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## Sunny Review

- [1. WYS Alumni Association Celebrated Lunar New Year with Founding Master](#)



By Chinese tradition, the Lunar New Year is one of the most important festivals of the year and it's a perfect time to reunite with families and friends. The ExCo of WYS Alumni Association 伍宜孫書院校友會 (WYSAA) including Nicolas F. Chan 陳寬 (COMM/2016), Tsun-fai Li 李浚揮 (RMSC/2017), Sunny H.S. Liu 廖浩燊 (GRMD/2016), Barcary K.T. Tang 鄧建達 (CHEM/2016) and Peter C.C. Wan 溫展程 (MATH/2016) visited our Founding Master, Prof. Rance P. L. Lee (創院院長李沛良) on 28<sup>th</sup> Jan (Tuesday). The group had a great time catching up with each other and WYSAA also took the opportunity to present a piece of Chinese calligraphy to Prof. Lee, expressing their gratitude for his continued support.

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## 2. Mindful Calligraphy 「書寫靜心」西洋書法班



Mindful Calligraphy conducted by Mindfulness instructor, Miss Molly Chan, was held on 21<sup>st</sup> Jan. Participating students fully immersed themselves in the present moment of lettering and had unrelated thoughts and worries wiped away! Everyone enjoyed a relaxing evening.



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## College Announcements

## 1. Temporary Closure of College Catering Outlets 書院膳堂暫停營業

Please note that Student Canteen, Staff Dining Room and Café at Wu Yee Sun College are temporarily closed from 3<sup>rd</sup> to 16<sup>th</sup> Feb. We are sorry for the inconvenience caused.

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## 2. Application for Student Hostel Residence 2020-21 (for Non-local students admitted in 2016-17 and after) <submission method to be announced>

The application is now open. The **deadline of online application** for hostel residence 2020-21 (for Non-local students admitted in 2016/17 and after) has been **extended to 9<sup>th</sup> Feb (Sun)**.

Students applying via Resident Selection are required to submit a signed email notification with relevant **supporting documents**. Instruction of submission will be further announced. Please pay close attention to the College's mass email for updates.

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8444132>

Application note (*timeline not updated*): [https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1579666989WYS\\_Hostel\\_202021\\_NF\\_NL1617\\_ApplicationNote.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1579666989WYS_Hostel_202021_NF_NL1617_ApplicationNote.pdf)

Extended application period: 22<sup>nd</sup> Jan – 9<sup>th</sup> Feb

Document submission period and method (*only for those applying via Resident Selection*): To be announced

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## 3. Wu Yee Sun Award For The Most Distinguished Graduating Student 2019/20 (Now Open for Application)



The poster for the Wu Yee Sun Award for the Most Distinguished Graduating Student 2019/20 features the college's logo and the award title in large, stylized characters. It includes the following text: 'Wu Yee Sun Award for the Most Distinguished Graduating Student 2019/20 2019/20年度伍宜孫最優秀畢業生獎', 'Awardee will receive HK\$50,000 and the name of recipient will be shown on campus prominently.', 'Application opens until 23 February 2020.', and three eligibility criteria: 'Proactive graduating students of 2019/20 demonstrating College Motto by participating various activities to broaden horizon', 'Have outstanding contributions to the College/Department/University/Society', and 'Cumulative GPA reaches 3.4 or above or Top 10% of the corresponding department'. At the bottom, it provides contact information for Ms Karen Yiu and an 'Apply now' button with a QR code.

The prestigious **Wu Yee Sun Award For The Most Distinguished Graduating Student 2019/20** is now open to graduating students of 2019/20 for application:-

### Eligibilities

- Proactive **graduating students of 2019/20 academic year** demonstrating the College motto by participating various activities to broaden horizon; and
- Cumulative GPA reaches 3.4 or above or Top 10% of the corresponding department; and
- Have outstanding contribution to the department / college / university or society

Applicants are required to submit a Personal Statement of not more than 1,000 words (English or Chinese) which illustrates his/her personality & aspirations, as well as achievement in demonstrating College motto. A Letter of Recommendation written by CUHK Teacher is mandatory.

### Award Amount

HK\$ 50,000

### Online Application

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8755258>



### **Application Deadline**

23<sup>rd</sup> Feb 2020 (Sun)

### **Enquiries:**

Ms. Karen Yiu (3943 3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

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## **4. Application for Deferment of Tuition & Hostel Fee of Term 2, 2019/20 申請緩繳學費及宿費事宜**

Please be reminded that the deadline for the fee payment of Term 2, 2019/20 is **10<sup>th</sup> Feb (Mon)**. A late charge of \$200 will be levied upon belated payment.

