

## Sunny Review 上周回顧

- [1. College Resilience Programme- Team Building Camp](#)
- [2. Chinese Writing Brush Pen Making Workshop](#)
- [3. Welcoming Dinner for New College Members](#)



## College Activities 書院活動

- [1. Photo Day for Graduating Students of 2022/23](#)
- [2. Red Couplets Writing with Resident Tutors 宿舍活動 - 兔年吉祥揮春](#)
- [3. DIY Maneki-neko X Entrepreneurship Sharing Workshop 招財貓設計工作坊 X 創業分享 <New>](#)
- [4. Upcycling Kalimba Workshop 升級再造拇指琴工作坊 <New>](#)
- [5. Fitness Training Workshops - Back Muscle Training & Circuit Training <New>](#)
- [6. English through Nature and Bird Watching](#)
- [7. Fitness Consultation Sessions 健身訓練諮詢](#)
- [8. Yoga Class 瑜珈班](#)
- [9. 中國書法班](#)
- [10. 創意小說寫作坊](#)

## College Announcements 宣佈事項

- [1. Closure of College Building during the Chinese New Year 2023 癸卯年農曆新年期間書院大樓關閉](#)
- [2. Acting Appointment 署理職務 <New>](#)
- [3. Wu Yee Sun Award for the Most Distinguished Graduating Student 2022/23 - Now Open for Application <New>](#)
- [4. Application for Deferment of Tuition and Hostel Fees of Term 2, 2022/23 申請緩繳學費及宿費事宜 <New>](#)
- [5. Temporary Closure of Wu Yee Sun College Student Canteen and Café during Lunar New Year Holidays 農曆新年期間伍宜孫書院學生飯堂及咖啡店暫停營業 <New>](#)
- [6. Campus Arrangement](#)
- [7. College Student Grant/Loan 2022/23 - Application Now Opens \(for Freshmen ONLY\)](#)
- [8. College Hostel Grant 2022/23 - Application Now Open for Term 2 residents](#)
- [9. Apply Sunny Passion Programme 2022/23](#)
- [10. College Team Tryouts \(2022-23 Term 2\) 書院院隊選拔 \(2022-23 下學期\)](#)
- [11. Reaching Out Award 2022/23 is now open](#)
- [12. Opening Hour of Non-resident Hall](#)
- [13. Join Rance Lee Mentorship programme](#)
- [14. "Meet the Dean" Hours 輔導長時間](#)
- [15. Student Pastoral Care](#)
- [16. WYS's Got Talents - Photography, Poster Design, MC and a lot more!](#)
- [17. Membership Recruitment - WYS Alumni Association 伍宜孫書院校友會會員招募](#)

College Funding & Award Schemes  
(Year-round Application)

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

[1. Self-Motivation Fund for Health and Well-being Activities](#)

[2. Self-Motivation Fund for Sports Activities](#)

[3. Self-Motivation Fund for Green Activities](#)

[4. Mingle Fund](#)

[5. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃](#)

[6. Service-learning Project Funding Scheme 服務學習 項目資助計劃](#)

[7. Global Learning Award Scheme](#)

[8. Internationalization Activity Fund](#)

[1. Plastic Free Change Makers Training Workshops <New>](#)

[2. Friends of the Arts Scheme \(FTA\) 2022-23](#)

[3. ILC Services for Students](#)

[4. UrHeard is launched!](#)

[5. Multicultural Counselling Service for Non-local Students](#)

[6. Community Resources for Emotional Support](#)

## Sunny Review

### 1. College Resilience Programme- Team Building Camp



In order to encourage students to move out of their comfort zone, the College Resilience Programme organized a Team Building Camp in Tai Po AYP Camp Site on 13 January to 14 January (Friday and Saturday). Students were provided chances to experience different challenging activities as a team. In the camp, they were given limited budget to cook for their own dinner, and participated in a VR team competition, as well as a challenging high rope activity. By experiencing these activities together, students were provided opportunities to get to know themselves



more and further explore their capacity which would help equipping themselves to learn how to face different upcoming difficulties.

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

## 2. Chinese Writing Brush Pen Making Workshop



A group of College students visited the Hong Kong Chinese Writing Brush Pen Museum on 14 Jan (Sat) and had the chance to make their own brush pen.

Mr Cheung Hung NGAI (張虹霓先生), the curator of the museum, introduced the history of brush pen and some basic Feng Shui on how the arrangement of brush pen could affect children's academic success. After that, participants learnt the craftsmanship of brush pen making step-by-step, some students brought the fur of their pets and made a brush pen with special meaning. We hope students would appreciate the traditional craftsmanship and think about the inheritance of traditional culture.

