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Sunny Review

1. College Forum: Exploring the History of Hong Kong 香港歷史考察之旅 (Speaker : Mr. Po-hung Cheng 鄭寶鴻先生)



The second College Forum of this semester, entitled 'Exploring the History of Hong Kong 香港歷史考察之旅' was conducted by Mr. Po-hung CHENG (鄭寶鴻先生), Museum Expert Adviser, Hong Kong Museum of History, last Friday. Mr. Cheng had a walkthrough with students about the city's history through appreciating photos and postcards of the old Hong Kong. He has also shared interesting stories behind the images of different infrastructures and discussed with students the balance between heritage revitalisation and preservation.



We were grateful to have Mr. Sai-yung LAU (劉世鏞先生), Overseer, Wu Yee Sun College and Executive Chairman, Union Alpha Group, for moderating the Forum.

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2. Free Throw Shoot 罰系籃球



A group of Sunnies joined “Free Throw Shoot” organized by College Sports Association on 27th Sep (Tue). The contest was divided into Boy group and Girl group. All the players tried their best to score and enjoyed the contest a lot. Top 3 players of each group got attractive prize for encouragement. Congratulations to the winners and hope everyone will keep exercising after the contest.

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3. Visit of Hong Kong Penjing and Artstone Society (HKPAS)



Invited by College Associate Master Professor Ming-kay POON (潘銘基教授), the President and members of Hong Kong Penjing and Artstone Society (香港盆景雅石學會) as well as the Principal of NTWJWA Leung Sing Tak Primary School had a luncheon in the College Staff Dining Room on 29th Sep 2022. They also walked around the College to enjoy the stunning view at the Terrace of Dreams, and to recall the memory of creating penjings with Dr. Wu Yee Sun, the co-founder of Hong Kong Penjing and Artstone Society.



With his keen interest in the art of penjing, Dr. Wu and some other bankers co-founded the HKPAS in the 1960s. The College was grateful for a visiting opportunity to Shek Yuen (石苑) in Sheung Shui where the HKPAS located. The inscription by Dr. Wu at the entrance welcomed us to the Lingnan-style garden to appreciate the exquisite collection of penjings and artstones. We look forward to introducing to our students this unique art form of cultivating tiny trees in miniature containers in the near future.

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College Activities

1. Resilience Programme – Team Challenge

WYS Resilience Programme
團隊挑戰36高空繩網及團隊任務體驗日
Team Challenge Experience Day for High Rope Climbing

日期: 2022年10月16日 (日)
時間: 上午9時至下午6時
地點: 康翠苑青年中心及馬灣
費用: 港幣100元 (另付按金100元, 完成活動後可退回)
名額: 有限, 可自組4人1隊或個人報名
內容: 戶外繩網下降, 高繩網活動, 繩網城市定向

Date: 16 Oct 2022 (Sun)
Time: 9am - 6pm
Location: Szechuen House and Ma Wan
Fee: HK\$100 (Plus deposit HK\$100, refundable upon completion of the activity)
Quota: Limited, Individual or Group registration (Max. 4 pax are welcome)
Content: Abseiling, High Rope Climbing and City Hunt in Ma Wan

查詢電話: (852) 3943 9775
查詢電郵: sammykwan@cuhk.edu.hk

Resilience Programme – Team Challenge

書院 Resilience Programme 鼓勵同學參加 **Team Challenge**, 讓同學挑戰自我, 探索更多可能性。

大家有無興趣組隊挑戰下自己參加 Team Challenge 呢?
可以一齊玩戶外緣繩下降、高繩網活動同埋 City Hunt 等等...

日期: 10月16日(星期日)

時間: 9 am to 6 pm

地點: 馬灣

費用: \$100 (另付按金\$100, 完成活動後可退回)

截止日期: 10月6日(星期四)

- 名額有限
- 可自組4人一隊或個人報名

報名連結: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13656187>

請於10月6日(星期四)下午5時前填妥報名表格, 並於辦公時間內到書院學生輔導處 (UG Level) 繳交費用港幣200元。

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

Resilience Programme – Team Challenge

College Resilience Programme would like to encourage students to take part in **Team Challenge** activity to help equip you to learn how to face challenges and further explore yourself!

Do you want to form a team to take part in Team Challenge?

You can try to experience abseiling, High Rope Climbing and also City Hunt with your friends.

Date: 16 Oct (Sunday)

Time: 9 am to 6 pm

Location: Ma Wan

Fee: \$100 (Plus \$100 as deposit, refundable upon completion of the activity)

Application Deadline: 6 Oct (Thursday)

- Limited quota

- Individual or Group Registration (max 4 pax are welcome)

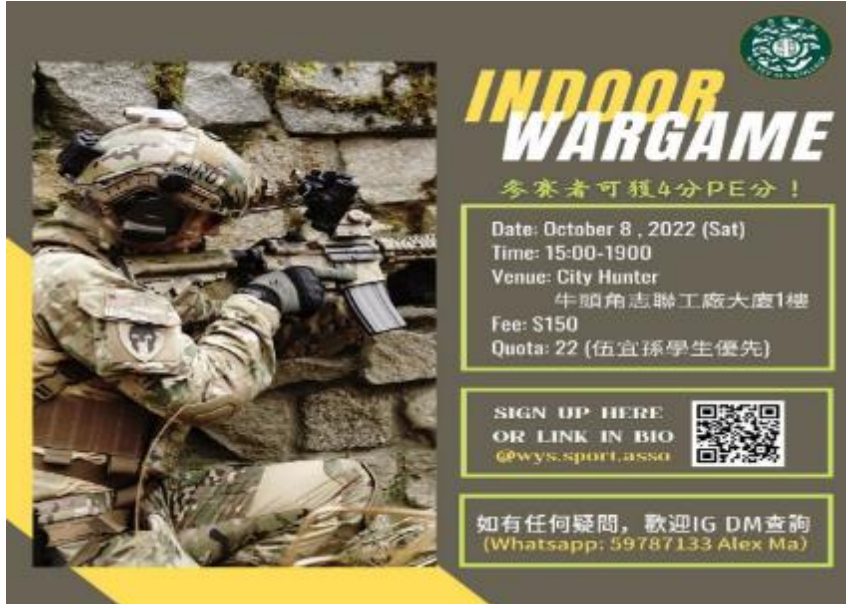
Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13656187>

Please complete the online application form and settle the payment (\$200) in the Dean of Students Office (UG Level) by 6 Oct for enrollment.

For enquiries, please contact Ms Sammy Kwan at (sammykwan@cuhk.edu.hk / 3943 9775).

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2. Indoor War Game



INDOOR WARGAME

參賽者可獲4分PE分!

Date: October 8, 2022 (Sat)
 Time: 15:00-19:00
 Venue: City Hunter
 牛頭角志聯工廠大廈1樓
 Fee: \$150
 Quota: 22 (伍宜孫學生優先)

SIGN UP HERE
 OR LINK IN BIO
 @wys.sport.asso

如有任何疑問，歡迎IG DM查詢
 (Whatsapp: 59787133 Alex Ma)

<以下內容由體育學會撰寫，並經書院傳送。The following message is drafted by College Sports Association and sent via College.>

Mid-term 前都唔可以淨係掛住溫書嘅🤔👉約埋朋友一齊出去玩 輕鬆下啦!

