

Sunny Review 上周回顧

- [1. Hop Wai Visiting Artist Programme: Opening Ceremony of Art Exhibition 洽蕙訪問藝術家展覽開幕典禮](#)
- [2. Welcoming Dinner for Honorary Art Advisor and Visiting Artist](#)
- [3. clab Art and Nature series - Singing Bowl Workshop](#)



College Activities 書院活動

- [1. clab Art and Nature series - Zen Photography Workshop 創意實驗室<藝術與自然>系列 - 《禪·攝影》工作坊 <New>](#)
- [2. clab Art and Nature series - Sand Painting Workshop 創意實驗室<藝術與自然>系列 - 沙畫體驗工作坊 <New>](#)
- [3. 語文文化桌：古人也寫錯別字](#)
- [4. Cheer for College Teams in Inter-collegiate Competition! 為院隊健兒打氣!](#)
- [5. Talk by Visiting Artist of Hop Wai Art and Cultural Programme 洽蕙藝文計劃：訪問藝術家講座](#)
- [6. "Meet the Dean" Gatherings](#)
- [7. Rance Lee Award --- Application Opens Now!](#)
- [8. Fitness Consultation Sessions 健身訓練諮詢](#)

College Announcements 宣佈事項

- [1. New College Member 新增書院成員 <New>](#)
- [2. New Establishment of College Café in College Gallery <New>](#)
- [3. 《宜孫農夫招募 523 Farmer Recruitment 2019》 <New>](#)
- [4. 宜孫劇社@中大劇賽賣飛啦 <New>](#)
- [5. Student-led Volunteering Education Project to Cambodia \(Siem Reap\) <New>](#)
- [6. College Hostel Grant 2019/20 <Apply by this Friday>](#)
- [7. College Student Grant/Loan 2019/20 \(for Non-Freshmen ONLY\) <Apply by this Friday>](#)
- [8. "Meet the Dean" Hours 輔導長時間](#)
- [9. Student Pastoral Care](#)
- [10. Exchange and Travel Grant/Loan 2019/20](#)
- [11. WYS's Got Talents - Photography, Poster Design, MC and a lot more!](#)
- [12. Membership Recruitment - WYS Alumni Association 伍宜孫書院校友會會員招募](#)

College Funding & Award Schemes (Year-round Application) 書院資助及獎勵計劃 (全年可供申請)

- [1. Care and Well-being Fund for Mental Wellness Activities](#)
- [2. Mingle Fund](#)
- [3. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃](#)
- [4. Global Learning Award Scheme \(Winter Round\) 寰宇學習獎勵計劃 \(冬季\)](#)
- [5. Service-learning Project Funding Scheme 服務學習項目資助計劃](#)

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

- [1. World Mental Health Day 2019 <New>](#)
- [2. 2019 OnePass \(CWEM\) Password Expiration Date](#)
- [3. Flourishing First Year Programme 心盛計劃 2019](#)
- [4. Events of The Hong Kong Management Association](#)
- [5. Member Recruitment for uBuddies / uPals Program](#)
- [6. Student Residence Bursary Scheme 學生宿舍助學金計劃](#)
- [7. <賽馬會心導遊計劃> 網上自助心理支援平台](#)

Sunny Review

1. Hop Wai Visiting Artist Programme: Opening Ceremony of Art Exhibition 洽蕙訪問藝術家展覽開幕典禮



Thanks to the generous support of Hop Wai Tong (洽蕙堂), Wu Yee Sun College, Chung Chi College and United College have jointly invited Dr. Mei-ying Chen (陳媚音醫師) to visit the three Colleges in Autumn 2019. The visitation programme kick-started with “A Chinese Painting Exhibition by Mei-ying Chen” (眼底丹青刮目看——陳媚音水墨畫展), the opening ceremony of which was successfully held on 3rd Oct at Chung Chi College Administration Building. It was our honour to have Dr. Chen, Visiting Artist of three Colleges, Professor Hon-ching Lee (利漢楨教授), Art Advisor of three Colleges, Professor Anthony T.C. Chan (陳德章教授), Master of Wu Yee Sun College, Professor Wing-ping Fong (方永平教授), Head of Chung Chi College, Professor Jimmy C.M. Yu (余濟美教授), Head of United College and Professor Chi-tim Lai (黎志添教授), Acting Director of Institute of Chinese Studies to serve as officiating guests. The visitation programme will continue with Chinese Painting Workshop and a talk titled “The Art Journey of an Ophthalmologist” (眼底丹青刮目看——我的醫療與繪畫人生). Details can be viewed [here](#).



