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Sunny Review

- [1. Wu Yee Sun College Closing Assembly 2021-2022](#)



The College Closing Assembly 2021/22 was held last Friday to conclude the past academic year. The Assembly was held online via ZOOM owing to the COVID-19 pandemic. The Assembly commenced with the College Anthem, followed by Professor Anthony T.C. Chan (陳德章教授), the College Master's address. Professor Chan reviewed the Service-learning Programme and students' devotion in serving the community in the past academic year. He also introduced the awardees of the Wu Yee Sun Award for the Most Distinguished Graduating Student and shared their journeys in exploring their potentials, serving the community and the College, and influencing others.



2. 手段及成效 Implementation
2.2 文化活動 - 線上 Cultural Events - online

網上活動		
課程分享	中文入聲	國際研討會
數碼	54	22

Two sharings from the awardees of the Sunny Passion Programme followed the address by Master. In the first sharing, representatives from CU We Create, Enying Kuan (Sociology/ 5) (鄭恩熒同學), Rui Li (Law/ 5) (李蕊同學) and Ruoshui Li (Professional Accountancy/ 4) (李若水同學) shared how their project serves as a cultural creative platform for CUHK students. They introduced different products on their platform inspired by college and university life, and shared how the process has built connection among different stakeholders of CUHK.



In the second sharing, Pui-ling Lee (Translation/ 4) (李沛玲同學) represented PacknBack and shared how their project promoted eco-friendliness and waste reduction by introducing reusable e-commerce packages, hoping to replace conventional single-use packages in Hong Kong.

Although we are currently apart, but we share the same passion on our university life and in the community. We look forward to meeting with fellow Sunnies on campus in the coming fall. Wish you all a fruitful and healthy summer ahead.

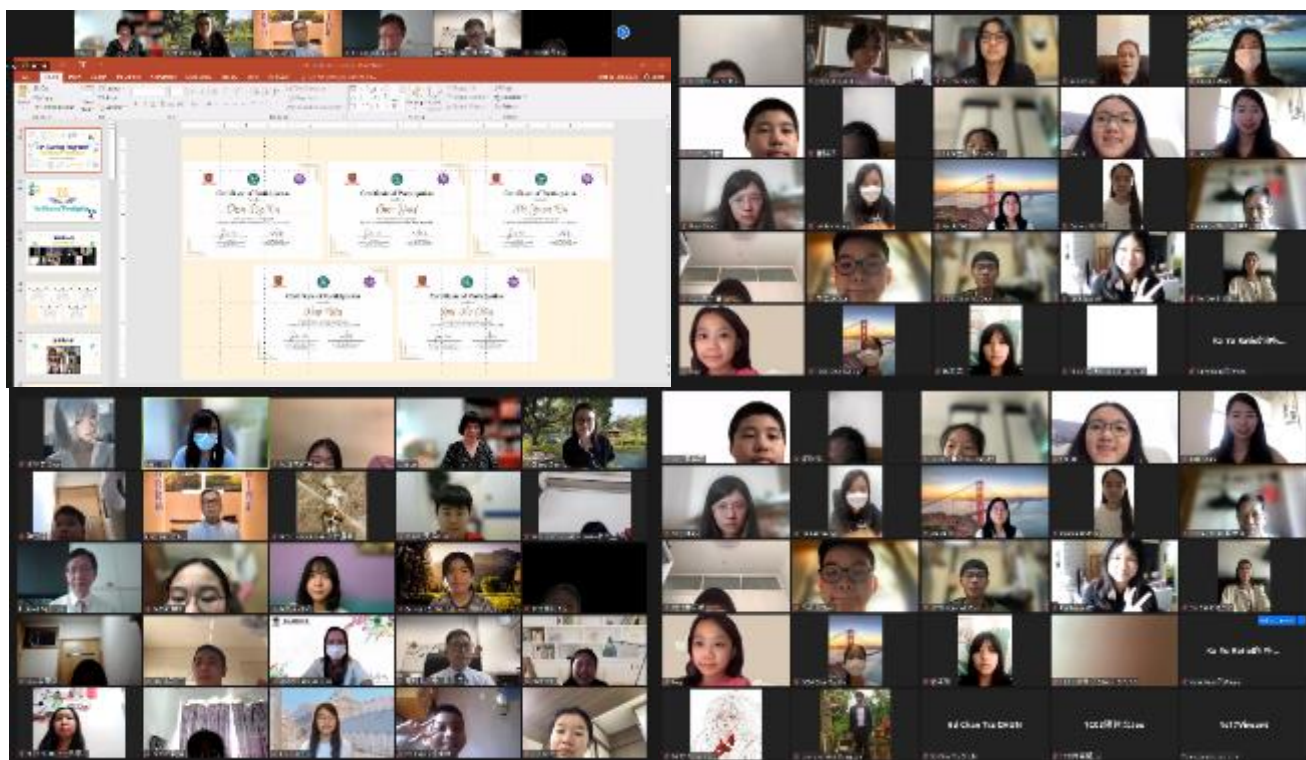
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2. Service-Learning: Life Coaching Programme Closing Ceremony

