep 12, 19, 26

Oct 3, 10, 17, 24, 31

Nov 7, 14, 21, 28

Time: 20:00 – 22:00

Venue: College Fitness Room

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

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

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4. Yoga Class 2019/20 Term 1

The aim for yoga practice is more than advanced poses. Achieving a balanced state of mind and body is what you can get in our yoga class.

Date: 30th Sep, 14th, 21st, 28th Oct; 4th, 11th, 18th, 25th Nov (Mondays)

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

Venue: W112-114, Wu Yee Sun College

Quota: 14 (per class)

Fee:

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

College member \$200

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7579823>

Interested students please fill in this webform AND submit deposit to Dean of Students' Office on or before 12:00nn, 28th Sep (first-come-first-served)

Instructor: Ms. Ivy Lam

PE Marks: 4

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

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College Announcements

1. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be on leave from 27th Sep to 2nd Oct. During this period, Professor Sunny K.S. Kwong (鄭啟新教授), Associate College Master and Director of University Planning Office, has been appointed the Acting Master of Wu Yee Sun College.

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2. The "Sunny" Award & Admission Scholarship for Outstanding Artistic Achievements 2019/20

學生須以 伍宜孫書院 為首選
Eligible for students who placed WU YEE SUN COLLEGE as their 1st College preference

2019/20入學獎學金 + **ADMISSION SCHOLARSHIPS**

The "Sunny" Award
HK\$15,000 / \$10,000

Recognize College freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility

嘉許持樂觀積極態度，並具創意、熱誠及遠見，能展現書院使命「彰顯創新志業，承擔社會責任」的書院新生

CREATIVE

藝術傑出入學獎學金
Admission Scholarship for Outstanding Artistic Achievements
HK\$8,000

Acknowledge College freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music

嘉許於藝術包括文學 / 表演 / 視覺藝術 / 電影 / 媒體藝術或音樂方面表現傑出的書院新生

2019年10月7日截止接受申請 Applications open until 7 Oct 2019

Enquiries: Ms Karen Yu | 3943 3936 | karenyu@outk.edu.hk

--- The "Sunny" Award - HK\$15,000 / HK\$10,000

Recognize College freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility

Online Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7525520>

--- Admission Scholarship for Outstanding Artistic Achievements - HK\$8,000

Acknowledge College freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music

Online Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7526512>

**Both scholarships are eligible for freshmen who placed Wu Yee Sun College as their 1st College Preference.

Application Deadline: Monday, 7th Oct 2019

More Details: <http://www.wys.cuhk.edu.hk/scholarships.php>

Enquiries:

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

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3. College Hostel Grant 2019/20

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2019/20 will be maximum \$4,192 per year.

Application is now open **until Friday, 11th Oct**. Students with Term 1 or whole year residence are eligible to apply.

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 application deadline.

Application Form:

https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1567992397HostelGrantApplicationForm201920_Term1.pdf

Enquiries:

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

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4. College Student Grant/Loan 2019/20 (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2019/20. There will be two rounds of applications: the September round is open to non-freshmen ONLY while the January round will be open to freshmen ONLY. Students who have financial difficulties are reminded to first apply for Government financial aid (Tertiary Student Financial Scheme).

Application is now open for non-freshmen **until Friday, 11th Oct**. 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.

Application Form:

https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1567992446StudentGrantandLoan201920_NF.pdf

Enquiries:

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

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5. Room Share Scheme 2019/20 2019 至 20 年度特別宿位計劃

Room Share Scheme (特別宿位計劃) for 2019/20 is now open for application.

Scheme Details: https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1564640975WYS_Hostel_RSS_201920_Guideline.pdf

Online application from 2nd to 23rd Sep 2019: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7754874>

Please be reminded that:

1. Application will be considered only if ALL 3 applicants (including 2 host residents and 1 special resident) submit the application.
2. The residence period of all 3 applicants in the group must be the same.
3. Students who have submitted hostel appeal can also apply for Room Share Scheme. His/her application for Room Share Scheme will be cancelled if he/she is allotted a hostel place via hostel appeal.
4. Each student can only submit Room Share Scheme application for 1 group. Otherwise, all of his/her Room Share Scheme applications will be considered invalid. (Example: Each regular resident cannot submit application for more than 1 proposed special resident. Each proposed special resident cannot submit more than 1 application.)

