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Sunny Review

1. First College Forum of 2019/20 Term 1: "Mental Wellness in CUHK" 2019/20 年度上學期首次書院論壇：心理健康在中大



Ms. Erica K.M. Lam (林桂銘女士), Student Development Counsellor from Wellness and Counselling Centre (心理健康及輔導中心) of CUHK Office of Student Affairs, conducted a mental health forum entitled "**Mental Wellness in CUHK (心理健康在中大)**" on Friday, 27th Sep.

She shared with students different degrees of mental illness and how to seek support from CUHK if students suffer from mental health problems. Students also learnt how to release daily stress by doing more exercises, maintaining a balanced diet, having a healthy sleep habit, and talking to others. By completing an online questionnaire, students could better understand their mental wellness and ways to seek support from the professionals if necessary.

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College Activities

1. 語文文化桌：古人也寫錯別字



錯別字不只是現代人的產物。即便是我們以為處身於文化氛圍較濃厚的中國古代社會，書寫錯別字應該也是普遍存在的文化現象。本講嘗試概述古代錯別字的情況，繼而舉若干書法作品為例，以見古代錯別字的具體情況，以及錯別字與特殊語境的關係。

講者：黃偉豪教授

2013年獲南京大學中國古代文學博士，2014-17年復旦大學中國語言文學博士後流動站工作，先後任教於香港浸會大學、香港科技大學（兼）、中山大學等校，現任教於樹仁大學中國語言文學系。

日期：10月28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：普通話

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=8171958>

截止日期：10月21日(星期一)

*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)

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2. Cheer for College Teams in Inter-collegiate Competition! 為院隊健兒打氣!

Support your friends at the matches! Cheer for every athlete's effort!

為你的朋友打氣! 為每位運動員的努力喝采!

Cheer for College Teams! Support your FRIENDS!

Teams	Date	Time	Venue	Against Team
Basketball (Men)	2 Oct 2019	19:15	Yeung Ming Biu Indoor Sports	Morningside College
	8 Oct 2019	18:15	Centre (University Gymnasium)	S-H Ho College
Basketball (Women)	30 Sep 2019	19:15	New Asia College Charles Leung Gymnasium	New Asia College
	3 Oct 2019	19:15		C-W Chu College
	10 Oct 2019	18:15		Shaw College
Soccer	30 Sep 2019	18:30	Sir Philip Haddon-Cave Sports Field	Lee Woo Sing College
	2 Oct 2019	18:30		Shaw College
Volleyball (Men)	30 Sep 2019	18:30	United College Thomas Cheung Gymnasium	Lee Woo Sing College
	3 Oct 2019	18:30		Shaw College
	9 Oct 2019	18:30		C-W Chu College
Volleyball (Women)	2 Oct 2019	19:30	United College Thomas Cheung Gymnasium	United College
	8 Oct 2019	19:30		Chung Chi College
	11 Oct 2019	19:30		S-H Ho College
CUHK Aquatic Meet	4 Oct 2019	18:30	University Swimming Pool	---
CUHK Athletic Meet	6 Nov 2019	18:30	Sir Philip Haddon-Cave Sports Field	---

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3. Talk by Visiting Artist of Hop Wai Art and Cultural Programme 洽蕙藝文計劃：訪問藝術家講座



厚蒙洽蕙堂慷慨支持，香港中文大學伍宜孫書院、崇基學院及聯合書院邀得水墨畫家兼眼醫陳媚音女士擔任訪問藝術家，於 2019 年 10 月來訪，透過一連串活動，與中大員生分享創作心得。

陳醫師生於澳門，在香港完成中學課程，曾獲中大生物系錄取，因有志於醫療工作而負笈臺灣，在臺大醫學系畢業後從事眼科臨床工作至今。自小家學淵深，為嶺南三傑之一陳樹人大師後人；亦師承嶺南大師黃磊生教授門下，習畫三十載。

講座：眼底丹青刮目看—我的醫療與繪畫人生
Talk: The Art Journey of an Ophthalmologist

日期 Date：9/10/2019 (星期三 Wednesday)

時間 Time：7:00-9:00 pm

地點 Venue：崇基學院牟路思怡圖書館謝昭杰室 C.K. Tse Room, Chung Chi College Elisabeth Luce Moore Library

語言 Language：普通話 / 廣東話 Putonghua / Cantonese

報名 Enrollment：<https://bit.ly/2KjoMJI>

備註 Remarks: 講座歡迎中大同學、教職員及校友參加。All CUHK students, staff members and alumni are welcome.