Life coaching programme has been launched to support secondary one students in their transition. Our coaches organized ten zoom sessions of life coaching through English teaching between January and April, positive attitudes have been promoted through the sessions.

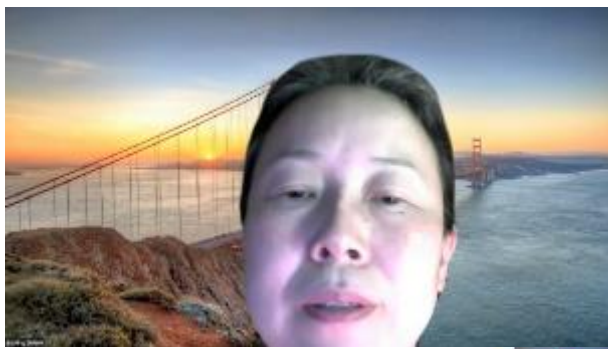


The closing ceremony of the Life Coaching Programme was held last Saturday. Dr Jose Lai (賴陳秀卿博士), Director of English Learning and Teaching Unit and Chair of Service-Learning Committee, interviewed Dr Cherry Chan (陳倩茹博士) about the content development and shared the mission and vision of the programme. Dr Lai also thanked the effort made by the coaches in teaching. Certificates were then awarded to mentees and coaches, Dr Lai wished all participants a bright future.



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3. Anti-epidemic talk from Chinese Medicine Perspective 《中醫日常抗疫》網上講座



連花清瘟膠囊、金花清感顆粒、藿香正氣

連花清瘟膠囊	適用於發燒或高燒、怕寒、肌肉痠痛、鼻塞流涕、咳嗽、喉痛、黃痰多、便秘或大便乾硬難解或呈粒狀、舌苔黃膩。
金花清感顆粒	適用於發燒、輕微感冒、喉嚨怕涼或怕風、喉嚨乾或痛、輕微咳嗽、鼻塞流涕、少痰黃痰、大便正常或下甚乾燥、舌苔薄黃。
藿香正氣片	適用於出現腹痛、腹脹悶、腹瀉和嘔吐、惡寒、頭暈如暈、舌苔白膩。

1.5 中醫調養

1.5.1 中藥湯水



黃芪玉竹桂圓湯

材料：黃芪50g
玉竹50g
桂圓50g
功效：補氣養血、健脾、潤肺和安神。
以上材料是两个人的量，需要2小時，可以提前煮，也可以即煮即飲。

1.5.2 穴位保健:足三里



足三里

正氣存內

“Anti-epidemic Talk from Chinese Medicine Perspective 《中醫日常抗疫》網上講座” conducted by Professor Boating Zhang (張保亭教授), Assistant Director of School of Chinese Medicine and registered Chinese medicine practitioner, was held on 14th April. During the talk, Professor Zhang introduced the common Traditional Chinese Medicine and explained their efficacy and differences. She highlighted that taking the Chinese medicine should always according to individual health status and patient’s symptoms. Professor Zhang also shared with participants the importance of disease prevention including diet control, regular exercise, overload avoidance, anxiety and irritability reduction as well as nourishment with Chinese soup. At the end of the talk, Professor Zhang introduced Chinese massage and Qi Gong Ba Duan Jin (氣功八段錦), which can help strengthen our immune system. Each participant received an anti-epidemic herbal sachet for prevention of COVID-19.

