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Sunny Review

1. Hostel Night Talk – China-US Relationship and the Future of Hong Kong (Speaker: Mr. Bernard Chan 陳智思先生)



It is with great pleasure that Mr. Bernard Chan (陳智思先生), Executive Vice-chairman of Our Hong Kong Foundation shared his insights with our students and staff members on 9th March in our Hostel Night Talk titled “China-US Relationship and the Future of Hong Kong”. The talk was held in the Master’s Lodge with the hospitality of Professor and Mrs. Anthony Chan (陳德章教授伉儷) and moderated by Professor Kong-pang Pun (潘江鵬教授), Chairperson of Student Hostels Committee and Warden of West Block.

During the talk, Mr. Chan expressed his belief that Hong Kong will remain a unique place in Greater China and the world despite ongoing changes. He emphasized the importance of tactful communications with different parties to address these challenges. Mr. Chan also encouraged students to keep an open mind and continue learning.

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College Activities

1. Photo Day for Graduating Students of 2022/23



College Photo Day for 2022/23 Graduating Class – Photo-taking Schedule

The College Photo Day for graduating class will be held on **Friday, 24 March 2023**. The graduates of Wu Yee Sun College are welcome to celebrate this memorable moment together. Details are as below –

Faculty Photo

- College will arrange photo taking for each Faculty in Central Courtyard at 1 pm, see attached [schedule](#) and be there on time
- For consistency, please do not bring along flowers and wear corsage for photo-taking

Departmental Photos (Class Photo)

- Graduating students can invite teachers of your Department to join this session
- Departmental photo will start at 1 pm in Central Courtyard, see attached [schedule](#) for details

Group Photo

- Group Photo Taking will be scheduled at 2 pm in Central Courtyard, please be on time if you would like to join this session with all the graduating students

Celebratory activities organized by Student Societies

- Some student societies will arrange celebratory activities at Terrace of Dreams, you are welcome to join them

Rain Plan

- In case of bad weather, the photo-taking venue will be at College Student Canteen

Portraits (individual photo taking)

- The College will arrange individual photo-taking at College Theatre from 12 noon to 4 pm
- If you would like to order photos, please come to College Theatre for ordering
- Price: (Individual Photo: \$30, Faculty & Departmental Photo \$20, Group Photo \$30)

For enquiries, you may contact me or my colleague Ms Erica Leung (ericaleung@cuhk.edu.hk/ Tel: 3943 3942) for more information.

We look forward to seeing you all in College Photo Day!

2. Tree Planting Day 2023



Join us in creating a greener and more sustainable environment by planting trees! Examples of benefits of tree-planting are:

- Enhance Biodiversity
- Prevent Soil Erosion
- Absorb CO₂
- Mitigate Climate Change

Tree Planting Day is also an amazing opportunity to immerse yourself in nature and learn about the effects of climate change from our interpreter **Professor Chau Kwai-cheong** (*Member of Campus Environment Committee, Wu Yee Sun College*)

Date: 16/04/2023 (Sunday)

Gathering Time and Location (Shuttle Bus)

8:40 am @ University MTR Station

8:50 am @ College Gallery, Wu Yee Sun College

Dismissal Time and Location (Shuttle Bus)

~12:15pm @ College Gallery, Wu Yee Sun College

~12:30pm @ University MTR Station

Destination: Pat Sin Leng Nature Trail, Pat Sin Leng Country Park ([Map](#))

Registration: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13664128>

Deposit: Please submit HK\$50 refundable deposit to College Office (G03) **on or before 6 April 2023**. Deposit will be refunded in full upon completion of the whole activity.

Details: <https://wys.cuhk.edu.hk/whole-person-development/green/>

Enquiries: Ms. Polly Po (3943 1741 / polly@cuhk.edu.hk)

3. Earth Hour 2023



承諾支持世界自然基金會地球一小時
IS COMMITTED TO WWF'S EARTH HOUR

Pledge now to support Earth Hour by turning off all non-essential lights for one hour on **Sat, 25th Mar at 8:30pm!**

Wu Yee Sun College, together with other Colleges and Units of CUHK, will support to this global campaign to show our commitment to combat climate change and reduce our ecological footprint. During Earth Hour, all non-essential lighting on UG/F Podium and 5/F Sky Garden will be switched off as a gesture of support. Every one of you, especially hostel residents, is invited to take action by switching off your lights and signing up the online pledge at <https://earthhour.wwf.org.hk/en/home/>.

4. Pastel Nagomi Art Workshop: Discover your life story

PASTEL NAGOMI ART WORKSHOP

探索你的生命故事 *Discover your life story*

12 APRIL (WED) | 6:30 - 8:30PM | WT12

Successful applicant of Self-Motivation Fund for Health and Well-being Activities, Eunice Wong (Psychology / Year 4), would like to share her learnings with you through drawing Pastel Nagomi Art together.

Each participant will receive a set of Pastel Nagomi Art Materials to allow continuous practising on your own.