查詢：

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

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4. c!ab Art and Nature Series – Singing Bowl Workshop



c!ab Art and Nature Series – Singing Bowl Workshop

創意實驗室 <藝術與自然>系列 --- 頌鉢體驗之旅

3rd Oct | 7:00 -9:30 pm | c!ab

創意實驗室特意舉辦連串以<藝術與自然>為題的工作坊，希望參加者可以透過活動，放鬆心情、減輕壓力，並懂得欣賞身邊的自然之美。

首個活動是頌鉢體驗之旅。聲音與震動頻率具有天然療癒作用，正如細聽海浪、風聲、雨點水滴、鳥鳴蟲叫，人工手造喜瑪拉雅頌鉢的聲音有著異曲同工之妙。誠意邀請你放空頭腦，透過五感，留意他如何滲透、與你的身心產生共振；讓頌鉢的聲音與頻率帶領，給自己全新的感受。也許會為你帶來深度放鬆與慰藉、平靜與安寧、覺知與警覺、還有...更多專屬的感受。一起來親身體驗吧！

請即按以下[連結](#)取得更多詳情，並報名參加。誠邀大家一齊放空頭腦，享受頌鉢體驗之旅！

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5. "Meet the Dean" Gatherings

Date	Time	Venue	Language	Hosted by
9 th Oct	4:30 pm	Staff Dining Room	Putonghua	Prof. Poon Ming Kay (Associate Dean of Students)
23 rd Oct	6:30 pm	Staff Dining Room	Cantonese	Prof. Lai Man Hong (Dean of Students)
30 th Oct	4:30 pm	Staff Dining Room	English	Dr. Leung Po Kin (Associate Dean of Students)

Quota for Each Session: 10 (first-come-first-served)

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8253704>

Enquiries:

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

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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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College Announcements

1. Acting Appointment 署理職務

College Dean of Students Professor Man-hong Lai (黎萬紅教授) will be out of town from 11th to 13th Oct. During this period, Dr. Po-kin Leung (梁寶建博士), Associate Dean of Students and Lecturer at the Department of Physics, has been appointed the Acting Dean of Students of Wu Yee Sun College.

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2. Temporary Closure of Wu Yee Sun College Catering Outlets for National Day and Chung Yeung Festival 國慶日及重陽節伍宜孫書院膳堂暫停營業

All catering outlets at Wu Yee Sun College will be temporarily closed on Tuesday, 1st Oct (National Day) and Monday, 7th Oct (Chung Yeung Festival). Thank you for your kind attention.

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3. No Air Con Night 2019

The “Hong Kong No Air Con Night (香港無冷氣夜)” will be held on **Friday, 5th Oct** this year (from 7pm to 7am the next day)! It is a territory-wide energy saving event organized by Green Sense (環保觸覺) to promote the wise use of air conditioning. You are encouraged to support this event by switching off air conditioners at home / in the student hostels during the aforesaid period whenever appropriate/feasible. Let’s take action together and reduce our carbon emission with the smart use of air-conditioning! **GO GREEN! BE SUNNY!**

Turning off the Air Con, Cooling the Earth
關掉冷氣，為地球降溫

Details: <https://www.noaircon.com/?lang=en>

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4. Communication Meeting with Student Canteen Caterer

A communication meeting with Student Canteen Caterer will be held at 2:30 pm on Friday, 4th Oct. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (College Student Union: wysu1920@gmail.com; Resident Association: sungrazian@gmail.com; Non-Residents Association: jaudukwys19@gmail.com) prior to the meeting. Thank you for your valuable input.