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College Activities

1. clab 2022 呈獻：「電子版手寫信活動」

<以下內容由創意實驗室學生幹事撰寫，並經書院發送>



如果大家有啲負面情緒想抒發下，不妨寫封信同我哋講下，我哋會有專員回信，以朋輩輔導員身份回覆，仲會喺解答之書送一句說話俾你 😊

細細聲話你聽，我哋仲會因應你既分享，送出不同禮物為你打打氣，呢啲禮物都係我哋 c!ab 莊員為大家準備。如果鐘意睇書，你可以參加埋我哋嘅抽獎環節，有機會得到心理學書籍一本 📖

禮物數量有限，大家快啲去 google form 分享你嘅煩惱啦! 俾一個機會自己抒發下積積埋埋嘅感受～

Google Form 連結：<https://forms.gle/a952UFSG7vm6i4YC6>

* 活動只限伍宜孫書院學生參加

* 只有回信的莊員可查看同學的煩惱，而聯絡方式等只作郵寄禮物之用

* 同學可在 google form 寫下筆名，並留下 email 或 telegram username 方便回信

* 同學可選擇公開煩惱與否，即使公開亦會保持匿名，也不會透露過多細節，只作整合大多同學的煩惱/ 鼓勵同路人之用

* 我們會根據同學留下的分享送出禮物，而 c!ab 擁有最終決定權，恕不回覆不認真留言

* 我們會盡力回覆大家的分享，如果來信分享累計超過30人，恕我們未能及時一一回覆處理，敬請原諒

c!ab is now conducting a new event “Handwritten Postcard Online Activity” ♥📧

Would you consider talking to someone about your recent worries and concerns?

We have patient listeners here in c!ab to talk about your worries in a form of handwritten postcard. Also, we will include a sentence from “Book of Answers” to provide another perspective to your trouble!

As you share your recent troubles with us, you will also receive gifts prepared by our committee members that echo to the nature of your troubles 🎁📖 You may also join our giveaway in winning a psychology book about life (Chinese version).

Please don't hesitate and share your worries with us in the google form (link in bio!) It's a great chance for you to spill it all out!

Google Form Link: <https://forms.gle/a952UFSG7vm6i4YC6>

*This event is only limited to students of Wu Yee Sun College

*Only c!ab committee members who are in charge of this event can view your response in google form. Your contact information will only be used for mailing gifts.

*Please leave your pen name in the google form, along with your email or telegram username for us to send you back the postcard

*You can choose to have your stories shared to c!ab IG stories and c!ab website or not. We will make sure that they stay anonymous and will only be used for encouraging other followers who may have encountered similar issues.

*We will send out gifts according to the nature of your troubles. c!ab owns the final decision and does not accept any incomprehensible or frivolous responses.

*We will try our best to reply to the responses in the google form. We apologize for the inability to respond when the sets of responses in the google form exceed 30.

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2. 宜孫達人冇獎挑戰賽 Challenge for WYS Expert



How long have you not been back to the College?

There are 6 levels in this challenge. Each level will be related to different aspects of WYS College. By finishing this challenge, we hope that you will get to know us more and please come back to visit us. Do join more College activities and we DO look forward to meeting all of you soon after this wave of pandemic is stabilized!

You will know your scores once you finished the quiz. The answers will be posted onto the College FB and IG page in late April.

Are you ready to get started, please click the link below to have our journey at WYS College.

<http://form-timer.com/start/11b8a022>

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College Announcements

1. Latest Campus Arrangement (Effective on 25th April 2022)

We would like to update you the gradual resumption of campus facilities. We will closely monitor the situation and make necessary adjustment accordingly. Your support is the key to maintain a healthy community for living and learning together.

College Main Entrance will be opened from 9:00am to 9:00pm daily. Only residents can access College building after 9:00pm. All residents must collect parcels on their own. **Courier will NOT be allowed to leave the parcels and food unattended outside College main entrance.** Otherwise the goods will be disposed.

