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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委員會成員撰寫 The following message is drafted by the student conveners of clab >



我哋手寫信箱活動繼續進行呀！！最近完 sem 大家可能又有另一方面嘅煩惱，不如今次又分享下啦

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 clab 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 clab 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

“Handwritten Postcard Online Activity” organized by clab is still underway! 📮

As we approach the summer holiday, new sources of stress may emerge.

We have patient listeners here in clab 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 on your trouble!

As you share your recent troubles with us, you will also receive gifts prepared by our committee members that echo 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 clab 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 clab IG stories and CLAB 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. CLAB 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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College Announcements

1. Appointment of College Dean of General Education 新任書院通識教育主任



Professor Ming-kay Poon (潘銘基教授), College Associate Master and Professor at the Department of Chinese Language and Literature, has been appointed as Dean of General Education of the College from 1st August 2022 to 31st July 2024 following the retirement of Professor Sunny K.S. Kwong.

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2. Appointment of College Dean of Students 新任書院輔導長



Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Fellow and Associate Professor at Jockey Club School of Public Health and Primary Care, has been appointed as Dean of Students of the College from 1st August 2022 to 31st July 2024 succeeding Professor Ming-kay Poon.

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3. Appointment of College Associate Dean of Students 新任書院副輔導長



Ms. Sharon S.Y. Wong (黃倩影女士), College Member and Assistant Lecturer of Independent Learning Centre, has been appointed as Associate Dean of Students of the College from 1st August 2022 to 31st July 2024 succeeding Professor Kelvin K.F. Tsoi.

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4. Meeting of Health and Spiritual Well-being Committee - Next Meeting Date (21st July)

The upcoming meeting of Health and Spiritual Well-being Committee will be held at 10:30 am on 21st July (Thu). College students can approach the corresponding student members through the College Student Union (wysuhec.cuhk@gmail.com) for any suggestions or comments. Thank you for your valuable input.

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5. Meeting of Scholarships and Financial Aid Committee - Next Meeting Date (21st July)

The upcoming meeting of Scholarships and Financial Aid Committee will be held at 2:00 pm on 21st July (Thu). College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee via College Student Union (wysuhec.cuhk@gmail.com) prior to the meeting. Thank you for your valuable input.

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6. Looking for Talents

伍宜孫書院
WU YEE SUN COLLEGE

JOIN US
LOOKING FOR TALENTS

ILLUSTRATION
GRAPHIC DESIGN
DRAWING
SKETCHING

To celebrate College's 15th anniversary, we are planning to produce souvenirs for College students and members.

We are now looking for talents to work with us on this meaningful production.

If you are good at illustration/graphic design/drawing/sketching, submit your information and share your artworks with us by July 17!

Enquiries: Karen (3943 3936/karenyiu@cuhk.edu.hk)

To celebrate College's 15th anniversary, we are planning to produce souvenirs for College students and members.

We are now looking for talents to work with us on this meaningful production.

If you are good at **illustration/ graphic design/ drawing/ sketching**, submit your information and share your artworks with us via the [Webform](#) by July 17!

Enquiries: Karen (3943 3936 / karenyiu@cuhk.edu.hk)

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7. 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 Dean of Students' Office (UG09)	Monday - Thursday 8:45am - 1:00pm; 2:00pm - 5:30pm Friday 8:45am - 1:00pm; 2:00pm - 5:45pm	All
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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8. Grab this chance to join the newly revamped Rance Lee Mentorship programme



Rance Lee Mentorship Programme 2021-22

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 as Rance Lee Mentorship Programme in Honour of Prof. Rance Lee, the Founding Master of WU Yee Sun College, since the year 1981, established in 2007.

Outlets **Meal Gatherings** **Visits** **Career Planning**

This programme aims at supporting our students to build up social networks for tackling problems and acquiring support across all stages of life through information sharing, helping each other, making new friends, having stress relief and getting advices for career development, investment and study etc.

Programme Details

Eligibility: WYS students

Format: 3-4 members including college alumni per group to support mentees

Activities: Annual kick-off event, group initiated activities (such as fielding visits, BBQ and year-end gatherings etc.)

Funding Support: HK\$3,000 per annum for each group

How to scan QR code for enrollment.

Preparation: Visit www.wyssc.edu.hk / form@wyssc.edu.hk

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](#) 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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9. "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 (florencetsui@cuhk.edu.hk / 3943 9767)

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

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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 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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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 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:

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

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

The infographic is divided into two main sections. The top section is titled 'Self-Motivation Fund for Health and Well-being Activities' and includes a QR code for 'Application & Guidelines'. The bottom section is titled 'Qualification Courses for Health and Well-being Instructors' and lists two categories of activities with their respective funding amounts and examples.

Self-Motivation Fund for Health and Well-being Activities

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**.

Application & Guidelines :

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

伍宜孫書院
WU YEE SUN COLLEGE

Enquiries:
MS Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

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:

Ms. Michelle Li (michelle@cuhk.edu.hk / 3943 3933)

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2. Self-Motivation Fund for Sports Activities

The infographic features a blue and yellow color scheme. At the top right, a QR code is labeled 'Application & Guidelines:'. The main title 'Self-Motivation Fund for Sports Activities' is written in a mix of blue and yellow fonts. Below the title, there are two main sections: 'Sports Activities' and 'Qualification Courses for Sports Coach'. Each section includes a description, a funding amount, a list of examples, and a QR code. The 'Sports Activities' section lists examples like the Standard Chartered Hong Kong Marathon and Oxfam Trailwalker. The 'Qualification Courses for Sports Coach' section lists examples like Rowing and Taekwondo. At the bottom left, the WU YEE SUN COLLEGE logo and contact information for Ms. Michelle Li are provided.

Application & Guidelines : 

Self-Motivation Fund for Sports Activities

encourages students to participate in various kinds of sports activities in order to live up the spirit "Sports for everyone".

Sports Activities

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

Examples

- Standard Chartered Hong Kong Marathon
- Oxfam Trailwalker
- Spartan Race
- Yoga Class, Dance Workshop

Qualification Courses for Sports Coach

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

Examples

- Rowing
- Rope-skipping
- Orienteering
- Taekwondo

 伍宜孫書院
WU YEE SUN COLLEGE

Enquiries:
Ms Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

*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. Michelle Li (michelle@cuhk.edu.hk / 3943 3933)

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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
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
Ecocultural 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
Herbucultural Therapist
Trainer for Organic Farming
Ducert Training on Ecobourism



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 (kikiwkchan@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
Winter	Nov 1 - Apr 31	May 1 - Oct 31

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13649353>

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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. 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>

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

	<p>UrHeard - Apps on Google Play A peer support network providing CUHK students with directions for solutions</p>
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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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2. EPIN Internship Programme Summer 2022 is open for application now!



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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3. 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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4. Multicultural Counselling Service for Non-local Students

Multicultural Counselling Service For Non-Local Students

INDIVIDUAL COUNSELLING SERVICES
By native Putonghua speaking counsellors and native English speaking counsellors

LANGUAGES
Apart from Putonghua and English, counselling in other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi might also be available

SESSIONS
6 counselling sessions (may be extended according to service needs)

LOCATION
St John's Cathedral Counselling Service in Central
www.sjcshk.com

TIME PERIOD
September 2021 to May 2022

SERVICE TARGET
All CUHK full-time non-local students

ENROLLMENT & ENQUIRIES
Please visit our website for details




Office of Student Affairs
The Chinese University of Hong Kong



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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5. 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.