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

## 3. Welcoming Dinner for New College Members



The College was delighted to host a welcoming dinner on Thursday, 12 January 2023 to greet the new CUHK teaching staff affiliated to Wu Yee Sun College. College Master Professor Anthony T.C. Chan (陳德章教授), joined by Dean of Students Professor Kelvin K.F. Tsoi (蔡錦輝教授) and College Secretary Ms. Yolinda C.Y. Wong (黃翠欣小姐), extended a warm welcome to the new colleagues from various departments. This was a great opportunity for members to catch up socially following a couple of years break due to the pandemic.

We are all looking forward to meeting them again soon in campus and creating synergies in College!

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

## College Activities

### 1. Photo Day for Graduating Students of 2022/23

**伍宜孫書院畢業班拍攝日**  
**GRADUATING CLASS**  
**Photo Day**

13:00-15:15 學院及學系團體照 Faculty & Departmental Photos	Friday 24 March 2023 中央庭園 Central Courtyard	14:00 畢業班全體照 Group Photos
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Celebratory decorations by departmental societies and college student bodies  
 Light refreshments will be reserved at Student Canteen for graduating class  
 Enquiries: Erica.feric@leung@cuuhk.edu.hk / 3943 3942

### Arrangement for Gown Borrowing and Photo Day for Graduating Students of 2022/23

The College Photo Day has been scheduled for 24<sup>th</sup> March 2023 (Friday). Graduating Class of 2022/23 may visit the College Office (G03, G/F, East Block) during office hours from 4 January to 31 January for graduation gown and cap size trial.



For **Gown Borrowing**, students are required to complete below online Form of Undertaking and submit the bank-in slip of HK\$680 deposit to the College Office by 31 January. The gown borrowing period will be from 13 March 2023 to 8 May 2023:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13659731>

For departmental societies who wish to organize **Celebratory Activity during the College Photo Day**, please complete below online application form by 13 February:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660687>

Enquiries:

Ms Erica Leung (3943-3942 / [ericaleung@cuhk.edu.hk](mailto:ericaleung@cuhk.edu.hk))

Ms Sammy Kwan (3943 9775/ [sammykwan@cuhk.edu.hk](mailto:sammykwan@cuhk.edu.hk))

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

## 2. Red Couplets Writing with Resident Tutors 宿舍活動 - 兔年吉祥揮春



Chinese New Year is one of the most celebrated festivals. Join our Resident Tutors and residents to write red couplets (揮春) to make wishes for the new year of Rabbit. You will also take your red couplets home/ room for decoration. All are welcome!

**Date:** 19<sup>th</sup> Jan (Thu)

**Time:** 8:00 – 10:00 pm

**Venue:** College Gallery (G/F), Wu Yee Sun College

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

## 3. DIY Maneki-neko X Entrepreneurship Sharing Workshop 招財貓設計工作坊 X 創業分享

# 招財貓設計工作坊 X 創業分享



<以下內容由創意實驗室撰寫，並經書院傳送。The following message is drafted by Creative Laboratory>

新年前嚟C!ab畫翻隻屬於自己獨一無二嘅招財貓啦🐱仲有人氣KOL兼創業家小影陪住大家一路畫貓貓，一路分享佢創業路上嘅心得♡

-  
🔗 registration link :

<https://docs.google.com/forms/d/e/1FAIpQLSfdOmTZigFNzbJ300ADIB2F0cdMlaNx2DLVhtFdCPByWEQsDQ/viewform>

-  
DATE : 17 JAN 2023 ( tue )

TIME : 19:30-21:30

VENUE : C!ab

QUOTA : 20 (只限中大學生，first come first served)

DEPOSIT : \$50 refundable after completion of the workshop

-  
Enquiry : @clab\_cuhk

-  
嘉賓 : @babyxshadow

\*圖片為網上參考圖\*

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

## 4. DIY Maneki-neko X Entrepreneurship Sharing Workshop 招財貓設計工作坊 X 創業分享



<以下內容由創意實驗室撰寫，並經書院傳送。The following message is drafted by Creative Laboratory>

唔知大家會唔會有個擁有自己專屬樂器嘅願望呢？今次我哋同藍屋合作推出拇指琴工作坊，利用舊木材升級再造，唔單止可以製作自己獨一無二嘅拇指琴，仲可以了解下藍屋呢個獨特嘅建築。

Have you ever dreamed of owning an instrument with your design? 🎵

We are collaborating with The Blue House Cluster (@vivabluehouse) to hold a workshop on upcycling kalimba! You can make your own kalimba with recycling materials and hear stories related to our community and reusable waste ♻️

日期 Date: 29 JAN 2023 (SUN)

時間 Time: 10:00-12:00

地點 Venue: Clab

名額 Quota: 25 (on a first come first serve basis)

按金 Deposit: \$50 (refundable)

報名 Registration: <https://docs.google.com/forms/d/e/1FAIpQLSf-GT5b2RPWQ-rmZh3Avl0oFTgz7sLUsh4Jpc1yIKbzU0lCug/viewform>