Indoor War Game

日期：8 Oct 2022 (Sat)

時間：15:00 - 19:00

地點：City Hunter (牛頭角)

費用：\$150 (已包 4 小時場地費、裝備費同導師費)

人數：22 人

報名連結：<https://forms.gle/NVpdKR2WDiZwMq9B9>

報名截止日期：5 Oct 2022 (Wed)

注意事項🔒

- * 參加者必須確認自己能準時出席才報名
- * 參加者繳交\$150 後才算報名成功
- * 若超出人數限額，將採用「伍宜孫同學優先 + 先到先得」機制
- * 參加後會獲得 4 分 PE 分，請寫清楚 PE Course Code

希望到時可以見到大家🤗

有任何疑問歡迎大家搵返我地

IG inbox: @wys.sports.asso

Want to take a break from studying? Join our Indoor War Game with friends🤗!

Date: 8 Oct 2022 (Sat)
Time: 15:00 - 19:00
Venue: City Hunter (Ngau Tau Kok)
Fee: \$150 (Included all fees)
Quota: 22
Link for Enrollment: <https://forms.gle/NVpdKR2WDiZwMq9B9>
Application deadline: 5 Oct 2022 (Wed)

Notes 📌

- * Participants must confirm that they can be present on time before registering
- * The registration is successful only after the participant pays \$150
- * Wu Yee Sun Students are prioritized and the "First Come First Served" mechanism is adopted
- * You will gain 4 PE points after participating, please write the PE Course Code clearly

We are looking forward to seeing you ❤️👋!

Feel free to contact us for any inquiry
IG inbox: @wys.sports.asso

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3. 文學散步

文學散步

我們將會在中上環漫步，細看藏身於城市角落的歷史痕跡，並尋找寫作材料，即屆是寫短篇作品，且一起閱讀彼此的作品，以及分享對寫作和閱讀的想法。

導師：趙曉彤老師
中大中文系畢業，現全職寫作。已出版《織》、《步》、《翔：雀陸香港》、《一》四本書，專欄見《明報》。

日期：2022年11月19日(星期六)
活動時間：下午1:00至5:30
地點：中上環(水坑口街、荷里活道、荷里活道公園、太平山街等等)
集合時間及地點：
下午1:00@香港郵局 /
下午1:15@港鐵大學站A出口
語言：粵語/普通話
押金：\$100(預收現金，免收活動後退回)
截止日期：11月3日
名額：15人

*名額有限，先到先得，報名次滿即滿及預留名額及名額，詳情請查詢中文系辦公室。

報名連結：
QR Code
查詢：Miss Jacqueline Lam
(JacquelineLam@cuhk.edu.hk / 3943 9774)

今次係書院第一次舉辦文學散步活動，希望同學可以透過導師嘅導賞同實地考察，親身觀察及感受文學現場嘅氛圍，從而加深對不同文學作家嘅認識，以及對作品嘅感悟。

導師：趙曉彤老師

導師簡介：中大中文系畢業，現全職寫作。已出版《織》、《步》、《翔：雀陸香港》、《一》四本書，專欄見《明報》。

日期：2022年11月19日(星期六)

時間：下午1:00至5:30

地點：中上環

語言：粵語/普通話

人數：上限15人

按金：港幣\$100 (只收現金，完成活動後退回)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13654961>

截止日期：11月3日

*名額有限，先到先得。(報名次序以遞交按金先後次序為準，請於辦公時間內將按金交至書院辦公室。)

查詢：Miss Jacqueline Lam (jacquelinelam@cuhk.edu.hk / 3943 9774)

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4. Fitness Training Workshops - HIIT & Core Training



The College will organize fitness training workshops this semester to help you to get rid of excess body fat and firm your muscles. JOIN us now!!!

High Intensity Interval Training (HIIT) [For Beginners] Date : 11, 18, 25 Oct 2022 Time : 8:00 - 9:00 pm <input checked="" type="checkbox"/> Strengthen cardiopulmonary function <input checked="" type="checkbox"/> Improve athletic performance <input checked="" type="checkbox"/> Stimulate metabolism <input checked="" type="checkbox"/> Burn fat <input checked="" type="checkbox"/> After burn effect	Core Training [For Beginners] Date : 8, 15, 22 Nov 2022 Time : 8:00 - 9:00 pm <input checked="" type="checkbox"/> Protect spine <input checked="" type="checkbox"/> Maintain trunk stability <input checked="" type="checkbox"/> Maintain the posture <input checked="" type="checkbox"/> Improve athletic performance <input checked="" type="checkbox"/> Reduce the chance of injury
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Venue: College Gymnasium

Quota: 12 / workshop

Instructor: Mr. Ryan CHAN

Deposit : \$200 / workshop (refundable upon completing all lessons)

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13655160>

Interested students please fill in the webform AND submit deposit to College Office on or before 5:00pm, 5 Oct (First-come-first-served. Time of deposit payment will be the determinant)

Enquiries:

Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

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5. 語文文化桌: 老師夢和作家夢



「老師的生活，像一部黑白的電視！」他說。

我既不同意，也不想如此。我想做老師，同時渴慕色彩。從中再加一個作家夢，會不會太貪心？我想擁有豐富多彩的畫面和意義。深信這場交流，能讓我有更多一段難忘而富色彩的美好回憶。

講者：蒲葦老師

講者簡介：歷任中學中史、中文、文學科主任，教育專欄作者、教參書編者。編著作品包括《總有您鼓勵》、《師生有情》、《我要做中文老師》、《寂寞非我所願》、《一本正經學成語》系列等。

日期：2022年11月1日(星期二)

時間：晚上 6:30 至 8:30

地點：伍宜孫書院教職員飯堂

語言：粵語

人數：上限 20 人

按金：港幣\$50 (只收現金，完成活動後退回)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13655311>

截止日期：10月18日

*名額有限，先到先得。(報名次序以遞交按金先後次序為準，請於辦公時間內將按金交至書院辦公室。)

查詢：Miss Jacqueline Lam (jacquelinelam@cuhk.edu.hk / 3943 9774)

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6. CUHK Blood Donation Campaign 2022

All WYS members aged between 16 and 66, weighing 41KG or above and in good health are welcome to join. A blood donation station will operate at WYS College on **5th October 2022 (Wed)**.

Please drink sufficient water, consume food within four hours before donation, get adequate rest the night before and do not wear clothing with tight sleeves for blood donation.