Enquiries:

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

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

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6. "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 2019/20

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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7. 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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8. Exchange and Travel Grant/Loan 2019/20



College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities/exchanges may apply for Exchange and Travel Grant/Loan.

There are different rounds of applications. **For programmes/activities held in Oct - Jan 2020, application is now open until 13th Dec 2019.**

For programmes/activities held in Feb 2020 – May 2020, application will be open from 14th Dec – 17th Apr 2020.

Check out the following link for more information including eligibility:
https://www.wyys.cuhk.edu.hk/cms/wp-content/files_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf

Enquiries:

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

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9. 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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10. 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/0B2BjiMcr2icqWkE4V3dmMWJXVVE>

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)

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



The College encourages students to pursue a healthy and sunny life. If you would like to join any non-College organized activities **to strengthen your own mental wellness** or **to enrich your relevant knowledge so as to provide support to your peers**, you are most welcome to apply for our **Care and Well-being Fund for Mental Wellness Activities**. The Fund now provides greater support to allow a wider choice of activities of your interest. Details can be found below:

Eligibility:

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

Examples:

Meditation, Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Peer Support Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course etc.

Funding Amount per student per activity:

Maximum amount increased from \$800 to **\$1,500**, 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 / florecetsui@cuhk.edu.hk)

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

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 (whichever is lower)
		Participating in organized programmes	HK\$5,000 or 50% of cost of the particular items (whichever is lower)
Long-term	One to six months	Self-initiated programmes	HK\$15,000 or 100% of cost of particular items (whichever is lower)
		Participating in organized programmes	

Application

Before submitting the online application form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7362342>), 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.wyys.cuhk.edu.hk/whole-person-development/sports-health-education/>

Enquiries:

Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

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Other Activities & Announcements

1. Member Recruitment for uBuddies Program and uPals Program

uBuddies Program

uPals Program



Have you ever thought of becoming a peer counsellor so as to offer support and assistance to your peers who appear frustrated and confused?

Since 2010, Wellness and Counselling Centre of the Office of Student Affairs has launched the **'uBuddies' Peer Counselling Network** to promote Caring Campus. Ten batches of uBuddies have completed their training and have been in active service for years. We would like to invite you to join us! Let us build together a truly caring and positive campus in CUHK!

Who are eligible to join the uBuddies program?

- If you are CUHK full-time non-final year undergraduate students; and you
- are interested in developing helping profession
 - wish to develop your personal potential and character strengths
 - love to help peers
 - want to add colours to your university lives

Training will be conducted **mainly in Cantonese** with English supplement.

More information: [here](#)

uPals is a newly launched program by the Wellness and Counselling Centre of the Office of the Student Affairs focusing on peer wellness promotion and strengthening peer support atmosphere. The uPals members will work together to plan and implement mental wellness campaigns to promote supportive, fun and caring service projects on campus.

Who are eligible to join the uPals program?

- If you are CUHK full-time non-final year undergraduate students; and you
- are interested in organizing some fun events focusing on mental health
 - wish to be part of the World Mental Health Day, organize cheering-up activities during examination period, etc.
 - love to support peers
 - want to promote positive lifestyle choices to support mental wellness

All trainings and workshops will be conducted **mainly in English.**

More information: [here](#)

Application (Deadline: 18th Oct):

[uBuddies On-line Application Form](#)

[uPals On-line Application Form](#)

Enquires:

Miss Kong (3943-1804)

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2. Events of The Hong Kong Management Association

The Hong Kong Management Association (HKMA) would like to invite you to join the following events under their Youth Development Scheme. Upon satisfactory attendance to any three HKMA events during Oct-Dec 2019, students will be invited to HKMA internship program.

Kindly note that these events are provided for free for HKMA student members only, so interested students please first register for HKMA student membership online at <https://www.hkma.org.hk/free/membership/studentMember/>. It is FREE to register for HKMA student membership. Afterwards, students could register for the following events by going to the survey monkey link at <https://www.surveymonkey.com/r/JGBRRCY> directly.

Below lists event details for your reference.

Event	Time and Venue	Description	Flyer	Registration Deadline
Company Visits: Microsoft	8 th Oct, Tue 15: 00-17:00 @Cyberport	Representatives from the company will be sharing their industry trend, daily operation, talent need and advice on career plan, even tips on applying their internship / graduate opportunities.	Flyer Here	2 nd Oct, Wed
Company Visits: McDonald's	14 th Nov, Thu 15: 00-17:00 @Hunghom train station	Tour will be given around the office / restaurant so students will have a taste on the daily operation of the industry.		11 th Nov, Mon

Enquiries:

Ms Esan Lee of HKMA (esanlee@hkma.org.hk / 2774-8575 / 9329-3393)

HKMA Digital Marketing Community will also be organizing the seminar “零售科技拆解零售界「五大痛點」研討會”, which aims at studying retail difficulties and the advantages of retail technology. You are welcome to join the seminar and details are as follows.