College students who wish to defer tuition and/or hostel fees of Term 2, 2019/20 due to financial difficulties must complete below application form and submit it together with supporting documents by email to [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk) by **4<sup>th</sup> Feb (Tue)**.

[https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1579483902WYS\\_FeeDeferment\\_201920\\_T2\\_Form.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1579483902WYS_FeeDeferment_201920_T2_Form.pdf)

Late applications and incomplete forms will not be processed.

### **Enquiries:**

Ms. Karen Yiu (3943-3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

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## **5. College Student Grant/Loan – Application Now Opens (Freshmen Only) 書院學生助學金/貸款 – 現已開始接受申請 (只限新生)**

College students who have financial difficulties may apply for College Student Grant/Loan 2019/20.

Application is now open for FRESHMEN ONLY until **21<sup>st</sup> Feb (Fri)**.

Please download the application form from the following link and submit the completed form with supporting documents by email to [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk) before the deadline.

[https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1578881132StudentGrantandLoan201920\\_F.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1578881132StudentGrantandLoan201920_F.pdf)

### **Enquiries:**

Ms. Karen Yiu (3943-3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

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## **6. Arrangement for Gown Borrowing and Photo Day for Graduating Students of 2019/20**

The College Photo Day has been scheduled on 27<sup>th</sup> Mar (Fri). Graduating Class of 2019/20 may browse this link (<http://www.cpr.cuhk.edu.hk/cong/page/31?lang=en>) on the size of graduation gown and cap.

For gown rental, each student is required to submit HK\$680 deposit. Please complete the form of undertaking via the following link and submit the bank-in slip on or before 7<sup>th</sup> Feb 2020 (Friday).

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8681536>

Please deposit directly to the bank or via ATM transfer:

Name of Bank : Hang Seng Bank

Account Number : 293-005005-018

Account Holder : The Chinese University of Hong Kong

Remarks: You can submit the bank-in slip through e-mail to [cassieli@cuhk.edu.hk](mailto:cassieli@cuhk.edu.hk) You have to state the FULL NAME and SID clearly in the e-mail.

Please note Class Representatives will collect gowns on behalf of graduating students. Please submit the names and contact details of your class rep by 17<sup>th</sup> Feb (Mon) via the following link:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8680790>

For departmental societies who wish to organize Celebratory Activity during the College Photo Day, please complete below online application form by 17<sup>th</sup> Feb:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=8682043>

Enquiries:

Ms. Cassie Li (3943-3941 / [cassieli@cuhk.edu.hk](mailto:cassieli@cuhk.edu.hk))

Miss Florence Tsui (3943-9767 / [florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk))

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## 7. Reaching Out Award 2019/20 Now Open for Application

Wu Yee Sun College full-time undergraduate students are now invited to apply for the **Reaching Out Award 2019/20 (ROA)** offered by the HKSAR Government.

The award, in the amount of HK\$10,000 for each successful applicant, aims to support students in participating in events/competitions (e.g. conferences/forums/workshops/seminars/training camps/competitions/service projects etc.), internships or placements (credit-bearing/non-credit bearing), field/study trips or courses (e.g. foreign language immersion programmes/academic exchange programmes etc.) which are conducted outside Hong Kong in 2019/20 academic year (1<sup>st</sup> Sep - 31<sup>st</sup> Aug).

Learn more about the selection criteria, supporting documents required and application procedures here:

<https://www.wys.cuhk.edu.hk/news/reaching-out-award-201920-now-open-for-application/?lang=zh>

**Application Deadline: 5:30 pm, 7<sup>th</sup> Feb 2020**

Enquiries:

Ms. Karen Yiu (3943 3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

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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 Feb-May 2020, application is now open until 17<sup>th</sup> Apr 2020.**

For programmes/activities held in Jun 2020 – Sep 2020, application will be open from 18<sup>th</sup> Apr – 14<sup>th</sup> Aug 2020.

Check out the following link for more information including eligibility: [https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1576638338ExchangeandTravelGrantandLoan2019202nd.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1576638338ExchangeandTravelGrantandLoan2019202nd.pdf)

**Enquiries:**

Ms. Karen Yiu (3943 3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

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## 9. “Meet the Dean” Hours 輔導長時間

["Meet the Dean" Hour is temporarily suspended and will be resumed once the circumstances allow. If you wish to talk to Dean of Students during this period, please email [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) for arrangement.]