Date: 5th October 2022 (Wed)

Time: 11:30 am – 6:30 pm

Venue: College Gallery, G/F, WYS College

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13655506>



Information on pre-donation health screening

(Blood Donation Registration Form sample - ([English Version](#) | [Chinese Version](#))

For every donation, donors (new or repeated) have to fill in Blood Donation Registration Form and respond to health history enquiry, which consists of a questionnaire followed by a private interview with our nurse. The purpose is to assess your current and past health conditions for donation eligibility

****Please note that the following Precautionary Measures in Response to COVID-19 are now in force:**

- Member of public who had **contracted COVID-19** and was **symptomatic**, should be **deferred for 14 days after complete recovery**;
- Member of public who had **contracted COVID-19** and was **asymptomatic**, should be **deferred for 14 days after the date of the last positive test result**;
- Member of public who had close contact with a confirmed / suspected COVID-19 case, should be deferred for 14 days.
[English Version](#) | [Chinese Version](#)
- Member of public who has receive COVID-19 vaccine should be deferred from blood donation for 7 days.
[English Version](#) | [Chinese Version](#)

Enclosed please also find the Info to Donors and Info on Travelling History, Residence Abroad.

Handy tips are also available at Facebook Page of Hong Kong Red Cross Blood Transfusion Service:
<https://www.facebook.com/BloodForLifeHKRCBTS/posts/3194015213961229>

There will be various donation spots set up across CUHK campus from 3rd to 26th October 2022. For more details, please refer to www.osa.cuhk.edu.hk/news.

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7. Sunny Living Week 2022

Sunny Living Week 又返嚟喇! 打響頭炮我哋有 Sunny Rowing Race, 讓你與 Buddy 一起參與挑戰, 贏取豐富獎品! Café Mabel 會教大家用全素材料整無花果撻, 一起實踐低碳及健康生活。獲 Self-Motivation Fund 資助嘅同學亦會教大家整土耳其馬賽克燈, 帶給你一個療癒的晚上。環保達人 Kiki 仲會利用咖啡店回收嘅咖啡渣教大家整磨沙皂。

陽光市集當日更會雲集心靈手作、綠色及體育攤位，大家絕對不容錯過! 壓軸活動當然唔少得校園環境委員會主席鄒桂昌教授帶領嘅生態文化遊。

活動有動又有靜，實有一款會啱你，快啲 mark 低日子參加啦!

Sunny Living Week is back again. We will have Sunny Rowing Race to kick start the week! Pair up with your buddy to participate in the rowing challenge and win the grand prizes. Café Caterer, Mabel, will teach us how to make Vegan Fig Tart to allow us to stay healthy and fit. We will also have Turkish Mosaic Lamp Workshop to calm your mind and Coffee Scrubbing Soap Workshop to support sustainability. Don't miss the activity booths and organic farm at Sunny Market! Last but not least, Prof. CHAU, Kwai-cheong from Campus Environmental Committee will lead us an eco-cultural tour at Kuk Po.

What are you waiting for? Mark your diary and join us!

Date & Time	Activity
17/10 (Mon) 6:00pm - 8:00pm	Sunny Rowing Race (Details & Registration)
18/10 (Tue) 6:30pm - 8:30pm	Vegan Fig Tart Baking Workshop (Details & Registration)
19/10 (Wed) 6:30pm - 8:30pm	Turkish Mosaic Lamp Workshop (Details & Registration)
20/10 (Thu) Class A : 5:30pm - 7:00pm Class B : 7:15pm - 8:45pm	Coffee Scrubbing Soap Workshop (Details & Registration)
21/10 (Fri) 11:00am - 2:00pm	Bulk Buy Shop (Green Team) Darts Game (Sports Association) Organic Farm No registration is required for the above booths! Scented Wax Tablet Making Workshop (Please register here) DIY Cactus Planting Workshop (Green Team) -- Stay tuned for the registration details!
29/10 (Sat) 8:30am - 2:00pm	Eco-cultural Tour: Hakka Culture @ Kuk Po (Details & Registration)



Enquiries:

Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

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8. English through Nature and Bird Watching

English through Nature & Bird Watching

Tour Consultant: Mr. Richard Lewthwaite

Mai Po Nature Reserve is located on the north-western corner of Hong Kong. It is as known as a birdwatcher's paradise. Late October is usually a very good time to see a wide variety of birds such as Black-faced Spoonbills and other globally endangered bird species at Mai Po. Come and join us to gain tips on identifying the birds and recognize the importance of nature conservation.

Date: 27 October 2022 (Thursday)

Activity Time: 10:00am - 3:00pm

Gathering time and location:
10:00am@College Gallery /
10:15am@University MTR Station Exit A

Location: Mai Po

Deposit: \$100 (to be refunded upon completion of the activity)

Deadline: 15 October 2022

Quota: 7

Registration: [QR code]

*Please submit the deposit in CASH to the College Office within office hours before the application deadline for successful registration and seat reservation.
*First-come, first-served. Time of deposit payment will be the determinant.

Contact: Miss Jacqueline Lam (jacquelinelam@cuhk.edu.hk / 3943 9774)

Mai Po Nature Reserve is located on the north-western corner of Hong Kong, it is as known as a birdwatcher's paradise. Late October is usually a very good time to see a wide variety of birds such as Black-faced Spoonbills and other globally endangered bird species at Mai Po. Come and join us to gain tips on identifying the birds and recognize the importance of nature conservation.

Instructor: Mr. LEWTHWAITE, Richard

LEWTHWAITE, Richard is a former English Language Teaching Unit instructor. He is also an active birdwatcher in Hong Kong and, prior to Covid, enjoyed going on regular birdwatching trips to China, especially Guangdong and Hainan. He is editor of the annual Hong Kong Bird Report, one of the co-authors of "The Avifauna of Hong Kong", and has written papers on a variety of birds including the avifauna of Hainan, waterbirds of southwest Guangdong, forest birds of Southeast China, and owls and nightjars of Hong Kong.

Date: 27th Oct 2022 (Thu)

Activity Time: 10:00a.m. - 3:00p.m.

Gathering time and location: 10:00am@College Gallery /
10:15am@University MTR Station Exit A

Location: Mai Po

Language: English

Quota: 7

Fee: \$100 deposit (Deposit will be refunded upon completion of the activity)

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13654643>

Deadline: 13th Oct 2022 (Thu)

*Please submit the deposit in CASH to the College Office within office hours after filling in the webform for seat reservation. First-come-first-served, time of deposit payment will be the determinant.

Enquiries: Miss Jacqueline Lam (jacquelinelam@cuhk.edu.hk / 3943 9774)

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9. No Air Con Night 香港無冷氣夜 (7th Oct 2022)



It is a territory-wide energy saving event organized by Green Sense (環保觸覺) to promote the wise use of air conditioning. You are encouraged to support this event by **turning off the air con at home / in the student hostels when the outdoor temperature is lower than 27°C** during the aforesaid period whenever appropriate/feasible. Let's take action together and reduce our carbon emission with the smart use of air-conditioning!

GO GREEN! BE SUNNY!

Turning off the Air Con ~ Cooling the Earth

關掉冷氣，為地球降溫

Details: <https://www.noaircon.com/>

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10. Fitness Consultation Sessions 健身訓練諮詢



Fitness Trainers are at our College's Gymnasium!!!! Need guidance for keep-fit plan or proper use of fitness equipment? Mark your calendar!