截止報名 Deadline for registration: 20/1/2023

查詢 For Enquiries: clab ig @clab\_cuhk

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

## 5. Fitness Training Workshops - Back Muscle Training & Circuit Training



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

<p><b>背部肌肉訓練 Back Muscle Training</b> Date : 7, 14, 21 Feb Time : 8 - 9 pm</p> <ul style="list-style-type: none"> <li>✓ 矯正圓肩及駝背 (Fix Round Shoulder and Kyphosis)</li> <li>✓ 線條打造，減少尷尬的背部贅肉 (Body Shape building)</li> <li>✓ 改善不良姿勢 (Improve Your Posture)</li> <li>✓ 減少腰背痛 (Relief for Back Pain)</li> <li>✓ 提升運動表現 (Improve Athletic Performance)</li> </ul>	<p><b>循環式訓練 Circuit Training</b> Date : 14, 21, 28 Mar Time : 8 - 9 pm</p> <ul style="list-style-type: none"> <li>✓ 全身肌群訓練 (Total Body Training)</li> <li>✓ 提升心肺功能 (Improve Cardiorespiratory Endurance)</li> <li>✓ 提升運動表現 (Improve Athletic Performance)</li> <li>✓ 燃燒脂肪 (Effective Fat Burning)</li> <li>✓ 後燃效應 (After Burn Effects)</li> </ul>
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**Venue:** College Gymnasium

**Quota:** 12 / workshop

**PE Mark:** 4

**Instructor:** Mr. Ryan CHAN

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

**Registration :** <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13661143>

Interested students please fill in the webform AND submit deposit to College Office on or before 5:00pm, 31 Jan (First-come-first-served. Time of deposit payment will be the determinant)

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

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

## 6. 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. Mid-February 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:** 16 February 2023 (Thursday)  
**Activity Time:** 1:00pm - 6:00pm  
**Gathering time and location:**  
 12:45pm@College Gallery /  
 1:00pm@University MTR Station Exit A

**Location:** Mai Po Transportation will be arranged for you on site.

**Deposit:** \$100 (Refundable upon completion of the activity)

**Deadline:** 2 February 2023

**Quota:** 7

**Registration:** 

\*Please submit deposit in CASH to College Office (G03) by application deadline within office hours.  
 \*First-come, first-served. Time of deposit payment will be the determinant.

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

想要遠離香港的繁囂？快來參加這次的實地體驗，和我們一起沉浸在大自然中，呼吸清新的微風，穿越不同候鳥棲息的濕地，欣賞米埔的景色！

Want to escape the hustle and bustle of Hong Kong? Come and join the field trip with us to indulge in this nature experience. Breathe in the fresh, crisp breeze while traversing the wetland habitats of different migratory birds, and also admiring the view of the Mai Po marshes.

**Instructor:** Mr. Richard Lewthwaite

Richard Lewthwaite 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:** 16 February 2023 (Thursday)

**Activity Time:** 1:00pm - 6:00pm

**Gathering time and location:** 12:45pm@College Gallery /  
1:00pm@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:** 2 February 2023

\*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](mailto:jacquelinelam@cuhk.edu.hk) / 3943 9774)

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

## 7. Fitness Consultation Sessions 健身訓練諮詢



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

**Date (Tuesdays) :**  
Jan 31, Feb 28  
Mar 7, Apr 4, 11, 18  
Time: 7:00 - 9:00pm

**Date (Tuesdays) :**  
Feb 7, 14, 21  
Mar 14, 21, 28  
Time: 7:00 - 8:00pm

**Venue:** College Gymnasium

**Instructor:** Mr. Ryan CHAN

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

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

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

## 8. Yoga Class 瑜珈班



**Stretch your body • Increase your flexibility • Improve your mobility**

**Date:** Feb 6, 13, 20, 27  
**Mar 6**, 20, 27  
 Apr 3 (Mondays)

**Time:** Class A - 7pm to 8pm  
 Class B - 8pm to 9pm

**Venue:** W112-114

**Quota:** 14 (per class)

**Instructor:** Ms. Jennifer Chu

**PE Marks:** 4 (upon completing at least 6 lessons)

**Fee:** \$300 (\$200 will be refunded upon completing at least 6 lessons)  
 [College member - \$200]

**Application:**

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660777>

Interested students please fill in the webform AND submit course fee to College Office on or before 5:00pm, Jan 31 (first-come-first-served. Time of payment will be the determinant)

**Enquiries:**

Ms. Queenie Chu ([queeniechu@cuhk.edu.hk](mailto:queeniechu@cuhk.edu.hk) / 3943 9768)

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

**9. 中國書法班**



# 中國書法班



書法不僅是一種表現文字美的藝術，亦可以陶冶性情，怡養身心。  
參加同學將通過楷書臨習，學習中國書法的用筆、  
結構技法、原理，培養知法明理的理性學書觀念，  
冀能通過短期訓練，培養學員書法自學能力。