“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.

You talk. We listen. Even if you want to keep it to your heart, we still stand by your side.

The session is hosted by:

- Professor Ming-kay Poon (潘銘基教授), College 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
- Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Associate Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care

Every Sunnie is welcome!

### Academic Year 2019/20 (Term 2)

**Date:** Every Monday

**Time:** 2:30 pm – 3:30 pm

**Venue:** Dean of Students Office, Room UG09, Wu Yee Sun College

**Enquiries:**

Ms. Sonia Yu (3943 3937 / [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk))

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

Miss Florence Tsui (3943-9767 / [florecetsui@cuhk.edu.hk](mailto:florecetsui@cuhk.edu.hk))

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## 10. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain

new perspectives! DON'T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

- 1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please email [soniyu@cuhk.edu.hk](mailto:soniyu@cuhk.edu.hk) for arrangement.
- 2) You may also approach the **University's Wellness and Counselling Centre** at **3943-7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400-2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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## 11. 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](mailto:chilliestam@cuhk.edu.hk))

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## 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。

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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/oiwiew.php?id=6754853>

### ***Enquiries:***

Miss Phoebe Wu (3943 3988 / [pheobewu@cuhk.edu.hk](mailto:pheobewu@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 mainly supports daily and social activities with the participation of Both local students And international / incoming exchange students (i.e. there should be at least one local student AND at least one international / incoming exchange student.)

Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK\$100 subsidy for the activity.

**More Details:** <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/>

**Enquiries:**

Miss Rachel Poon (3943 3942 / [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk))

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

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

Life begins at the end of your comfort zone!

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

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

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

**Maximum Funding Amount:** HK\$20,000

**Eligibility**

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

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

**Enquiries:**

Miss Florence Tsui (3943 9767 / [florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk))

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### 4. Global Learning Award Scheme (Summer Round) 寰宇學習獎勵計劃 (夏季)



**Introduction**

The Global Learning Award Scheme (GLAS) aims to encourage students to initiate or participate in **non-local** academic or experiential learning programmes with the main purpose of **LEARNING**. Applicants will be awarded the “Global Learning Award” and receive the award amount after completing all post-trip requirements on time.

Some examples are students’ self-initiating trips or joining overseas conferences, competitions, field trips, courses, internship/major-related placement, research, voluntary service, cultural tour. **Programmes organized and subsidized by the College and Term-long Exchange Programmes are EXCLUDED.**

**Eligibility**

All Wu Yee Sun College students (except exchange students) are eligible for application. For final year students, the programme joined or planned must be finished by their corresponding graduation date.

**Maximum Award Amount**

The maximum award amount varies with the programme length and programme nature.

	Programme Length <sup>(1)</sup>	Programme Nature	Maximum Award amount
<b>Short-term</b>	Shorter than one month	Self-initiated programme <sup>(2)</sup>	HK\$12,000 or 100% of cost of the particular items <sup>(4)</sup> <i>(whichever is lower)</i>
		Participating in organized programme <sup>(3)</sup>	HK\$5,000 or 50% of cost of the particular items <sup>(4)</sup> <i>(whichever is lower)</i>
<b>Long-term</b>	One to six months	Self-initiated programme	HK\$15,000 or 100% of cost of particular items <sup>(4)</sup> <i>(whichever is lower)</i>
		Participating in organized programme	

**(1) Programme Length:**

Exclude transportation time; only count from start date of the first activity to the end date of the last activity.

**(2) Self-initiated programme:**

A programme that is not organized by any units. Students need to plan the whole programme itinerary and daily activities.

**(3) Participating in an organized programme:**

Participate in an overseas tour, course, research work, internship program or major-related placement organized by other units.

**(4) Maximum award amount:**

Only the cost of the following **particular items** are taken into consideration when deciding the maximum award amount:

(a) Round-trip transportation cost

(b) Local accommodation cost

(c) Registration fee / Programme fee for students participating in organized programmes

\*\*Visa application fee or insurance cost is **NOT** included

**Application Timeline**

Application is opened twice a year - Winter and Summer Rounds. Students can submit only one application for each round (regardless of programme nature / programme length / individual or group application). However, students could apply for unlimited rounds throughout their years of study.

Round	Applying for trips taken during <i>(for trips overlapping both rounds, first date of the trip shall determine the application period)</i>	Application period
Winter	1 Nov - 30 Apr	1 May - 31 Oct
Summer	1 May - 31 Oct	1 Nov - 30 Apr

### Selection Criteria

The College has discretion to decide the number of approved applications and respective amount of approved subsidies. The quality & purpose of the programme and the quality of the proposal will be the main considerations in evaluating applications. The better the quality is, the higher the chance applicants can be granted high award amount. Applicants would be invited to attend an interview for further assessment.