Language: Cantonese (Supplemented with English)
Deposit: \$100
Deadline: 27 March
Enquiries: Michelle Li (mitchellli@cuhk.edu.hk / 3943 3933)

每個人都有自己嘅成長經歷，而呢 d 經歷會為每個人嘅生命都構成左一個唔一樣嘅故事，所以希望透過今次和諧粉彩 workshop 比個機會大家去回顧同記錄返呢 d 嘅經歷，幫助大家去發現自己獨特嘅故事!

Every encounter in our life shaped our unique life story. Let's review and record our life story through the Pastel Nagomi Art workshop!

After completing the Pastel Nagomi Art Associate Instructor Certification Course with the support of Self-Motivation Fund for Health and Well-being Activities, Miss Eunice Y.C. Wong (Psychology / Year 4), would like to share her learnings with fellow Sunnies through drawing Pastel Nagomi Art together.

Date : 12 April (Wed)

Time : 6:30 - 8:30pm

Venue : W112, Wu Yee Sun College

Language : Cantonese (Supplemented with English)

Quota : 20

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

Deadline : 27 March

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13664490>

Each participant will receive a set of Pastel Nagomi Art Materials to allow continuous practising on your own. Participants please bring your own stationery (including pencil, eraser and cutter) to the workshop.

First-come-first-served. Time of deposit payment will be the determinant. Please submit the deposit to College Office, G/F, after filling in the webform.

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

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5. Lookup Farmer's Market to be held on 17 Mar (Fri)



伍宜孫書院咖啡店（咩樹）希望給大家多認識和嚐到本地農產品，適逢冬季菜收，聯同「香港菜站」舉辦「咩樹農墟」，帶來剛收割自本地不同農場的新鮮菜蔬：

日期：3月17日（星期五）

時間：早上11時至下午4時

地點：伍宜孫書院地下

農墟會以自助形式進行，由大家自由定價，把想品嚐的本地農產品帶回家／宿，並請自備購物袋。

To encourage consumption of local agricultural products and support local farmers, Wu Yee Sun College Cafe (Lookup Coffee) is going to host a one-day "Lookup Farmer's Market", bringing freshly harvested vegetables from various farms in Hong Kong:

Date : 17 Mar (Fri)

Time : 11am - 4pm

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

It will be a self-service market where you can set your own price to take the agricultural products back home. Please bring your own shopping bags.

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6. Clab Chocolate Tasting X SDGs Workshop



(以下訊息由創意實驗室撰寫並經書院代發)

唔知大家平時有冇食開唔同種類嘅朱古力呢？今次我哋會同 Ms. Jenny Leung 合作推出嘅品嚐朱古力工作坊，同大家一齊試味各種風味嘅朱古力，為你帶來不一樣的味覺驚喜 😊 ！


-
Date: 14/3/2023 (tue)

Time: 7pm-8:30pm

Venue: Clab, Wu Yee Sun College

Quota: 30

Deposit: \$50

-
大家記得帶支筆  去參加呀～

-
🔗 registration: <https://forms.gle/u42w38JEkLzZq3CA6>

伍宜孫書院學生優先

-
講者：Ms. Jenny Leung (Co-founder of World Kitchen Club)

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7. Table Tennis Challenge 乒乓挑戰盃



Like playing table tennis in College Gallery? Why don't you join the Table Tennis Challenge to see how far you can go.

All Wu Yee Sun College students, staff, alumni are welcome to take part in the challenge!

Date : 11 - 12 April (Preliminary)

13 April (Semi-final and Final)

Time : 6:30 - 9:30pm

Venue : College Gallery, Wu Yee Sun College

Registration Fee : HK\$30

Category : Single

Quota : 24 males & 12 females

Prizes (for male and female groups):

Champion HK\$800 Bank Gift Coupon PLUS Trophy

1st runner-up HK\$500 Bank Gift Coupon PLUS Trophy

2nd runner-up HK \$300 Bank Gift Coupon PLUS Trophy

Participant medal and HK\$30 café drink coupon for each participant

One more HK\$30 café food coupon for those who enter the Semi-final

Participation Award

Each participant belongs to one of the four groups:

- (1) East Block Residents
- (2) West Block Residents
- (3) Non-residents
- (4) Alumni & Staff

Each participant from the group with the highest number of participants joining the Challenge will receive one more HK\$30 café food coupon

PE marks : 4

Registration : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13663401>

Enrollment period : 1 March (9am) - 31 March 2023 (5pm)

Rules & Regulations : <https://bit.ly/3IANItk>

Please submit a non-refundable \$30 application fee in person at the counter of the Wu Yee Sun College Office (G/F) before the deadline. Seats will be available on a first-come-first-served basis to those who have settled the payment.

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

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8. Health Talk on Functional Gastrointestinal Disorders

健康講座: 腸胃病解碼



健康講座
腸胃病解碼

你有冇試過喺考試前、PRESENT之前,又或者喺情緒低落嗰陣會出現胃痛及容易肚瀉等情況?

你會唔會成日「腸胃唔好」?經常胃脹、容易放屁、便秘等等??

最近食多咗辣嘢,個人比較燥底,聽講話食得太多辣嘢,仲會容易導致腸胃不適,甚至引致胃潰瘍出血,唔知真唔真?