日期：2月1、8、15、22日及3月1、29日 [逢星期三，共六堂]

時間：晚上6:30至8:30

地點：伍宜孫書院西座112室

導師：雷紹華老師

語言：粵語 / 普通話

截止日期：1月20日

按金：港幣\$400 (出席四堂可獲退回全部按金)

報名：



註：名額有限，先到先得。

報名次序以遞交按金先後次序為準，請將按金交至書院辦公室(G03)。

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

學習書法先要解決的問題有兩方面。一方面是技法內容，包括筆法、結構及準確的臨摹能力；另一方面是思維訓練，包括學書觀念、方法、觀察能力的培養。本課程通過楷書的臨習，着眼於解決這兩方面的問題。課程著重教授用筆、結構法理以及準確臨摹的方法與知理明法、以形求理、借帖用理、依理構形的學書觀念。既重技法訓練，亦重思維訓練。

**導師：**雷紹華老師

**導師簡介：**主修書法篆刻國畫。於香港大學專業進修學院、香港中文大學專業進修學院及其個人書法工作室任教。所教課程涉及篆隸楷行書五種書體，教學方法系統而理性。

**日期：**2023年2月1、8、15、22日及3月1、29日（逢星期三，共6堂）

**時間：**晚上6:30至8:30

**地點：**伍宜孫書院西座112室

**語言：**粵語 / 普通話

**人數：**上限20人

**按金：**港幣\$400 (只收現金，出席四堂可獲退回全部按金)

**報名：**<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660255>

**截止日期：**1月20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](mailto:jacquelinelam@cuhk.edu.hk) / 3943 9774)

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

## 10. 創意小說寫作坊



創意小說寫作坊能讓同學透過研讀精選文本及與同學交流奇妙構思，通過聯想和假設，創造出新穎獨特的創作意念，展開並實踐充滿想像的文字和寫作旅程。

### 課程概要：

#### 第一節 盜夢者的白日夢

夢在不同文化與領域均被視作靈感的泉源，本節將探討夢如何成為小說創作的資源，並利用潛意識投射卡(OH Cards)、夢境解釋卡及簡單催眠練習說故事。

主要研讀文本：艾倫·萊特曼《愛因斯坦的夢》、洛夫克拉夫特〈北極星〉、夏目漱石《夢十夜》

#### 第二節 被形塑的內在經驗

物質世界處處遺落人類生活的印記，本節將探討作家如何通過文字連結物事、情感與記憶，賦予無法言傳的內在經驗可被讀者感受的形狀。

主要研讀文本：金草葉〈情感的物質性〉、朱天文〈世紀末的華麗〉

#### 第三節 創造世界的終結

自古以來，人類從未停止過對末日的想像，在壓抑與恐怖以外，「末日想像」所展現的豐富創造力隱含着對破舊立新的期待，本節將探討當代作家如何通過書寫末日思考和演繹特定議題，引導學員嘗試不同形式的末日書寫。

主要研讀文本：姜峯楠〈呼吸〉、劉宇昆〈物哀〉

#### 第四節 小說家的腹語術

在日常生活中，人們運用說話來達成傳意、意動、行事等多種目的，而作家亦經常在創作中施展腹語術，讓筆下的人物時而高談闊論，時而竊竊私語，時而欲言又止，本節將探討對白在微型小說中的功能，並透過遊戲、討論和文本細讀發掘小說對白的潛在力量。

主要研讀文本：海明威〈白象似的群山〉、星新一〈人造美人〉

導師：陳韻紅女士

講者簡介：陳韻紅，畢業於香港中文大學中國語言及文學系及日本研究系，曾獲香港中文文學創作獎小說組第一名、青年文學獎小說高級組亞軍、香港文學季「海」徵文比賽冠軍等，曾任第47屆青年文學獎小說初級組評審。作品散見《字花》、《別字》、《無形》、《虛詞》、《SAMPLE》。

日期：2月7、14、21及28日(逢星期二，共四堂)

時間：晚上6:30至8:30

地點：伍宜孫書院西座112室

語言：粵語

按金：\$100 (出席最少 3 堂可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660305>

截止日期：1 月 31 日

\*名額有限，先到先得。報名次序以遞交按金先後次序為準，請將按金交至書院辦公室(G03)。

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

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

## College Announcements

### 1. Closure of College Building during the Chinese New Year 2023

癸卯年農曆新年期間書院大樓關閉

The College building will be closed from 5:00pm on 20 January 2023 to 9:00am on 26 January 2023 for Chinese New Year holiday. **Residents please leave the hostels and the College building by 5:00pm on 20 January 2023.** Non-local students who need to stay in the hostel during this period, please submit an online application at <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13657769> **by 9 January 2023** for the Wardens' consideration.