Date (Every Tue) :

Nov 1, 29
Time: 7:00 pm - 9:00 pm

Date (Every Tue) :

Oct 11, 18, 25
Nov 8, 15, 22
Time: 7:00 pm - 8:00 pm

Venue: College Gymnasium
Instructor: Mr. CHAN, Ryan

Target: Wu Yee Sun College students and staff (no prior application is required)

Enquiries: Ms. Queenie Chu (queeniechu@cuhk.edu.hk/ 3943 9768)

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11. Mini-pupillage Scheme for students from Faculty of Law



The College is collaborating with Pantheon Chambers to offer a Mini-pupillage Scheme which is designed for students from Faculty of Law. During the 3-month period, students will be asked to conduct practical tasks, such as case summaries, legal research, shadow barristers, meet with clients, and attend court hearings (observation, taking notes). This could be both in person and remotely.

If students impress during the 3-month period, and Pantheon wish to retain students as mini-pupils within the pool (and students wish to stay on), students may be contacted beyond the end of the 3-month period for additional work. Following completion of the scheme, feedback and reference letter (upon request) will be provided for all students.

- **Application:**
https://docs.google.com/forms/d/e/1FAIpQLSecs0w3ANTvJChbdLbtrzocD3B7JLI2kUzE_2fDX5ZN-4wUHg/viewform
- **Application Deadline:** 4th Nov 2022 (Fri) at 11:59pm (HKT)

Enquiries: Ms. Sukie Cheung (sukie@pantheonchambers.com/ 2105 8000)

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College Announcements

1. Temporary Closure of College Gym

College Gym will be closed at the following timeslots for fitness courses.

Oct		
Oct 7 (Fri)	10 am - 2:30 pm	College Inauguration
Oct 11, 18, 25 (Tue)	8 pm - 9 pm	Fitness Training Workshop
Nov		
Nov 8, 15, 22 (Tue)	8 pm - 9 pm	Fitness Training Workshop

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2. College Hostel Grant 2022/23 - Application Now Open

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2022/23 will be maximum \$4,656 per year.

Application now opens **until 11th October 2022 (Tue)**. Students with Term 1 or whole year residence are eligible to apply.

Please [download](#) the application form and submit the completed form with supporting documents via email to Miss Regina Cheung (reginacheung@cuhk.edu.hk) or in person to the College Office (G03, G/F, East Block) before the deadline.

Enquiries:

Miss Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)

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3. Opening Hour of Non-resident Hall

Opening Hour of Non-resident Hall

Commuter students, though not living on campus, can still enjoy their campus life at their second home - the full sea-view Non-Resident Hall where they interact with fellow students and participate in various hall activities. Check out the details [HERE](#) and enrich your College life.

	Non-resident Hall (West Block)	Non-resident Hall (East Block)
Opening Hour	Monday - Sunday (9:00-22:30)	Monday- Thursday (13:00-17:00) Friday (12:00-17:00)
Access	Access by Students' CU Link	Committee Members of Non-resident Association will be there to greet you!

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4. Campus Arrangement in Term 1, 2022/23

We are most delighted to welcome our Sunnies back to campus. We would like to take this opportunity to update you the use of campus facilities, in order to safeguard the health and well-being for every College member. Your support is the key to maintain a healthy community for living and learning together.

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.
2. If students have taken a COVID-19 test, please stay at home until the test result is available.
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.**

College Facilities

1. WYS non-residents can access College until 10:30pm daily (tap CU Link for access after 9:00pm). Only residents can access College building after 10:30pm
2. The opening hours and maximum capacity of College facilities can be referred at <https://www.wys.cuhk.edu.hk/about-us/campus/>.

3. **College Gymnasium:** Only authorized users can use the gym with a maximum of 15 users using the gym in the same session. Each user can use the gym for 1 hour daily. All users must complete registration, body temperature measurement and hand sanitizing, upon presenting users' CU Link/ Guest Card in exchange for an access card, prior to accessing the gym. Masks must be worn (including the time of doing exercises) and at least 1.5m social distancing must be maintained at all times. Users must also observe the current regulations of using the gym as well.

Students under medical surveillance with amber code status under the government's [enhanced vaccine pass function](#) are not permitted to use the sports facilities.

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.

4. **Reservation of College Facilities:** Only recognized College student organizations are eligible to reserve College facilities [except for Piano Rooms (Room 106 & 107) and Discussion Rooms in Learning Commons (Room 102A and Room 103A) which will be opened for individual students]. Student organizations may contact the responsible College staff to book facilities for their planning of activities until the resumption of College online booking system.

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5. Admission Scholarships 2022/23



The "Sunny" Award

Eligibility:

- College Local or Non-local freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility
- Placed Wu Yee Sun College as their 1st College Preference

Award amount is HK\$10,000/ \$15,000.

[Online Application](#) opens until 6th October, 2022.



Admission Scholarship for Outstanding Artistic Achievements

Eligibility:

- College Local or Non-local freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music
- Placed Wu Yee Sun College as their 1st College Preference

Award amount is HK\$8,000.

[Online Application](#) opens until 6th October, 2022.

Enquiries:

Miss Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)

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6. College Team Tryout 2022-23 Term 1 書院院隊選拔(2022-23 上學期)



If you are a professional sports player or are simply keen on doing sports, do not miss the College Team tryouts. The College is now recruiting athletes for the **athletic team**. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

不論你是運動愛好者或是專業運動員，都不要錯過伍宜孫書院院隊選拔的時間！書院現正招募田徑院隊隊員，快來發揮你的運動天賦！

Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's & Women's Athletic	Please contact Mr. Kakit Hui to arrange tryouts according to Track & Field Events before 17/10			Mr. Kakit Hui 3943 3986 kakithui@cuhk.edu.hk

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7. 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](#) to register. For details, please check out College website <https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/>

Enquiries:

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

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8. "Meet the Dean" Hours 輔導長時間

"Meet the Dean" Hours is a regular time schedule particularly for you to talk directly to the College Dean of Students on any matters you feel interested or concerned.

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 Kelvin K.F. Tsoi (蔡錦輝教授), College Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics
- Ms. Sharon Wong (黃倩影小姐), College Associate Dean of Students and Assistant Lecturer of Independent Learning Centre

Every Sunnie is welcome, email us whenever you want to talk!

Enquiries:

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

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

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9. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain new perspectives! DON'T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.

1) You are welcome to speak with our **College Dean of Students** when you have problems that need resolving. Please 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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10. 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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11. 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。

College Funding & Awards Schemes

1. 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**.

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. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

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

2. Self-Motivation Fund for Sports Activities



*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. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

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

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3. Self-Motivation Fund for Green Activities



*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:

Ms. Julia Liu (julialiu@cuhk.edu.hk) / 3943 9775)

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6. 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 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 30	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. Co-op@CUHK - Info Session / Online Application



We are pleased to share with you that we have received an overwhelming support from the industry for the 2nd Cohort (AY2022-23). 100+ employers from diverse industries join as our corporate partners with 600+ headcounts. You can view the full list of our corporate partner ([here](#)).

To walk you through how Co-op creates transformative experience for students, two additional webinar and info session are now scheduled with the following details,

Date	Time	Mode	Registration
3 Oct (Mon)	4:30pm – 5:30pm	Webinar	Please register here . An email confirmation including the zoom link / the exact venue will be sent out one day before the event date.
7 Oct (Fri)	3:30pm – 4:30pm	Info Session	

* Target students are Year 2 to 4 students in 2022-23. Year 1 students are also welcome to join, so that advance planning can be made.