[\(Back to top\)](#)

2. Welcoming Dinner for Honorary Art Advisor and Visiting Artist



College Master Professor Anthony T.C. Chan (院長陳德章教授), Founding Master Professor Rance P.L. Lee (創院院長李沛良教授) and College Secretary Ms. Sandy P.S. Lee (李珮珊女士) had a dinner gathering with College Art Advisor Professor Hon-ching Lee (利漢楨教授), Hop Wai Visiting Artist Dr. Mei-ying Chen (洽蕙訪問藝術家陳媚音醫師), as well as other members and friends of the College on 4th Oct. Professor Hon-ching Lee is an old friend of the College and has introduced talents of different art forms to serve as Visiting Artists in the past few years. Dr. Chen is an ophthalmologist from the scholarly family of Mr. Shuren Chen, one of the three masters of the Lingnan School of Chinese painting (嶺南三傑之一陳樹人大師). Dr. Chen herself also learnt painting from the late Professor Lui-sang Wong (黃磊生教授), another prominent figure of the Lingnan School, for almost three decades. Warm welcome from all the Sunnies!

[\(Back to top\)](#)

3. c!ab Art and Nature series – Singing Bowl Workshop



Sound and vibration is a kind of natural healing. By simply relaxing, participants enjoyed the **Singing Bowl Workshop (頌鉢體驗之旅)** organized by Creativity Laboratory (c!ab) on 3rd Oct. Participants simply lay down on the floor and experienced the sound of a set of hand-made Tibetan singing bowls. The sound and vibration was so magical that some participants fell into deep sleep with snores, while some participants' wounds shared response to the singing bowl. Participants exchanged feedback through words and drawings and had a trial on the singing bowl themselves after the tutor's performance.



[\(Back to top\)](#)

College Activities

1. clab Art and Nature series - Zen Photography Workshop 創意實驗室<藝術與自然>系列 - 《禪·攝影》工作坊



創意實驗室<藝術與自然>系列 - 《禪·攝影》工作坊
clab Art and Nature series - Zen Photography Workshop
Oct 8 | 7:00-9:30pm | clab

(please click [here](#) for English version and registration)

談起拍照，大家總是要快、靚、正，瞬間秒拍。與朋友一聚，又或上學途中偶見美景，便隨意掏出手機拍下所見，很快又匆忙而去。有人喜歡將照片放上 IG 臉書，但數日後往往將之拋諸腦後。大家有否想過，拍照的意義何在？大家又有享受拍攝的過程嗎？常霖法師告訴我們，拍攝時必須多點用心，少點用腦，盡量用心感受周遭環境，才能拍下一一些有感覺的事物，在生活中找到樂趣。

攝影和藝術向來關係密切。clab 誠意邀請大家前來，一同感受日常攝影中處處可見的禪意。工作坊將展出常霖禪師以往的得獎作品，並在禪師帶領下進行攝影實習。對性急躁動的人而言，禪攝影是一個很好的學習過程，讓我們學習和大自然溝通，也和自己溝通。最後能拍到多少照片，這已經不再重要了。

攝影師及講者簡介：常霖法師（釋常霖）

常霖法師俗名葉青霖，香港理工學院（即今理工大學）設計系畢業，「香港專業攝影師公會」創會及榮譽會員。原為香港專業攝影師，從事攝影工作 30 多年，作品常見於各大報章雜誌，出版攝影集十餘本。2009 年毅然放下俗世的一切名與利，於台灣果如法師座下剃度出家，並於同年底受具足戒；目前於港、台兩地以「攝影禪」接引禪眾，把自己實際的體驗，去幫助更多有需要的人。

活動費用全免，請按此[連結](#)報名，或即場報名。

*請於體驗環節自備電話或相機

[\(Back to top\)](#)

2. clab Art and Nature series - Sand Painting Workshop 創意實驗室<藝術與自然>系列 - 沙畫體驗工作坊

創意實驗室<藝術與自然>系列 - 沙畫體驗工作坊
clab Art and Nature series - Sand Painting Workshop

(please click [here](#) for English version and registration)

沙畫是一種源遠流長、遍佈世界各地的藝術，透過撥灑幼細沙粒，繪畫出多變的畫作。

在香港，大家可能或多或少聽過、或從不同媒介見過沙畫，但卻很難親身體驗一番，故此 c!ab 誠意舉辦沙畫體驗工作坊，將沙畫帶入伍宜孫，讓同學嘗試創作別具個人風格的沙畫，並於創作過程中啟發思想、發揮個人創意，抒發情感於其中，排解近來積累的壓力與想法。機會難得，切勿錯過!