The resumption of service is summarized below:

Location	Opening Hour	Eligible User
College Office (G03) and	Monday - Thursday 8:45am - 1:00pm; 2:00pm - 5:30pm Friday	All

Dean of Students' Office (UG09)	8:45am - 1:00pm; 2:00pm - 5:45pm	
Learning Commons (Partial Area)	Monday - Sunday 9:00am - 10:30pm	Residents
Piano Rooms	Monday - Sunday 9:00am - 10:30pm	Residents
College Gymnasium*	Monday to Saturday (EXCEPT Sundays and Public holidays) 9:00am - 10:30pm	Authorized Residents (Max. 15 users per session)

* Remarks:

1. In accordance with the Prevention and Control of Disease (Vaccine Pass) Regulation (Cap. 599L) and relevant requirements of administrative instructions, all persons entering sport premises are required to scan "LeaveHomeSafe" and "Vaccine Pass" / medical exemption certificate QR code. Please be reminded not to bring in unauthorized persons or open up the gym door for anyone. Random checking would be conducted and follow up actions would be taken for any violation.
2. Only authorized users are allowed to access and use the College Gymnasium in compliance with its rules and regulations, including hostel regulations and precautionary measures of COVID-19.
3. A detailed guideline will be sent to authorized users separately. First-time users should bring their valid (i) CU Link Card and (ii) CUHK Fitness Room User Certificate to College Office (G03) for registration.

College Prevention and Control Measures against COVID-19

1. Please measure body temperature at the counter at College Gallery and sanitize hands upon entering into College building. If body temperature is above 37.5 °C, s/he will not be allowed to enter into College. If students have taken a COVID-19 test, please stay at home until the test result is available.
2. Please observe latest precautionary measures including social distancing measures and mask-wearing.
3. **Please be reminded that NO VISITORS (including WYS non-residents) will be allowed to enter the hostel floors. Students cannot bring in unauthorized persons or allow them to follow behind you to enter into the College. Unauthorized persons or illegal residents will jeopardize the accuracy of contact tracing. In order to protect your own health, violations will result in disciplinary actions.**

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2. Grab this chance to join the newly revamped Rance Lee Mentorship programme



With the initiation of our CUHK alumnus Mr. Sai-Yung Lau and the generous funding support of our CUHK alumni Mr. Albert Wu and Mr. Philip Li, this programme has been restructured.

The group-to-group mentor-mentee model, which is comprised of senior mentors, alumni mentors and student mentees, will be adopted. With the support of *alumni mentors*, a new element of this programme, it is believed that the bonding within a group or among WYS members will be stronger.

We are excited to share that a number of alumni mentors from various industries, namely **banks, insurances, education, medical care, architecture, start-ups** and so forth will join hand with senior mentor to play a role in this programme.

This programme aims to promote *a multi-functional social networking* for

- Providing practical advice and assistance
- Sharing information and interests
- Nurturing close friendship and emotional support

Funding support at HK\$3,000 per annum for each group will be provided to facilitate the group activities. This programme offers a lifelong membership for all the participants. It is now open for all WYS students to enroll.

Should you be interested in it, please click this [link](https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/) to register. For details, please check out College website <https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/>

For enquiries, please contact Miss Alice Kam at 3943 3942 (e-mail: akam@cuhk.edu.hk) or Miss Florence Tsui at 3943 9767 (e-mail: florencetsui@cuhk.edu.hk).

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3. “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.

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 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!

Enquiries:

Ms. Sammy Kwan (sammykwan@cuhk.edu.hk / 3943 9775)

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

Miss KiKi Chan (kikiwokchan@cuhk.edu.hk / 3943 3935)

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4. 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 sammykwan@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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5. 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 Support
- 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 Elsus Yeung (elsusyeung@cuhk.edu.hk / 3943 3934)
 Ms. Sammy Kwan (sammykwan@cuhk.edu.hk / 3943 9775)

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6. 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. Self-Motivation Fund for Health and Well-being Activities

The infographic is titled "Self-Motivation Fund for Health and Well-being Activities". It features a QR code for "Application & Guidelines" in the top right. The main text describes the fund's purpose: "Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities in order to strengthen your physical health and mental wellness." It is divided into two categories:

- Health and Well-being Activities:** Max. funding amount: \$1500 OR Up to 60% of application fee & course fee (whichever is lower). Examples: Healthy Cooking Class, Course about Nutrition / Chinese Medicine, Mindfulness Workshop, Mental Health First Aid Course.
- Qualification Courses for Health and Well-being Instructors:** Max. funding amount: \$3000 OR Up to 60% of course fee (whichever is lower). Examples: Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art/Music Therapy Instructor Course.