If you are ready to embark on Co-op’s amazing path towards personal growth and professional advancement, send us an application ([here](#)). *Students who miss the previous deadlines, please submit an application by mid-October.* Please feel free to pass this message to your CUHK friends and peers who also wish to prepare themselves for the uncertainties and challenges of the future workplace.

Meanwhile, follow us on [LinkedIn](#) and [IG](#) and check out our [corporate video](#) for more info. You can also see what the Co-op means to our students – *"The most inspiring takeaway from the wide variety of topics in Co-op classes is learning how to equip ourselves with a professional business attitude in an actual workplace."* – Louise Sit (Year 4, English).

Should you have any enquiries, you may reach out to Mr. Joseph Tong (joseph Tong@cuhk.edu.hk / 3943 0621) or Miss Isabella Law (isabellalaw@cuhk.edu.hk / 3943 0669); We can arrange a causal zoom meet-up for any advice if needed.

Action always beats intention. We look forward to hearing from you and welcoming you to the 2022-23 cohort!

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2. CUEA Happy Hour 創業訪談 - 新舊交融：為百年建築注入創新元素



文青打卡熱點 + 懷舊 café「大和堂」，你有去過嗎？香港咖啡店多不勝數，大和堂是如何從中脫穎而出？生意火爆之餘，還可以做到文化保育，大和堂究竟有什麼營運秘訣？

第五輪的中大創業者聯盟HappyHour創業訪談，EPIN 邀請到將百年中藥行搖身一變為特色咖啡店--大和堂的創辦人石浚鏗先生 Henry 擔任主講嘉賓，亦請來 EPIN 的聯席主任王家徹教授擔任主持，與大家暢談大和堂不一樣的創業故事。

歷史建築除了保留香港昔日的面貌，更承載著幾代人的集體回憶，是本土文化重要的一部分。在不少人眼中，要保存這些建築似乎要捨棄經濟效益，然而 1932 年成立的中藥行「大和堂」活化為懷舊咖啡店的故事，為我們帶來嶄新的角度，重新定義文化保育。Henry 將分享他創立大和堂的過程和營運心得，大家萬勿錯過！

日期：10 月 7 日(星期五)

時間：5:00 - 5:45pm

地點：[中大創博館\(InnoPort\)UGA](#)

語言：廣東話

詳情：<https://cuhkcuea.org/hh20221007/>

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13654298>

名額有限，先到先得！

歡迎各位有興趣的中大人報名出席。成功報名者，將於稍後時間收到電子郵件確認。

如對活動有任何疑問，請聯絡我們，謝謝！

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3. Asian Autumn: Cities of the Future - CUHK x France

CUHK is happy to be joined by **the Consulate General of France in Hong Kong and Macau, Campus France** and two prestigious French business schools: **IESEG School of Management** and **Skema Business School** to hold the panel discussions on **"Cities of the Future"** on 7 October 2022 (next Friday). Professors and professionals from French companies based in Hong Kong will share their insights on this topic, participants are invited to join the discussion.

Alongside the panel discussions, a **French booth** will be held to showcase the academic and professional opportunities in France. It would be a great opportunity for you to **learn about the student exchange programmes in France** and grasp the chance to **submit your outgoing exchange application on or before 24 October 2022**. If you are interested in pursuing a Master's degree or doing a research project in a French institution, colleagues from Campus France can give you advice as well.

If you are interested in joining, please complete the webform [here](#).

Details of the programme

Date: 7 October 2022 (Friday)

Panel Discussions

Time: 4pm – 6pm

Venue: Lee Yuk Lecture Theatre, LT3, G/F, YIA

French Booth

Time: 3:30pm – 6:15pm

Venue: Entrance of LT3, G/F, YIA

Panel A

Topic: Cities of the future: do we have the tools to align our actions with our targets and objectives?

Time: 4pm – 5pm

Speakers:

- **Professor Carlos Lo**, Director of Centre for Business Sustainability and Chairman of Department of Government and Public Administration, CUHK
- **Professor LU Wei**, Skema Business School

Panel B

Topic: Rethinking sustainable cities

Time: 5pm – 6pm

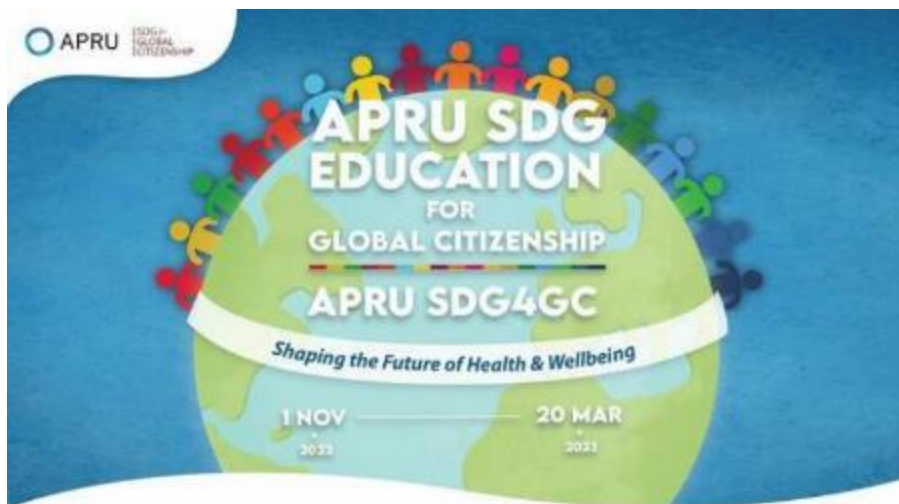
Speakers:

- **Dr. Carlos Ip**, Lecturer, Department of Management, CUHK
- **Dr. Maria Castillo**, Senior Professor of practice in Corporate Social Responsibility, Business Ethics and Strategy, IESEG

For details of the event, please refer to our [website](#). Looking forward to your participation!

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4. Make an Impact on the Future of Health & Wellbeing at the APRU SDG4GC Program



Welcome to the [APRU SDG4GC](#) - an intercultural, transdisciplinary and interactive program that builds knowledge of global issues and global literacy among undergraduate students. Global citizens like you are now invited to join a group of enthusiastic students hailing from 60 universities in 19 economies virtually at the APRU SDG4GC program, which has a theme

of *Shaping the Future of Health & Wellbeing* in 2022-23. Learn about the United Nations (UN) Sustainable Development Goals (SDGs) and explore some of the world's biggest challenges under the guidance of mentors and experts. Engage in teamwork to develop social innovation ideas and prototypes. Present your team's unique solutions at the program's final pitching competition. We are more than excited to welcome you at the APRU SDG4GC!

EXPLORE MORE ABOUT APRU SDG4GC!