Those who do not obtain special approval from the Wardens will **NOT** be able to access the College building and hostels with their CU Link Cards during the holiday period.

書院大樓將於農曆新年期間（2023 年 1 月 20 日下午 5 時至 1 月 26 日早上 9 時）關閉。宿生請於 2023 年 1 月 20 日下午 5 時前離開宿舍及書院大樓。非本地生如須於上述期間居留宿舍，請於 2022 年 1 月 9 日前遞交網上申請 (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13657769>)，以供舍監考慮。

未獲舍監特別批准者於農曆新年假期間將不能以中大通進入書院大樓及宿舍。

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

### 2. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be on leave from 20th to 31st Jan 2023. Professor Man-hong Lai (黎萬紅教授), Associate College Master and Hostel Warden, has been appointed as the Acting Master of Wu Yee Sun College during this period.

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

### 3. Wu Yee Sun Award for the Most Distinguished Graduating Student 2022/23 - Now Open for Application





The prestigious **Wu Yee Sun Award for the Most Distinguished Graduating Student 2022/23** is now open to graduating students of 2022/23 for application:-

### Eligibilities

- Proactive **graduating students of 2022/23 academic year** demonstrating the College motto by participating various activities to broaden horizon; and
- Cumulative GPA reaches 3.4 or above or Top 10% of the corresponding department; and
- Have outstanding contribution to the department/college/university or society

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

### Award Amount

Maximum HK\$50,000

### Online Application

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660964>

### Application Deadline

12<sup>th</sup> Feb 2023 (Sun)

### Enquiries:

Miss Regina Cheung ([reginacheung@cuhk.edu.hk](mailto:reginacheung@cuhk.edu.hk) / 3943 9773)

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

## 4. Application for Deferment of Tuition and Hostel Fees of Term 2, 2022/23 申請緩繳學費及宿費事宜

Please be reminded that the deadline for the fee payment of Term 1, 2022/23 is 31st Jan (Tue). A late charge of \$200 will be levied upon belated payment.

College students who wish to defer tuition and/or hostel fees of Term 2, 2022/23 due to financial difficulties must complete the application form and submit it together with supporting documents in person to College Office (G03, East Block) by 20th Jan (Fri).

Late applications and incomplete forms will not be processed.

Enquiries: Miss Regina Cheung ([reginacheung@cuhk.edu.hk](mailto:reginacheung@cuhk.edu.hk) / 3943 9773)

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

## 5. Temporary Closure of Wu Yee Sun College Student Canteen and Café during Lunar New Year Holidays 農曆新年期間伍宜孫書院學生飯堂及咖啡店暫停營業

Wu Yee Sun College Student Canteen and Café will be temporarily closed at the following period for Lunar New Year Holidays. Thank you for your kind attention.

Student Canteen	
20 Jan 2023 (Fri) to 29 Jan 2023 (Sun)	Closed
Café	
21 Jan 2023 (Sat) to 29 Jan 2023 (Sun)	Closed

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

## 6. Campus Arrangement

We would like 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. If students have taken a COVID-19 test, please stay at home until the test result is available.
2. Please be reminded that **ONLY CUHK Student Visitor** (i.e. CUHK current undergraduate and postgraduate students who do not have a hostel place at Wu Yee Sun College) **will be allowed to enter the hostel floors during visiting hour 10:00am – 11:00pm daily**. Overnight visitors will remain suspended.

Residents and hostel visitors should observe the Student Hostel Regulations, all College precautionary measures against COVID-19 and latest government regulations; as well as following the instructions of Wardens, Resident Tutors and hostel/ security staff on duty. **If necessary, residents and hostel visitors should present their CU Link Card and/or other identification document.** If residents witness suspicious persons in hostel floors, please report to Wardens, Resident Tutors or hostel/ security staff on duty immediately.

### College Facilities

1. WYS non-residents can access College until 11:00pm daily. Only residents can access College building after 11:00pm
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 may access College Gymnasium by their CU Link or authorized guest cards during 9:00am to 10:30pm on Monday to Saturday (Closed on Sunday and Public Holidays). Users must observe the current regulations of using the gym.

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.

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

## 7. College Student Grant/Loan 2022/23 – Application Now Opens (for Freshmen ONLY)

College freshmen who have financial difficulties may apply for College Student Grant/Loan 2022/23. Students, who cannot get sufficient financial assistance under the Government Tertiary Student Finance Scheme (TSFS) or not covered by TSFS but having financial difficulties, may apply for this scheme. Please note for Student Grant, applicants must be local undergraduate students.

Application is now open for **freshmen ONLY** until Monday, 6<sup>th</sup> Feb. Please read the details and submit the completed [application form](#) together with the required documents to the College Office (G03, G/F, East Block) on or before deadline.