Contact information: 伍宜孫書院 WU YEE SUN COLLEGE, Enquiries: Miss Phoebe Au (phoebew@uuhk.edu.hk / 3103 3188).

Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities in order to strengthen your **physical health** and **mental wellness**.

Eligibility:

For Wu Yee Sun College students who participate in health and well-being activities organized by organization(s) other than the College.

There are two categories of activities you can apply :

(i) Health and Well-being Activities

Examples :

Healthy Cooking Class, Trial Course on Musical Instruments, Course about Nutrition or Chinese Medicine, Mindfulness Workshop, Mental Health First Aid Course

Funding amount : Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

(ii) Qualification Courses for Health and Well-being Instructors

Examples :

Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art or Music Therapy Instructor Course

Funding amount : Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

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

Application : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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2. Self-Motivation Fund for Sports Activities

The infographic is titled "Self-Motivation Fund for Sports Activities" and features a QR code in the top right corner labeled "Application & Guidelines". It is divided into two main sections: "Sports Activities" and "Qualification Courses for Sports Coach".

Sports Activities:

- Max. funding amount: **\$1500**
- OR
- Up to 60% of application fee & course fee (whichever is lower)
- Examples: Standard Chartered Hong Kong Marathon, Oxford Trailwalker, Spartan Race, Yoga Class, Dance Workshop

Qualification Courses for Sports Coach:

- Max. funding amount: **\$3000**
- OR
- Up to 60% of course fee (whichever is lower)
- Examples: Flowing, Rope-climbing, Orienteering, Taekwondo

At the bottom left, there is a logo for WU YI SUN COLLEGE and contact information for Ms. Elsus Yeung (elsusyeung@cuhk.edu.hk / 3943 3934).

*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".*

Funding Amount:

Sports Activities: Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

Qualification courses for sports coach: Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look on the [guidelines](#) and [report template](#), and challenge yourself with different activities.

Application : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

Enquiries:

Ms. Elsus Yeung (elsusyeung@cuhk.edu.hk / 3943 3934)

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3. Self-Motivation Fund for Green Activities

Application & Guidelines 

Self-Motivation Fund for Green Activities

Green Activities

Self-Motivation Fund for Green Activities
encourages students to participate in various kinds of these activities that promote **sustainability** and **environmental consciousness**.



Max. funding amount
\$1500
OR
Up to 60% of application fee & course fee (whichever is lower)

Examples
Eco-cultural Tour
Upcycling Workshops
Forest Bath

Qualification Courses for Instructors of Green Activities



Max. funding amount
\$3000
OR
Up to 60% of course fee (whichever is lower)

Examples
Herb Cultural Therapist
Trainer for Organic Farming
Ducert Training on Ecobourism



WU YEE SUN COLLEGE
Enquiries:
Ms. Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities and qualification courses for instructors of green activities that promote sustainability and environmental consciousness.

Funding Amount:

Green Activities: Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

Qualification courses for instructors of green activities: Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look on the [guidelines](#) and [reflection template](#), and challenge yourself with different activities.

Application : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

Enquiries:

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

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4. 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 Kiki Chan (kikikwchan@cuhk.edu.hk / 3943 3935)

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



Grab the chance, be creative!

Be Entrepreneurial! Funding Scheme supports students to implement various short-term projects fulfilling college's core values of **creativity, entrepreneurial spirit, and social responsibility**.

All undergraduate students, regardless of discipline and year of study, are welcome to submit application all year round. **The maximum funding amount is up to HK\$20,000!**

Online application is now available, simply submit your application through one click

- <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638278>

Check out the details through this [link](#).

Enquiries:

Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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

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

伍宜孫書院 | Serve to Learn
WU YEE SUN COLLEGE | Learn to Serve

SERVICE-LEARNING PROJECT FUNDING SCHEME

伍宜孫書院服務學習項目資助計劃

- Initiate your Service-Learning Project
(Can co-operate with other organizations)
策劃自己的服務學習計劃 (可與其他機構合作)
- Can be individual or group application
可以個人或小組形式申請
- No restriction on programme destination or length
計劃地點、時長不限
- Year-round application
全年開放申請
- Subsidy amount: maximum HKD60,000
資助金額: 上限港幣60,000元

More details: 

Enquiries: Kiki Chan (kikiwkchan@cuhk.edu.hk/3943 3935)

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 KiKi Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

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7. Global Learning Award Scheme



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.