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5. 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 1st in the 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

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@cuhk.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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6. 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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7. 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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8. “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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9. 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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10. 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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11. 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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12. 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)

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13. 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.wyys.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. 2019 OnePass (CWEM) Password Expiry Date

Please note the arrangement of OnePass (CWEM) password expiry this year and take the necessary action:

Summary	<p>According to OnePass (CWEM) Password Policy, the expiry date of every OnePass (CWEM) password is aligned with a specific date.</p> <p>The Coming Expiry Date of OnePass (CWEM) Password: 8th Oct (Tue)</p> <p>This expiry date applies to all student, staff, student organization, department and project accounts, unless the password has been changed on or after 1 Jul, 2019.</p>
Your Action	<p>Please change your password before it expires:</p> <ol style="list-style-type: none"> 1. Click Change Current / Expired Password on OnePass or CUHK Login Page OR 2. Click Change OnePass (CWEM) Password in MyCUHK
After Password Expiry	<ul style="list-style-type: none"> • You cannot access Central IT services including email, Office 365, MyCUHK, CUSIS, CUPIS, WiFi, VPN, etc. with "Incorrect ID / Password" or "Password Expired" prompted. • You can still change your password through the above.

Enquiry	ITSC Service Desk <ul style="list-style-type: none"> ○ http://servicedesk.itsc.cuhk.edu.hk ○ 3943 8845
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2. Flourishing First Year Programme 心盛計劃 2019



Flourishing First Year@CUHK is a tailor-made programme for all NEW students. More than 20 workshops on various virtues of leaders will be provided throughout the academic year to support students to flourish as an everyday leader.

How does Flourishing First Year@CUHK work?

- Step 1:** [Register](#) to be a member and receive promotion of upcoming workshops/ activities
- Step 2:** Choose your favourite workshops and get our welcoming gifts
- Step 3:** Complete at least 3 workshops from 3 different modules -- \$50 Cafe330 Coupon
- Step 4:** Complete at least 6 workshops from all 6 modules -- Big prize! (to be announced later)
- Step 5:** Becoming an Everyday Leader

Programme Details and List of Workshops:

<https://www.osa.cuhk.edu.hk/services/flourishing-first-year-programme>

Enquiries:

Office of Student Affairs (3943-8652 / osa@cuhk.edu.hk)

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3. 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 at <https://forms.gle/EV35YKLxvM9sZuVe9> directly.

Below lists event details for your reference.

Event	Time and Venue	Description	Flyer	Registration Deadline
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Talent Management: Future Skills And Workplace Learning	2 nd Oct, Wed, 09:00-11:30 @ LinkedIn Office, Hysan Place	Speaker: Mr. Frank Koo Head Of Asia, LinkedIn Frank is the Head of Asia at LinkedIn and is responsible for LinkedIn's Talent and Learning Business. Prior to LinkedIn, Frank was the Chief Operating Officer of BE Education. He has also held leadership roles in Pearson Education where he was President of Learning Solutions in APAC, and Oracle where he was Managing Director for Singapore and South Asia Growth Economies.		---
Enterprise X Entrepreneur Innovation Summit	3 rd Oct, Thu 13:30 - 17:45 @ HKCEC	We are most proud to have a powerful and excellent line up of speakers which enable participants to - Learn from the wisdom of Mr Stan Tang, Chairman of STAN Group and Mr Kenneth Ho, Partner of PwC - Harness the emerging consumer technology trends - Grab Taxi, T-Mall, Impossible Foods - Explore the successful cases of driving innovation and entrepreneurial spirit in organizations - Innovate Jardine and Hong Kong Broadband - Network with CEOs and senior executives in town		---
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.	<i>Flyer Here</i>	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 - “零售科技拆解零售界「五大痛點」研討會”

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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4. Member Recruitment for uBuddies Program and uPals Program

uBuddies 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?

uPals Program

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

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](#)

- 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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5. 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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6. <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.