### Enquiries:

Miss Regina Cheung ([reginacheung@cuhk.edu.hk](mailto:reginacheung@cuhk.edu.hk) / 3943 9773)

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

## 8. College Hostel Grant 2022/23 – Application Now Open for Term 2 residents

College students (local undergraduates of all years) residing in hostel for **Term 2 ONLY** with financial needs may apply for College Hostel Grant. The grant amount for 2022/23 will be maximum \$2,328 for one term.

Application now opens until Monday, 6<sup>th</sup> Feb. Please read the details and submit the completed [application form](#) together with the supporting documents to the College Office (G03, G/F, East Block) on or before deadline.

### Enquiries:

Miss Regina Cheung ([reginacheung@cuhk.edu.hk](mailto:reginacheung@cuhk.edu.hk) / 3943 9773)

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

## 9. Apply Sunny Passion Programme 2022/23

Living Up to the College's Core Value – Creativity, Entrepreneurship and Social responsibility – Apply Sunny Passion Programme 2022/23





Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. You are invited to apply this programme individually or in group with at least 50% of Wu Yee Sun College students, competing for Gold, Silver and Bronze Award. Winners will get HK\$10,000, HK\$6,000 and HK\$4,000 respectively to implement, promote or demonstrate their project ideas to the others!

Just submit (1) the application form together with (2) ONE A4 page Business Model Canvas by **5:00 pm, 30<sup>th</sup> Jan 2023** through one of the following channels –

1. e-mail the softcopy of the documents to Miss Erica Leung ([ericaleung@cuhk.edu.hk](mailto:ericaleung@cuhk.edu.hk)) and/or Miss Julia Liu ([julialiu@cuhk.edu.hk](mailto:julialiu@cuhk.edu.hk)); **OR**
2. click the following link (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13659566>) and complete the online application form ; **OR**
3. Send the original hard copy of the documents to the Dean of Students Office, Wu Yee Sun College in person

Express your ingenious creativity and make our society a better one! Please refer to the College website for details. Application form and Business Model Canvas are available through this link:

<https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=sunny>

For inquiry, please feel free to contact Miss Erica Leung at 3943-3942 (e-mail: [ericaleung@cuhk.edu.hk](mailto:ericaleung@cuhk.edu.hk)) or Miss Julia Liu at 3943-9767 ([julialiu@cuhk.edu.hk](mailto:julialiu@cuhk.edu.hk))

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

## 10. College Team Tryouts (2022-23 Term 2) 書院院隊選拔 (2022-23 下學期)

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 **tennis, badminton and table tennis 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！書院現正招募網球、羽毛球及乒乓球院隊隊員，快來發揮你的運動天賦！

Sports Team	Date	Time	Venue	Coach/ Coordinator Tel. No.
Men's & Women's Table Tennis	Jan, 19 (Thu)	7:00 – 9:00 p.m.	Shaw College Multi-Purpose Sports Hall	Mr. Ka Kit Hui 3943 3986 <a href="mailto:kakithui@cuhk.edu.hk">kakithui@cuhk.edu.hk</a>

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

## 11. Reaching Out Award 2022/23 is now open

Full-time undergraduate students are now invited to apply for the Reaching Out Award (ROA) 2022/23 offered by the HKSAR Government. The award, in the amount of HK\$10,000 for each successful applicant, aims to support students in participating in events/competitions (e.g. conferences/forums/workshops/seminars/training camps/competitions/service projects etc.), internships or placements (credit-bearing/non-credit bearing), field/study trips or courses (e.g. foreign language immersion programmes/academic exchange programmes etc.) which are conducted outside Hong Kong in 2022/23 academic year (1 September 2022 – 31 August 2023).

Kindly note that preference is given to local students and financial need may also be considered. Please visit the [College website](#) to learn more about the eligibility and application procedures, and pay special attention to the submission requirements and supporting documents needed. For those who are applying for Term 2 exchange programme, please be reminded to submit the required documents to the College Office before departure.

**Application Deadline:** 5:00pm, 31 January 2023 (Tuesday)

Please note that students can only be awarded once throughout the entire study programme. Late applications and incomplete submissions will not be processed.

**Enquiries:** Ms. Karen Yiu ([karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk) / 3943 3936) or Miss Regina Cheung ([reginacheung@cuhk.edu.hk](mailto:reginacheung@cuhk.edu.hk) / 3943 9773)

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

## 12. 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)
<b>Opening Hour</b>	Monday – Sunday (9:00-22:30)	Monday- Thursday (13:00-17:00) Friday (12:00-17:00)
<b>Access</b>	Access by Students' CU Link	Committee Members of Non-resident Association will be there to greet you!

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

## 13. Join Rance Lee Mentorship programme

**Rance Lee Mentorship Programme** 2022-23

NP has introduced the Rance Lee Mentorship Programme to help support local CUHK students. From 2022-23, the programme has been extended to Non-Resident Hall students. The programme is for the purpose of providing support and guidance to local CUHK students who are interested in pursuing a career in the financial industry.