Students can apply funding for the self-initiating trips, overseas programmes, and virtual programmes. For further details, Please refer to college website for application guidelines.

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
Summer	May 1 - Oct 31	Dec 1 - Apr 30

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638945>

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8. Internationalization Activity Fund



If you are interested in organizing activities to promote cross-cultural integration, we support you to kick-start your plan!

The **Internationalization Activity Fund** aims to support students or student bodies to organize college- or hostel-level extracurricular activities which promote internationalization and inter-cultural exchange opportunities among members of the WYS community.

Eligibility

1. All registered WYS student associations will be eligible for applying for financial support from the Fund.
2. Local and non-local student bodies/students are also encouraged to apply for the funding to organize activities for promoting campus integration and cohesion.
3. At least 70% participants should be local undergraduate students.

Examples

- Experience of Clothing, Dining, Living & Transport in Hong Kong
- Hong Kong Sightseeing Tram Tour
- Thanksgiving Festival Celebration
- Korean Night

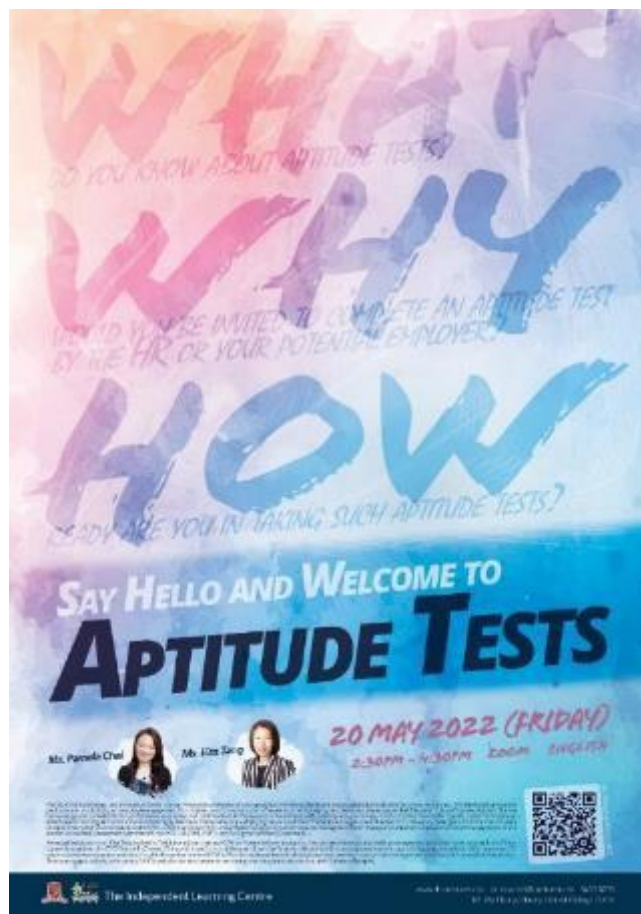
Funding Amount: Maximum \$20,000

Guidelines & Application: <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=internationalization-activity-fund-2>

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Other Activities & Announcements

1. A great ILC Guest Workshop on Aptitude Tests for WYS Students



ILC has invited two very qualified speakers to discuss the use of Aptitude Tests with our CUHK students - including what they are, why they are needed by employers, and how to prepare for such tests.

The workshop should be relevant to everyone, and in particular to graduating students. It is hoped that this workshop can help our students arrive at a better understanding of themselves and have a clearer idea about their career goals.

For registration, please go to the following links:

<https://www.ilc.cuhk.edu.hk/EN/>

<https://ilc.link/AptTests2022>

https://www.ilc.cuhk.edu.hk/EN/Event/2022_AptitudeTests.aspx

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2. Explore the World, Make An Impact | 探索世界，改變世界 | AIESEC in CUHK



A decent chance to challenge your limits and explore the world!

一個挑戰自身極限和探索世界的好機會來了！

[AIESEC](#) is now inviting applications for both volunteering and internship exchange projects.