導師介紹：胡藹的小姐 (Edith)

胡藹的小姐 (Edith)，為全港少有的全職女沙畫藝術家。胡老師擁有護理學碩士、社會工作學碩士及心理學後文憑，她是註冊護士兼註冊社工，畢業於香港中文大學及香港大學。胡擅長於沙畫教學過程中融入本身的專業，令人容易透過沙畫抒發情感、訓練專注力、建立滿足感，令沙畫描寫個人的故事更具啟發性和教育性。胡老師創辦“Sand Tales 沙說”藝術教育，致力於沙藝教育，並助人以沙說出他們獨有的生命故事。

費用全免。名額有限，請按此連結 (bit.ly/clabspw) 報名。

[\(Back to top\)](#)

3. 語文文化桌：古人也寫錯別字

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

講者簡介：
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)

截止日期：10月21日(星期一)
查詢：劉欣誼小姐
(carlylau@cuhk.edu.hk / 3943 3988)

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)

[\(Back to top\)](#)

4. 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	---

[\(Back to top\)](#)

5. 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)

[\(Back to top\)](#)

6. "Meet the Dean" Gatherings

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

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)

[\(Back to top\)](#)

7. 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.wys.cuhk.edu.hk/funding-scheme.php>

Enquiries:

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

8. 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)

College Announcements

1. New College Member 新增書院成員

The following CUHK staff member has recently joined Wu Yee Sun College as teacher affiliate. Warm welcome from all the Sunnies!



Ms. Agnes Y.Y. Lam 林沃饒女士
Lecturer, School of Journalism and Communication
BA, PCEd (HKU); MA (CUHK)

Ms. Lam joined the School of Journalism and Communication of CUHK in September 2018. Her teaching and research interests include English Reporting / English Editing, Digital Attention Crisis, Social media and Public Sentiment, Journalism and Public Policy, and Solution Journalism.

[\(Back to top\)](#)

2. New Establishment of College Café in College Gallery

Wu Yee Sun College Café located at College Gallery (Ground Floor of the College building) will have its soft opening from 9th Oct. The opening hours of the Café in October will be as follows:

Mon to Fri: 10:00 am – 6:00 pm

Sat, Sun & Public Holiday: Closed

[\(Back to top\)](#)

3. 《宜孫農夫招募 523 Farmer Recruitment 2019》

The following message (Chinese only) is drafted by “Wu Yee Sun Green Team” :



伍宜孫書院東座天台農田將會開放俾大家種植，如果大家想體驗下做有機農夫嘅滋味，同埋認識農作物對人類文明嘅影響，就快啲報名(bit.ly/523ofr) 啦！

今次我哋會種嘅植物暫定為士多啤梨、西瓜、粟米、蘿蔔、椰菜、蕃茄等，除咗好味，佢哋仲成為咗我哋生活中最主要嘅糧食，一齊嚟體驗下有機都市農業，從播種、施肥到處理害蟲同疾病學習下耕作嘅知識啦～好難得嘅香港會有免費嘅農場，離開咗宜孫就有機會㗎啦！

《農夫計畫》

日期：十月至二月

形式：個人/小組報名

地點：東座天台

按金：\$100

指導老師：鄒桂昌教授

報名：bit.ly/523ofr

注：只限伍宜孫書院同學參加

Green Team 暫定嘅十月第二個星期開始播種，請大家多多支持！

請保存蛋殼，洗淨後微波爐兩分鐘打碎備用，有助減少蟲害。

[\(Back to top\)](#)

4. 宜孫劇社@中大劇賽賣飛啦

The following message (Chinese only) is drafted by "Wu Yee Sun Drama Society":



"在我們不知曉的時空裡，有著許許多的他和她，為著他們的，為著我們的幸福，而無名地付出著。生於動蕩的時代，是一種不幸，也是一種幸運。"