**Programme Details:**

- Eligibility:** CUHK students
- Financial Support:** HK\$3,000 per semester for CUHK fees
- Financial Officer:** To be announced
- Application:** From 15th January (10:00 AM) to 31st January 2023

The programme aims at supporting local students to build a social network for finding mentors and seeking support across all stages of their college experience, including helping each other, making career plans, finding internships and getting advice for career development, investment and study etc.

**Activities:** Challenge, Meet Colleagues, Visit, Career Planning

QR Code:

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 ([kikiwokchan@cuhk.edu.hk](mailto:kikiwokchan@cuhk.edu.hk) / 3943 3935)

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

## 14. “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](mailto:sammykwan@cuhk.edu.hk) / 3943 9775)

Miss KiKi Chan ([kikiwokchan@cuhk.edu.hk](mailto:kikiwokchan@cuhk.edu.hk) / 3943 3935)

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

## 15. 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](mailto: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.

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

## 16. 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](mailto:sammykwan@cuhk.edu.hk)) / 3943 9775)



## 17. 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

The infographic is titled "Self-Motivation Fund for Health and Well-being Activities". It features a QR code in the top right corner labeled "Application & Guidelines". The main text describes the fund's purpose: "Self-motivation fund for health and well-being activities encourages students to participate in various kinds of health and well-being activities to speak to themselves, your physical health and mental wellness." It lists two categories of activities with their respective funding amounts and examples. The first category, "Health and Well-being Activities", has a maximum funding amount of \$1500 (or up to 60% of application fee & course fee, whichever is lower) and examples include Healthy Cooking Class, Course about Nutrition / Chinese Medicine, Mindfulness Workshop, and Mental Health First Aid Course. The second category, "Self-Motivation Support for Health and Well-being Activities", has a maximum funding amount of \$3000 (or up to 60% of course fee, whichever is lower) and examples include Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course and Art/Music Therapy Instructor Course. The infographic also includes the Wu Yee Sun College logo and contact information: "WYS: 2338 1111 / 2338 1112 (ext. 7) / 2338 1113".

*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](mailto:queeniechu@cuhk.edu.hk) / 3943 9768)

Ms. Michelle Li ([michelleli@cuhk.edu.hk](mailto:michelleli@cuhk.edu.hk) / 3943 3933)

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

## 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](mailto:queeniechu@cuhk.edu.hk) / 3943 9768)

Ms. Michelle Li ([michelleli@cuhk.edu.hk](mailto:michelleli@cuhk.edu.hk) / 3943 3933)

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

## 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](mailto:soniayu@cuhk.edu.hk) / 3943 3937)

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

## 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](mailto:kikiwkchan@cuhk.edu.hk) / 3943 3935)

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

## 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](mailto:julialiu@cuhk.edu.hk)) / 3943 9775)

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



## 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 ([kikiwokchan@cuhk.edu.hk](mailto:kikiwokchan@cuhk.edu.hk) / 3943 3935)

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

## 7. Global Learning Award Scheme



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

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

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

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13658106>

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

## 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>

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

## Other Activities & Announcements

### 1. Plastic Free Change Makers Training Workshops



香港的堆填區預計將於 2030 年爆滿。據環境保護署 2021 年的數據，香港每日堆送超過一萬公噸的都市固體廢物到堆填區，其中塑膠佔近 21%，是佔量第二高的種類。

膠樽、膠袋、膠叉、膠飯盒，都市生活倚賴即棄塑膠所帶來的方便，但亦同時需要面對即棄文化所製造的污染問題。塑膠污染海洋，進入食物鏈，甚至開始危害人體健康。我們需要積極行動，從生活和社區開始，推動減塑！



✨「減塑 Change Makers 培訓工作坊」✨希望培訓大學生以創新的思維於校園和社區推動減塑。培訓重點包括：

1. 認識塑膠污染，介紹本地及國際的最新趨勢
2. 學習以 Impact Gap Canvas 分析政策漏洞
3. 學習 Design Thinking，提出試行方案

我們誠意邀請愛護自然、敢於行動的你，一同參與！

詳情：

**2023 年 2 月 25 日（六），2:00pm - 6:00pm @香港中文大學康本國際學術園**

#### Workshop 1:

簡介聯合國可持續發展目標所定義的社會及環境挑戰，並透過互動練習，協助學員認識塑膠污染的議題，確立個人介入議題的位置。引介本地和國際的創新案例，拓闊想像。

導師: Melaine (WildBound) 🐾

#### Workshop 2:

由兩所本地環保機構分享推動減塑、組織倡議工作的經驗。學員將練習以 Impact Gap Canvas 分析現時的政策和倡議，辨識潛在的發展方向。

講者：Leanne (綠色和平) 🌿、朱漢強 (綠惜地球) 🌳

**2023年2月26日，2:00pm - 6:00pm @香港中文大學康本國際學術園**

**Workshop 3:** 引介 design thinking 和系統思考工具，並透過練習活用所學，以小組形式設想創新的試行方案。導師將為學員的方案提出反饋，部份方案將於研究中心即將推行的減塑項目中實行。

導師: Songqiao (WildBound) 🐼

報名: [https://bit.ly/changemakers\\_plasticfree](https://bit.ly/changemakers_plasticfree)