[AIESEC](#) 海外義工交流及海外實習交流計畫正邀請大家積極參與。

A) Global Talent Programme

Feeling confused about your internship and graduation job? Want to experience the diverse workplace culture in an international firm? We now offer long/short term paid **internships** in a wide range of countries!

By joining an internship exchange, you will

- gain a global perspective
- work with worldwide talents to enhance competitiveness
- have a taste of foreign working culture

你還在為實習和畢業工作而擔憂嗎？不如來體驗一下國外多元化的職場氣氛吧！我們在世界各地長期和短期的實習計劃現正接受報名。

參加交換，你會：

- 擴闊國際視野
- 與國外人才提升競爭力
- 領略國外工作文化

Destination 目的地	Company 公司	Position 工作崗位
Canada 加拿大	Benefits By Design	Junior Software Developer
Singapore 新加坡	PRecious Communications	Junior Client Executive
Egypt 埃及	Al Sarh Real Estate Company	Interior Design Architecture



B) Global Volunteer Programme

Have you ever considered making a social contribution to the world? We now offer 6-to-8-week volunteering programs all year round.

With our programs, you will

- meet like-minded people
- live a cross-cultural experience
- gain global insights through working on different social issues

你想創造生命中燦爛的一抹煙火嗎？為什麼不考慮一下為世界貢獻出自己的能力呢？AIESEC 現提供 6-8 周的義工項目，有多個出發時間可供選擇。

參加我們的項目，你會：

- 認識志同道合的朋友
- 體驗多元的跨國文化
- 更深入了解全球社會議題

Program Name 項目名稱	Destination 目的地	Host University 主辦大學	Theme 主題
Global Classroom	Sri Lanka 斯里蘭卡	Colombo Central 科倫坡大學	Quality Education
Youth 4 Impact	Romania 羅馬尼亞	Bucharest 布加勒斯特大學	Quality Education
Cybersify	Sri Lanka 斯里蘭卡	Colombo Central 科倫坡大學	Decent Work And Economic Growth



If not now, when? Craft your own path, and leave a mark on the globe!

不是今日，更待何時？開創自己的道路，在世界留下腳印！不枉青春，莫負韶華！

Please check our [website](#) for more opportunities, and [sign up](#) for the programs if you are interested.

請查看我們的[網站](#)，瞭解更多的交流機會。若有興趣，請由此[報名](#)參加我們的項目。

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3. UrHeard is launched!

The Office of Student Affairs has newly launched the mobile app “UrHeard” to support peer networking among CUHK students. With this mobile app, students can connect with a network of peer listeners from different academic disciplines with rich U-life experience, and consult their advice on a wide range of topics including academic study, university life planning, personal wellness and future development.

Through the initiative, it is hoped that an inviting space can be created for students to interact, support and learn from each other, maintaining the proximity among students in the campus community under the new normal.

The beta version of UrHeard mobile app is now available on:

App Store (iOS users): <https://apple.co/3LTLDJW>



UrHeard

UrHeard 由香港中文大學學生事務處開發，為學生提供線上平台，諮詢大學生活及學習上的問題，透過經驗交流建立朋輩支援網絡。主要功能：- 搜尋相關背景及領域的朋輩聆聽者 - 線上對話 - 有用資源 香港中文大學學生事務處網站：

<https://www.osa.cuhk.edu.hk/> UrHeard is developed by the Office of Student Affairs, The Chinese University of Hong Kong. It provides students with an online platform to seek advice...

Google Play (Android users): <https://bit.ly/35tq7u>



UrHeard - Apps on Google Play

A peer support network providing CUHK students with directions for solutions

Students who have any enquiries regarding the “UrHeard” mobile app, please contact the Office of Student Affairs at lces@cuhk.edu.hk for more information.

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4. EPIN Internship Programme Summer 2022 is open for application now!

EPIN
Entrepreneurship Institute of the Chinese University of Hong Kong

Every successful entrepreneur
was once a beginner

EPIN Internship Programme Summer 2022

- Learn by Practice – real work experience in an innovative startup or social enterprise by tackling the problems with founders
- Various job openings – startups and social enterprises from CUHK Alumni Entrepreneurs Association, Cyberport, HKAI LAB, Hong Kong Science and Technology Parks etc.
- Credit-bearing – earning credits under “Practices” of EPIN

APPLY HERE MORE INFO

Tel: 2639 1001 | Email: epin@osa.cuhk.edu.hk | Web: www.osa.cuhk.edu.hk | Facebook: [epin.cuhk](https://www.facebook.com/epin.cuhk)

EPIN Internship Programme Summer 2022 is open for application now and all CUHK UG students are welcome to join it. There are over 150 job openings in different job natures include Education, Finance, Health Care, Marketing & PR, Science and Tech. We believe the Programme will bring you valuable work experience in innovative startups or social enterprises this summer.