KEY FEATURES

- **Fully virtual program** co-designed by six [APRU](#) (Association of Pacific Rim Universities) member universities with support from the **United Nations**
- **Orientation program, interactive lectures, and training** provided by APRU member universities, UN agencies, and experts from the field
- **UN SDG Primer Course** to learn about the 2030 Agenda for Sustainable Development
- **Mentorship program** facilitated by academics and design thinking experts
- **Teamwork** to develop **social innovation ideas and prototypes** to address problems
- **Pitching competition** judged by a panel of UN experts
- **A week-long visit to Bangkok, Thailand** for the winning team (The cost of flight and accommodation will be covered by CUHK)
- **Certificate of completion** jointly issued by partners

PROGRAM TIMELINE*



*Subject to change

ELIGIBILITY

- Enrolled at CUHK during the program period
- Undergraduate students in any discipline
- Completed at least one year of undergraduate studies
- Good command of English language

APPLICATION

To apply, please click [here](#) to access the application form. The deadline for applications is October 5, 2022.

QUESTIONS?

Please contact [Ms. Helsa Au](#) at the Office of Academic Links if you have a question about the APRU SDG4GC Program.

APPLY NOW!

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5. 心盛計劃 - 靜觀手帳工作坊



由學生事務處心理健康及輔導中心舉辦

終於回到校園！可能你正忙著上堂、參加 Oday、組聚或宿舍活動，去盡情享受這個得來不易的校園生活。百忙之中，不如抽一點時間，靜下來整理一下自己的日程及心情。建立寫手帳的習慣，除了幫助你分配時間，安排日常學業之外，還能替你組織自己的想法和情緒。心盛計劃誠邀你參與 10 月 18 日舉辦的「靜觀手帳工作坊」。我們將提供各種精美貼紙素材，讓你享受寧靜的空間及製作一本屬於自己的手帳。

如果你不能參與整節工作坊，也可在工作坊期間前來領取筆記本和貼紙包，在家完成手帳。名額有限，請立即登記！

[心盛計劃] 靜觀手帳工作坊

日期:	2022 年 10 月 18 日 (星期二)
時間:	請選擇其中一節 第一節：上午 10 時 30 分至中午 12 時 第二節：下午 2 時 30 分至下午 4 時
地點:	范克廉樓 LG13AB
語言:	廣東話及英語
對象:	中大全日制學生 (一年級同學可優先參加)
報名:	https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13655810
截止日期:	N/A

如有疑問，請聯絡心盛計劃：wacc@cuhk.edu.hk 或 +852 3943-9951。

[Flourishing First Year @ CUHK] Mindful Journal Workshop- organized by Wellness and Counselling Centre, Office of Student Affairs

We are back on campus again! Perhaps you're busy with classes, orientation events, gatherings and hall activities to try to make the most of university life. Let's spare some time to slow down and organize your schedule. Journaling is a great way to organize your time, and most importantly, your emotions and thoughts.

Flourishing First Year @ CUHK invites you to join our **Mindful Journal Workshop** on 18 October 2022. Through this workshop, you can enjoy some mindful moments and design your new journal, by decorating journal pages with stamps and stickers.

In case you cannot sit for the whole workshop, please pick up a blank notebook and some stickers during the session and design your journal whenever and wherever you like.

Space and materials are limited, register for your spot today!

[Flourishing First Year @ CUHK] Mindful Journal Workshop

DATE:	18 Oct 2022 (Tue)
TIME:	(Please select one session only) Session 1: 10:30-12:00 Session 2: 14:30-16:00

VENUE: Room LG13AB, Benjamin Franklin Centre

LANGUAGE: Cantonese and English

TARGET: All CUHK full-time students (priority is given to first year students)

REGISTRATION: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13655810>

APPLICATION DEADLINE: N/A

For enquiries, please contact Flourishing First Year @ CUHK at wacc@cuhk.edu.hk or +852 3943-9951.

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6. CUHK Outgoing Exchange Programmes 2023-24



Application Period
28 September 2022 (9:00 am) - 24 October 2022 (11:59 pm)

Points to note for the application

- Application opens to all CUHK full-time registered undergraduate students and postgraduate students, including first year students, in this selection!
- All applicants have to invite two current full-time teaching staff at CUHK as referees for the application.
- Students who are in their first year of study at CUHK must attend an interview if they are shortlisted.
- Students can only accept one exchange offer for 2023-24 from any CUHK units in this selection.

Highlights of the on-campus outreach activities

Date	Time	Event	Venue
29 Sep (Thu)	12:00 – 14:00	Global Explorer Fair	Foyer, G/F, YIA
	12:30 – 13:30	Global Explorer Briefing I (Language: Chinese Cantonese)	LT1, G/F, YIA
30 Sep (Fri)	11:15 – 11:45	Global Explorer Exhibition I	Outside Lounge, Chung Chi College Chapel
	15:00 – 15:30	Global Explorer Exhibition II	Entrance of Sir Run Run Shaw Hall
12 Oct (Wed)	12:00 – 13:00	Global Explorer Briefing I	LT2, G/F, YIA

		(Language: English)	
14 Oct (Fri)	13:00 – 13:30	Global Explorer Exhibition III	Entrance of Lecture Theatre Shaw Campus
13-24 Oct (Thu – Mon)	14:00 – 17:00	Ask Us Anything	i-Centre, 1/F, YIA

Call for action!

Much appreciated if you could encourage your students to apply for the exchange programmes and take part in the events. Attached are the promotional materials for your easy reference and kindly share with your students as you deem appropriate.

Should you have any enquiry about the programmes, please feel free to contact us on 3943-7597 or email at iasp@cuhk.edu.hk.

Thank you very much for your kind support!

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7. Wellness and Counselling Centre Office of Student Affairs Promotion of Peer Support Network 2023 (uBuddies & uPals Programme)



中大朋輩支援網絡 (uBuddies & uPals) 2023 年度成員招募

你希望構建一個健康、正向的中大校園嗎？學生事務處心理健康及輔導中心所舉辦的 [uBuddies 朋輩輔導聯網](#) 及 [uPals 心理健康推廣團隊](#) 現正招募新成員！如果你希望支持和幫助感到沮喪和困惑的同學，同時對籌辦活動及推廣心理健康感興趣，就立即報名加入我們吧！截止報名日期為 2022 年 10 月 5 日（三）。

New Member Recruitment for CUHK Peer Support Network 2023 (uBuddies & uPals)

Do you wish to contribute to the wellness of CUHK students? [uBuddies Peer Counselling Network](#) and [uPals Wellness Promotion Team](#) organized by Wellness and Counselling Centre, Office of Student Affairs are now recruiting new members! If you wish to equip yourselves with helping skills to better support your peers, and have an interest in organizing activities and promoting mental wellness, you are most welcome to join us! The application deadline is 5 Oct 2022 (Wed).

追蹤我們的專頁 Follow us on:

Instagram: [cuhk_ubuddies](#) / [treehole_cuhk](#) / [cuhk_upals](#)

8. Member Recruitment of the I CARE Hong Kong Cultural Tours Project 2022-23



The project aims to cultivate CUHK students to become docents for leading cultural tours to promote the history and culture of Hong Kong. Admitted students will first receive a series of professional training on content research, itinerary design and formulation, story-telling skills, and tour guiding techniques. They will then be engaged in tour route development, site visits, script writing, demonstration tours and mock tours in accordance with the designated themes. Finally, they are allowed to lead real tours serving secondary school students and CUHK members to unveil the hidden side of Hong Kong.