截止日期：2023年2月13日

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Landfills in Hong Kong will be full in 2030 soon. According the figures from Environmental Protection Department, we are sending over one million of municipal solid wastes to the landfills everyday, with plastic taking up 21%, second highest by category. 🌍

Plastic bottles, plastic cutlery and plastic food boxes, these are the things through which throw-away culture has made its promise on convenience, and yet at the same time, brought to the Earth severe pollutions. Plastic has entered the sea, to the food chain, and causing potential harms to human health. We need to take action, in our daily lives and in communities, to advocate for a plastic free future. 💪🔥

🌟"Plastic Free Change Makers Training Workshops" 🌟 aims at equipping college students with innovative thinking for advocay of plastic reduction at campus and in the communities. Core contents include:

1. Introduction to the problems of plastic pollution, with local and international trends and development in innovation solutions.
2. Demonstration on policy analysis with Impact Gap Canvas.
3. Introduction to Design Thinking, and developing a trial solution.

We are looking for people who love the Earth and want to act! Please join us!

Details:

**25<sup>th</sup> Feburary, 2023 (Sat) | 2:00pm-6:00pm @Yasumoto International Academic Park (YIA), CUHK**

**Workshop 1:** An overview of complex challenges as outlined by the UN Sustainable Development Goals. Through interactive exercises, students will identify the issues they care about and establish empathy with the affected community, as well as active imagination and explore case studies that turned challenges into opportunities and came up with innovative solutions.

Instructor: Melaine (WildBound) 🐼

**Workshop 2:** This workshop will feature two NGOs who are campaigning on plastic reduction as well as examine the current policy interventions on reducing plastic waste. Participants will work in small groups to map out the current problem and solutions landscape with the Impact Gap Canvas.

Guests: Leanne (Greenpeace) 🌿, Hahn Chu (The Green Earth) 🌳

**26<sup>th</sup> Feburary, 2023 (Sun) | 2:00pm-6:00pm @Yasumoto International Academic Park (YIA), CUHK**

**Workshop 3:** Using design thinking and systems thinking tools, participants will be facilitated to go through the process of designing their own action plan to conduct the program training secondary school students as well as collecting data effectively, guided by clear objectives for their plan. Students will present their plans in small



groups and receive feedback from their peers and facilitators. Some of the plans will be get the opportunity to be implemented and tested in upcoming events and activities.

Instructor: Songqiao (WildBound) 

Registration: [https://bit.ly/changemakers\\_plasticfree](https://bit.ly/changemakers_plasticfree), by 13<sup>th</sup> Feb, 2023

## 2. 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](mailto: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](mailto:CUOAA@cuhk.edu.hk)

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

## 3. 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>

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

#### 4. 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><b>UrHeard</b> 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： <a href="https://www.osa.cuhk.edu.hk/">https://www.osa.cuhk.edu.hk/</a> 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><b>UrHeard - Apps on Google Play</b> 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](mailto:lces@cuhk.edu.hk) for more information.

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

#### 5. Multicultural Counselling Service for Non-local Students



To strengthen support to non-local students, WACC has extended the program to provide Multicultural Counselling Service to non-local students. Local students with extensive exposure to cultural experiences outside Hong Kong are also eligible (e.g. with international school backgrounds, or ethnic minorities born in Hong Kong).

The off-campus counselling service will be conducted by native Putonghua/ English speaking counsellors from an external counselling service provider (St. John's Cathedral Counselling Service <https://www.sjcskhk.com/>). Counselling sessions could be conducted in languages including English, Putonghua and other languages such as German, Hindi, Indonesian, Japanese, Korean, Maithili, Marwadi, Nepali, Spanish, Tagalog and Urdu.

Details of the service are as follows:

- **Target:** CUHK full-time non-local students, including exchange students
- **Service:** 6 counselling sessions (may be extended according to service needs and availability)
- **Service Period:** From October 2022 to December 2023
- **Service Provider:** St John's Cathedral Counselling Service (<https://www.sjccs.hk/about/>)
- **Service Location:** Central (with easy access from Central MTR Station (Exit A1))
- **Charge:** Free of charge

For more details, please visit: <https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service> and attached poster. Students' self-referral, as well as referrals from units, are both welcome. Please visit <https://www2.osa.cuhk.edu.hk/wacc/en-GB/resources/for-staff/operational-guidelines> for referral form.

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

## 6. 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*

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

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