🤖 WHY EPIN Internship Programme 🗨️?

1️⃣ Gaining REAL work experience

✓ You will work with founders of innovative startups or social enterprises to bring real impacts.

2️⃣ Job openings from various fields

✓ Participating companies include startups and social enterprises from CUHK Alumni Entrepreneurs Association, Cyberport, HKAI LAB, Hong Kong Science and Technology Parks and more. Over 150 job openings with different job natures include Education, Finance, Health Care, Marketing & PR, Science and Tech.

3️⃣ Earning money 💰 + CUHK credits ✨

✓ You will have minimum monthly salary of HK\$4,000 + the chance to earn 3 credits!

4️⃣ Getting scholarships 🎓

✓ After completing the internships, you can apply for CUHK Alumni Torch Fund Entrepreneurship and Innovation Scholarship exclusively for EPIN students!

🔗 More details: <https://bit.ly/3taQaPu> (Please login your CUHK Student account to access it.)

🔗 Apply here: <https://bit.ly/35CIBtQ>

If you have any enquiries about the programme, please feel free to contact us by email epin@cuhk.edu.hk or phone (852) 3943 7152.

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5. Subsidy for Wi-Fi Enhancement Subscription

Owing to the 5th wave of the COVID-19 pandemic in Hong Kong, many students have to vacate from their hostels to minimize human mobility and interaction on campus. However, some students may not have stable Wi-Fi connection for attending Zoom lessons and online learning activities at home. In light of this, a subsidy scheme will be launched to help students who are affected and need to subscribe enhanced Wi-Fi plans or cards.

Eligibility

- 1) Undergraduate students who have vacated from hostels in February 2022 due to the University's policy based on the latest development of the pandemic; and
- 2) Have subscribed a Wi-Fi enhancement plan or card for taking Zoom lessons since February 2022.

Amount of Subsidy

\$50 per month for a maximum of 3 months (until the end of 2021/22 second term)

Application Procedures

- 1) Students have to submit their application through the web form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13646518>).
- 2) Applicants are required to submit supporting documents of their newly enhanced Wi-Fi plans or cards.
- 3) Applicants will be informed of the application results via CUHK @link email.
- 4) Deadline for application: 31st May 2022
- 5) Incomplete or late applications will not be considered.

Enquiries

For enquiries, please contact the Office of Admissions and Financial Aid at sfas@cuhk.edu.hk or 3943 1898 / 3943 7205.

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6. Sunshine@ CUHK Mobile App



The Sunshine@CUHK Mobile App is now available to download for free!

iOS: <https://apple.co/3qKoTDK>

Android: <https://bit.ly/3wS5JNt>

The mobile app is a wellbeing app where students would be engaged in various mental wellness related exercises and counselling hotline/services on the go. Key features include *Mood Diary* and *Mindfulness Exercise*. Students could have a more systematic view of their emotions and mood trends by recording their moods in the Mood Diary. Another feature, Mindfulness Exercise, assists students to face the emotional ups and downs with an opening and accepting attitude.

What's more, *Seek Help* and *Aid Button* provide lists of major community resources for students to seek help both within and outside CUHK including community online counselling services and 24-hours counselling hotlines, all-at-a-glance and just a click away.

If you wish to learn more, please refer to the attached poster for more information.

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7. Multicultural Counselling Service for Non-local Students



To strengthen counselling support to non-local students, Wellness and Counselling Centre is launching a pilot programme to provide multicultural counselling service to non-local students. The service will be provided by native Putonghua or English speaking counsellors from an external counselling service provider, St. John's Cathedral Counselling Service (<https://www.sjcshk.com/>). Subject to the availability of their counsellors, counselling sessions might also be conducted in other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi. For more details, please visit: <https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service> for more information.

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8. Community Resources for Emotional Support

<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

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