Date: 1st Nov (Fri)
Time: 4:00 pm – 6:00 pm
Venue: Lecture Theater, HKMA Advanced Management Development Centre, 3/F, Tower 2, South Seas Centre, 75 Mody Rd, Tsim Sha Tsui East, Hong Kong

Language: Cantonese
Quota: 10 complimentary seats (free of charge and first-come-first-served)

Application: Please email you SID, English & Chinese full name, mobile number, major and year to rachelpoon@cuhk.edu.hk and katieyu@cuhk.edu.hk

Application deadline: 27th Oct (Sun)

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

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3. University Bursaries and Loans 大學助學金及免息貸款

The **University Bursaries and Loans (UBL)** are now available for local students who are studying full-time undergraduate programme and cannot get sufficient financial assistance under the Government Tertiary Student Financial Scheme – Publicly-funded Programmes (TSFS) to apply.

Applicants should complete and submit the online application via CUSIS (Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "University Bursaries and Loans") during the period **from 2nd to 30th Sep**.

Application details: <http://admission.cuhk.edu.hk/aid/application.html>

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4. Student Residence Bursary Scheme 學生宿舍助學金計劃

Eligibility

To be eligible to apply for the CUHK Student Residence Bursary 2019/20, 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 2018 to 31st Mar 2019) 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 (*Please refer to the Guidelines for the monthly household income bandings*);
- (4) be not able to benefit from Community Care Fund (CCF) hostel subsidy or receive less than \$1,420 per term under the CCF hostel subsidy.

Amount of Bursary

1. For eligible needy students who are not able to benefit from CCF hostel subsidy, the value of each bursary will be \$1,420 per term.
2. For eligible needy students who receive less than \$1,420 per term under CCF hostel subsidy, the value of each bursary will be the difference between \$1,420 and the approved amount of CCF hostel subsidy.
3. The maximum amount of bursary for residents of all types of shared rooms will be the same.

Application Procedures

1. Eligible students who live in hostel for the first term or the whole year should submit their online application in Chinese University Student Information System (CUSIS) (Website: <http://www.cuhk.edu.hk/cusis>; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select "Student Residence Bursary") during the application period **from 2nd Sep to 31st Oct 2019**.
2. Applicants should print out Section 7 of the online application form and submit together with the supporting documents to the College on or before the application deadline.

Application details: <http://admission.cuhk.edu.hk/aid/application.html>

Enquiries:

Office of Admissions and Financial Aid (3943-1898 / 3943-7205)

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5. Government Tertiary Student Finance Scheme / Non-means-tested Loan Scheme 政府資助專上課程學生資助計劃 / 全日制大專學生免入息審查貸款計劃

New College students who have financial difficulties should apply for **Government Tertiary Student Finance Scheme (TSFS)** or **Non-means-tested Loan Scheme (NLSFT)**. Applications should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through "SFO E-link - My Applications" at <http://ess.wfsfaa.gov.hk> **on or before 23rd Sep (today)**.

Application details: <http://admission.cuhk.edu.hk/aid/application.html>

Enquiries:

Government Student Finance Office (2152-9000)

Office of Admissions and Financial Aid (3943-5271 / 3943-1898)

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6. The Rhodes Scholarship 2020 for Hong Kong (Tenable at the University of Oxford)

The Rhodes Scholarship 2020 for Hong Kong tenable at the University of Oxford is now open for application until 30th Sep by 23:59 (Hong Kong time).

The Rhodes Scholarship is a prestigious international scholarship programme in the world, enabling outstanding young people from around the world to undertake full-time postgraduate study at the University of Oxford. Rhodes Scholarships are for young leaders of outstanding intellect and character who are motivated to engage with global challenges, committed to the service of others and show promise of becoming value-driven, principled leaders for the world's future. For more information about the Scholarship, please visit: <http://www.rhodeshouse.ox.ac.uk/>.

More information: <http://admission.cuhk.edu.hk/assets/oafa/Scholarships/Overseas/poster-rhodes-2020.pdf>

Enquiries:

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

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7. <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.