嚟到一年一度嘅中大劇賽
又點少得伍宜孫劇社呢
今年我哋繼續為大家獻上精彩嘅話劇
大家起呢度填 form 之後，我地就會留飛比你架啦
訂左呢日既飛，仲可以睇埋另外一場架

日期: 10月31日(四)
時間: 晚上7時
地點: 中文大學邵逸夫堂
票價: 學生 \$50* / 成人 \$100*
當日劇目:
7:10pm 新亞劇社 《夢非夢》
8:05pm 伍宜孫劇社 《流芳百世》

心動不如行動
早 d 買飛仲有早鳥優惠添
10月11(五)前訂飛俾埋錢可享八折優惠
多謝大家支持我地呀

訂飛傳送門:
https://docs.google.com/forms/d/e/1FAIpQLSfKs-bViP_6oqHpU_YrkIM7zXiMxPNxqh0WpExbYngqx-izCQ/viewform

聯絡:
Elton (9409 1392) / 羊羊 (9235 9713)

[\(Back to top\)](#)

5. Student-led volunteering education project to Cambodia (Siem Reap)

The following message is drafted by the group applicants of the College Service-Learning Project Funding Scheme:



A group of college students is organizing a **service-learning trip to Siem Reap** during the winter break. Their project is subsidized by the College's service-learning project funding scheme. Please visit this [link](#) for details.

[\(Back to top\)](#)

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)

[\(Back to top\)](#)

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)

[\(Back to top\)](#)

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)

[\(Back to top\)](#)

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.

[\(Back to top\)](#)

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.wys.cuhk.edu.hk/cms/wp-content/files_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf

Enquiries:

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

[\(Back to top\)](#)

11. WYS's Got Talents – Photography, Poster Design, MC and a lot more!

Are you interested in or excellent at any of the fields below?

--- **Photography / Video-production**

- Art & Design (e.g. posters or infographics)
- Simultaneous Interpretation
- Master of Ceremonies
- Audio & Video Control
- Writing (e.g. creative writing or student reporter in publications)

The College is recruiting all sorts of talents to contribute in various College events. 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 Chillies Tam (3943-3934 / chilliestam@cuhk.edu.hk)

[\(Back to top\)](#)

12. 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。

[\(Back to top\)](#)

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)

[\(Back to top\)](#)

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)

[\(Back to top\)](#)

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)

[\(Back to top\)](#)

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, first date 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)

[\(Back to top\)](#)

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)

[\(Back to top\)](#)

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)

[\(Back to top\)](#)

Other Activities & Announcements

1. World Mental Health Day 2019



In celebrating the World Mental Health Day this year, *Wellness and Counselling Centre*, Office of Student Affairs will organize a two-day programme to promote mental wellness. Details are as follows:

Date: 8th Oct (Tue) *(in collaboration with Suicide Prevention Services)*

Time: 2:00 pm – 5:00 pm

Venue: University MTR Station Piazza 大學站廣場

Content: Interactive “Emoji” games and giveaways, exhibitions, mental self-help stations, etc.

Date: 10th Oct (Thu)

Time: 2:00 pm – 5:00 pm

Venue: Open Area of Yasumoto International Academic Park 康本國際學術園地下廣場

Content: Exhibitions and giveaways, photo booth, etc.

You are also most welcome to visit <https://www.facebook.com/wacc2019> to obtain reliable and useful self-help tips for mental health.

More details about World Mental Health 2019 can be found at <https://wfmh.global/world-mental-health-day-2019/>.

[\(Back to top\)](#)

2. 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	<p>ITSC Service Desk</p> <ul style="list-style-type: none"> ○ http://servicedesk.itsc.cuhk.edu.hk ○ 3943 8845

[\(Back to top\)](#)

3. 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)

[\(Back to top\)](#)

4. 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
Company Visits: McDonald's	14 th Nov, Thu 15: 00-17:00 @Hunghom train station	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. Tour will be given around the office /restaurant so students will have a taste on the daily operation of the industry.	<i>Flyer Here</i>	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)

[\(Back to top\)](#)

5. 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?

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

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](#)

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)

[\(Back to top\)](#)

6. 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)

[\(Back to top\)](#)

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。

[\(Back to top\)](#)

To unsubscribe, please email us at info.wys@cuhk.edu.hk.