Themes and Districts Covered in 2022-23

Tai Po Market

- Interaction between Railway and the Formation of Market (興奮以外 —— 鐵路墟市百載互動)

Kowloon City

- Development of the Healthcare System in Hong Kong (疫境重生 —— 香港醫療發展再思)

Mong Kok

- Transformation in Hong Kong's Popular Culture (變幻之中 —— 香港流行文化搜奇)

Kwun Tong

- The Revitalisation of Old Urban Districts (新舊交融 —— 老城活化再度出發)

More information of the project can be found on our Centre's [website](#)

9. Friends of the Arts Scheme (FTA) 2022-23

新一年度 Friends of the Arts 計劃現已接受報名。

「Friends of the Arts」由藝術行政主任辦公室主辦，為中文大學全日制學生提供多元藝術文化教育。除了邀約不同界別的資深藝術工作者舉辦藝術講座、工作坊及分享會外，我們更會定期為大家選取有質素的演出一同欣賞。

年度主題：ARTS Like...文化藝術打卡

對象：香港中文大學全日制學生

費用：\$250 [開學優惠！30/9 前以優惠價 \$200 報名]

名額有限，先到先得

報名：<https://www.srrsh.cuhk.edu.hk/zh/content/student-cultural-ambassadors-scheme-application-zh>

查詢

3943 1598 / 3943 7857

CUOAA@cuhk.edu.hk

2022-23 Friends of the Arts Scheme (FTA) is now open for application.

Presented by the Office of the Arts Administrator, the scheme provides diverse arts and cultural programmes for full-time CUHK students. FTA provides an extensive range of arts and cultural activities. We invite experienced artists from different fields regularly to give lectures, workshops and sharing sessions for our members. We will organize arts performances appreciation and activities to our members every month.

Theme of the year : ARTS Like...

Target: Full Time CUHK students

Fee: \$250(Discount registration before 30/9: \$200)

Limited quota on a first-come-first-served basis

Application: <https://www.srrsh.cuhk.edu.hk/en/application>

Enquires

3943 1598 / 3943 7857

CUOAA@cuhk.edu.hk

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10. ILC Services for Students

[Independent Learning Centre \(ILC\)](#) provides a resource rich environment for students to reflect on and engage in their role as Independent Learners. If you are interested in improving your academic and language skills, you can visit the ILC website regularly for the latest updates. Below are some ILC workshop highlights for the academic year 2022-23:

1. **University Study Skills Series**
2. **Writing Success Series**
3. **Job Preparation Series**
4. **CRE/ JRE Series**
5. **Exam Preparation Series**

If one-to-one meeting with ILC teachers is preferred, you can also book a 30-minute consultation session via <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>

Other learning resources on various topics in both English and Chinese are also available at <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>

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11. New features in Sunshine@CUHK Mobile App!

下載及使用「中大冇晒」App 即獲得豐富禮品！
Download, use Sunshine At CUHK App and win fantastic gifts!

立刻下載或更新「中大冇晒」手機應用程式，並設定帳戶，即可收獲精美的「種子鉛筆」款式包括：太陽花、幸運草、蒲公英、薄荷及紫雲英。

使用「中大冇晒」App 內「心情日記」，記錄每天目標，同時為「心情盆栽」中的「心之苗」提供養分，使它成長。每次成功培植一盆「心之苗」，即可獲取「微型豪華組合裝」成功培植3盆心之苗，更可獲得高達\$500的「Spotify.com/hk」體驗禮券。

*種子鉛筆款式有限，數量有限，售完即止。

Download or update "Sunshine@CUHK Mobile App" and set up your account today, receive a mindful gift "Sprout Pencil", including Sunflowers, Lucky Clover, Baby's Breath, Mint and Cherry Jewels.

Set a goal in using new feature "Plant the Plant" in Sunshine At CUHK Mobile App, successfully finish one plant by daily entries of Mood diary and receive a gift of Microgreen Growing Kit. Finish all three plants and you are eligible for a \$500 experience coupon from Spotify.com/hk!

*Sprout Pencils will be distributed while supplies last.



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

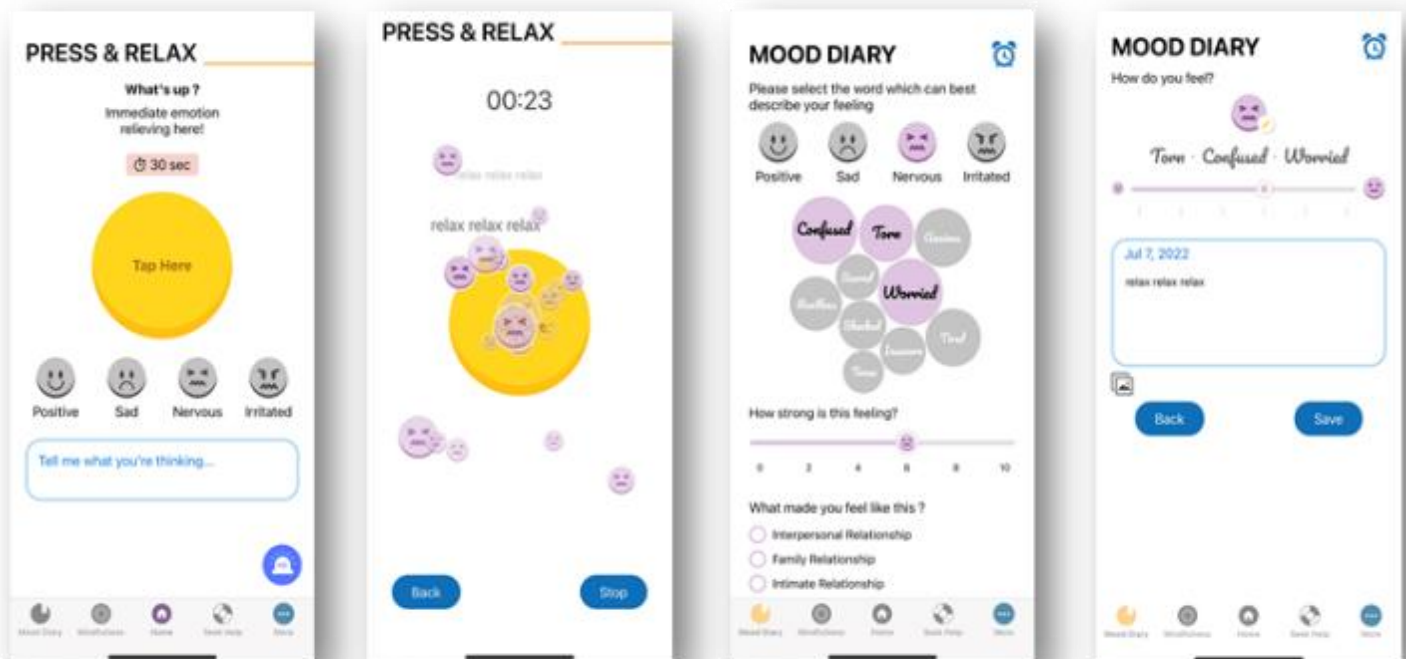
iOS: <https://apps.apple.com/hk/app/sunshine-at-cuhk/id1575498303?l=en>