### Application

Applicants should complete and submit the online application form (<https://www.wys.cuhk.edu.hk/exchange.php?cat=others>) with all supporting documents by the application deadline of each round (31/10 for Winter Round; 30/4 for Summer Round). No hard copy is required.

Application can be on individual or group bases but **only self-initiated programmes are eligible for group application**. For group application, each applicant MUST submit one application form but can upload the same proposal and budget as other group members. Also, only one written report is required for the post-trip submission of group application.

Students could send their request to [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) and [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk) with detailed proposal and budget **at least 1 month before application deadline** if they would like to seek comments from Student Exchange Committee members.

### **Enquiries:**

Miss Rachel Poon (3943 3942 / [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk))

Miss Katie Yu (3943 3935 / [katieyu@cuhk.edu.hk](mailto: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](mailto: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](mailto:chilliestam@cuhk.edu.hk) / 3943-3934)

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## Other Activities & Announcements

### 1. Student Residence Bursary Scheme 2019/20 (for students who reside in hostel for the second term only)

In order to help those needy students who are not able to benefit substantially from the Community Care Fund (CCF) hostel subsidy, the CUHK Student Residence Bursary Scheme was launched in 2014/15 academic year.

#### Eligibilities

To be eligible to apply for the CUHK Student Residence Bursary 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 1<sup>st</sup> Apr 2018 to 31<sup>st</sup> 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 as follows:

<u>Household Size</u>	<u>Monthly Household Income</u>
1 person	\$9,500
2 persons	\$20,800
3 persons	\$35,000
4 persons	\$45,000



5 persons	\$45,700
6 persons or more	\$49,000

(4) be not able to benefit from CCF hostel subsidy or receive less than \$1,420 per term under the CCF hostel subsidy.

The value of bursary will be maximum \$1,420 per term. Eligible students who live in hostel for the second term only should submit their online application via CUSIS from 6<sup>th</sup> Jan to 28<sup>th</sup> Feb. Applicants are required to print out Section 7 of the online application form and submit together with supporting documents to the College Office **on or before 28<sup>th</sup> Feb 2020**. Students who reside in hostel for whole year and have submitted their applications in the first term need not submit their application again.

Details: <http://admission.cuhk.edu.hk>

**Enquiries:**

Office of Admissions and Financial Aid (3943-1898)

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## 2. Flourishing First Year Programme 心盛計劃 2019-20



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](mailto:osa@cuhk.edu.hk))

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## 3. Community Resources for Emotional Support and Mental Health Promotion

<Samaritan Befrienders HK>

Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

**24-hour Hotline: 2389-2222**

*Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead*

**Suicide Crisis Intervention Centre: 2341-7227 for appointment**

*Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services*

**Family Helpline: 2319-1177**

*Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis*

\*\*\*\*\*

**<賽馬會心導遊計劃> 一站式網上自助心理支援平台**

- 每日的工作都很繁忙，究竟如何可以隨時隨地去照顧自己的心理健康呢？
- 在香港有七分之一的成年人曾經有精神困擾的經歷，但只有 25% 的人會尋求協助，究竟原因是什麼呢？
- 你試過情緒受困擾卻不知道如何照顧自己嗎？
- 你試過見到身邊的人精神狀態不太好，卻不知道怎樣去支持他們嗎？

我們明白不同人會在不同時候，會有不同的精神健康狀況，亦會有不同的需要。《賽馬會心導遊計劃》旨在根據每個人的個別需要，並配合現今科技向大眾推廣精神健康，從而達到以下目的：

- 提高社會對精神健康意識及去除對精神病的誤解
- 提昇心理健康及促進個人成長
- 預防抑鬱或焦慮症狀
- 及早處理情緒困擾

立即登入 [www.jctourheart.org](http://www.jctourheart.org) 登記成為會員，進行簡單的心理健康評估。平台會根據評每個人的個別需要而建議合適的課程或服務。只要每日抽少少時間參與平台上的課程，就可以隨時隨地提升自己的心理健康！

註：手機版仍在測試改善中。使用電腦版的 Google Chrome、Apple Safari 或 Microsoft Edge 瀏覽網上平台，會獲最佳效果。

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To unsubscribe, please email us at [info.wys@cuhk.edu.hk](mailto:info.wys@cuhk.edu.hk).