Android: <https://play.google.com/store/apps/details?id=com.mintasia.sunshine>

Three new features have been added to assist you to relieve and relax your emotions through the senses of *touch, hearing and sight*:-

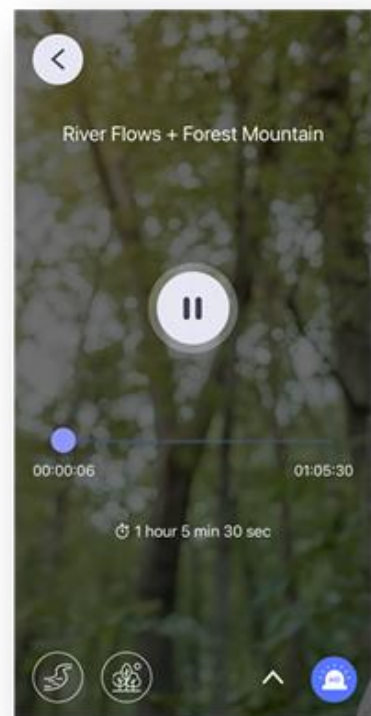
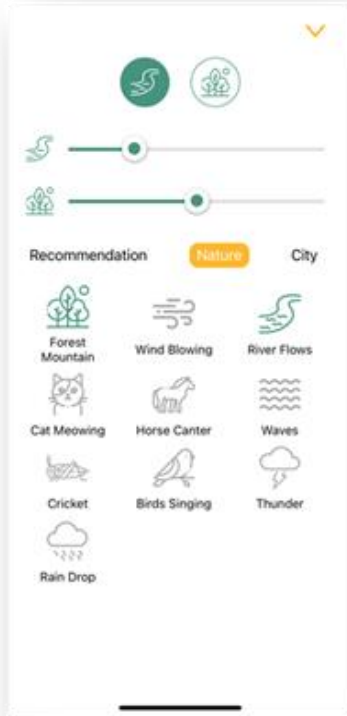
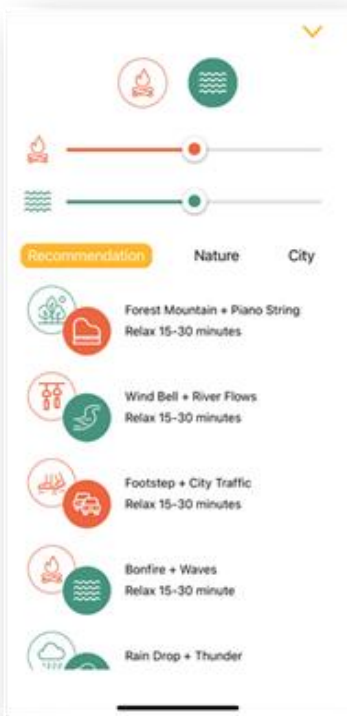
Press & Relax:

The way of instantly expressing your sentiments available at your fingertips. By simulating the poking bubble wraps, the Press & Relax allows you to press and enter your thoughts to vent your emotions immediately.



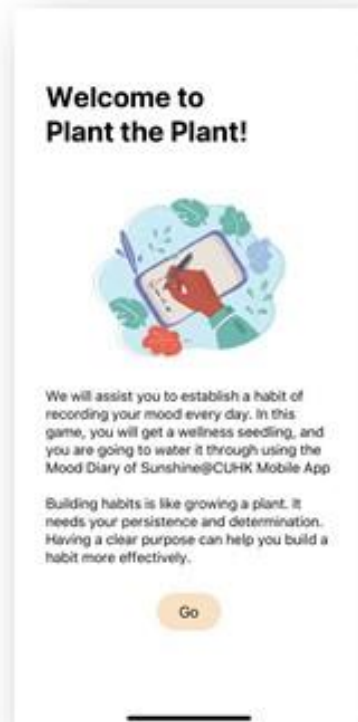
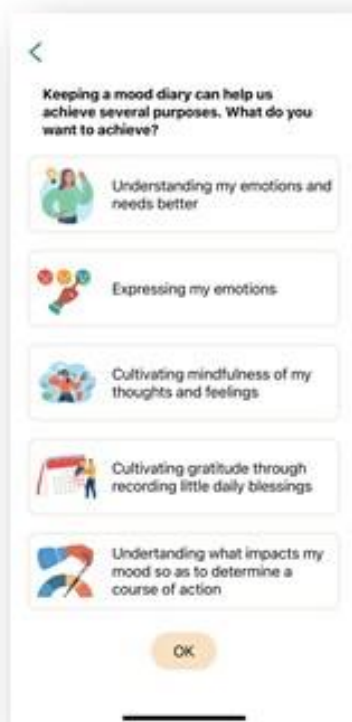
Mix & Listen:

Healing sound is unique to everyone. The Mix & Listen is a collection of diverse sound effects that allows mixing your personal soundtrack which helps you improve concentration and relaxation.



Plant the Plant:

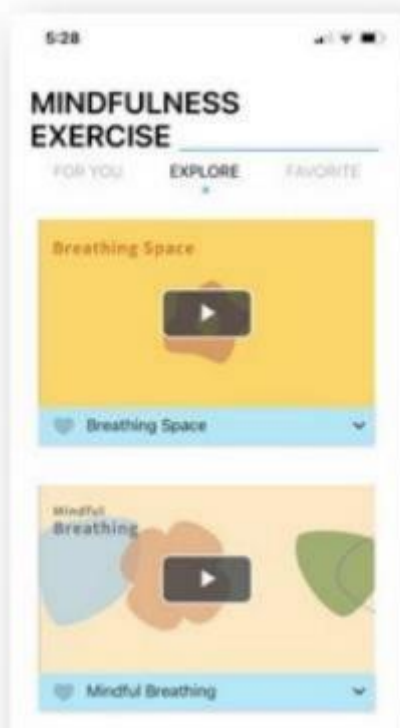
Plant the Plant assists you in building a habit in a more fun way. Use the “Mood Diary” to write a daily diary to provide nutrients for the seedlings to level up and complete tasks to get various gifts.





Mindfulness Exercises:

2 newly produced mindfulness clips on *Breathing Space* and *Mindful Breathing* are uploaded to bring your awareness to your current thoughts and sensations through a 5-minutes breathing exercise, and to pay attention to the sensations of our body while breathing.



Update or download the app now and use the latest features of "Sunshine@CUHK Mobile App" to get a mindful gift, "Sprout Pencil" from us*.

Apart from the welcoming gift, Sunshine At CUHK is going to launch *a series of social media challenges!* Please invite your students to stay tuned in our FB & IG to participate in the social media challenges and they may be able to win prestigious gifts# from us!

FB: <https://www.facebook.com/SunshineatCUHK/>

IG: <https://www.instagram.com/sunshineatcuhk/>

*Gifts will be available while stock lasts.

Gifts will be given out to winners with greatest efforts shown in their posts selected by Sunshine Team.

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12. 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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13. 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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14. 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.