若果你都想了解更多關於「功能性腸胃病」,及如何好好保衛我哋的腸胃,那就萬勿錯過是次健康講座。中醫及西醫將會全方位跟你探討腸胃病嘅成因,以及其治療和舒緩方法,令你時刻保持腸胃健康。

報名 → 

日期: 2023年3月22日 (星期三)
時間: 6:00 - 8:00pm
地點: W112
講者:
第一部份 功能性腸胃病問題齊拆解
中大內科及藥物治療學系 鄧承恩教授
中大賽馬會公共衛生及基層醫療學院 林遠東教授
第二部份 中醫如何調理腸胃
中大中醫學院 張保亭教授
主持: 中大藥劑學院 左中教授

費用全免
講座後設有小食招待
歡迎同學、校友、教職員及家屬參加
以及聯絡者: 請把姓名及畢業年份電郵致 queeniechu@cuhk.edu.hk
查詢: Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)

你有冇試過喺考試前、present 之前,又或者喺情緒低落嗰陣會出現胃痛及容易肚瀉等情況?

你會唔會成日「腸胃唔好」?經常胃脹、容易放屁、便秘等等??

最近食多咗辣嘢,個人比較燥底,聽講話食得太多辣嘢,仲會容易導致腸胃不適,甚至引致胃潰瘍出血,唔知真唔真?

若果你都想了解更多關於「功能性腸胃病」,及如何好好保衛我哋的腸胃,那就萬勿錯過是次健康講座。中醫及西醫將會全方位跟你探討腸胃病嘅成因,以及其治療和舒緩方法,令你時刻保持腸胃健康。

活動內容:

日期: 2023年3月22日 (星期三)

時間: 6:00 - 8:00pm

地點: 伍宜孫書院西座 112 室

第一部份 功能性腸胃病問題齊拆解

講者: 中大內科及藥物治療學系 鄧承恩教授

中大賽馬會公共衛生及基層醫療學院 林遠東教授

第二部份 中醫如何調理腸胃

講者: 中大中醫學院 張保亭教授

主持: 中大藥劑學院 左中教授

費用全免

講座後設有小食招待

歡迎同學、校友、教職員及家屬參加

報名: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13663238>

(校友如欲報名,請把你的全名及畢業年份電郵致 queeniechu@cuhk.edu.hk)

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

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

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9. 語文文化桌 - 香港文學: 從石板街到廟街

語文文化桌 - 香港文學：從石板街到廟街

文學憑藉地景寄托作者的情思，地景借助文學增添遊賞的趣味。香港文學作家金鈴，漫談文學作品中現存和消失了的香港地標或老建築，發掘別開生面的歷史濃情。是次文化桌以兩本香港的文學作品為例子，漫談文學與地方的關係。

第一部分：漫談文學作品

石板街火車站

剛剛畢業的年輕人，與一位生命停格在二十歲的少女靈魂相遇，在大時代下那微不足道的滅門案，把遺憾、思念、仇怨，層層打開。隨着少女的遭遇，打開了環環相扣的人間傳奇。九段破裂的時間碎片，拼湊出香港百年故事。

「幻滅既濟」

金鈴因為疫症鎖國，被困愁城。就在這時，她來到了「幻滅教室」，展開一連串意想不到的旅程。一場「廟街探戈」，寫就一個從絕望到希望的故事。

第二部分：晚膳

共晉晚膳


同學可邊晚膳，邊與講者及其他參加者作交流。

講者：金鈴

香港作家聯會理事，專欄作家，擅寫小說及各式創新旅遊文學作品，至今出版作品50本。2017年獲選香港書展年度主題作家，作品多次獲提名香港書獎及十大好書，連續兩年入選中學生好書龍虎榜。

日期：2023年3月27日 (星期一)
 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
 按金：\$50 (準時出席可獲退回全部按金)
 截止日期：3月17日(星期五)

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

報名：

文學憑藉地景寄托作者的情思，地景借助文學增添遊賞的趣味。香港文學作家金鈴，漫談文學作品中現存和消失了的香港地標或老建築，發掘別開生面的歷史濃情。是次文化桌以兩本香港的文學作品為例子，漫談文學與地方的關係。

作品一 石板街火車站

剛剛畢業的年輕人，與一位生命停格在二十歲的少女靈魂相遇，在大時代下那微不足道的滅門案，把遺憾、思念、仇怨，層層打開。一個又一個交匯的靈魂，不是偶然相遇，而是命中註定。魔幻旅程、光影傳奇，真相假象、靈魂覺醒，隨着少女的遭遇，打開了環環相扣的人間傳奇。九段破裂的時間碎片，拼湊出香港百年故事。

作品二 「幻滅既濟」

金鈴因為疫症鎖國，被困愁城。就在這時，她來到了「幻滅教室」，展開一連串意想不到的旅程。一場「廟街探戈」，寫就一個從絕望到希望的故事。廟街昔日有「平民夜總會」之稱，榕樹頭附近空地，有江湖賣藝歌舞表演，街頭遊樂文化百看不厭。其藝術風潮，如何連繫上同樣是平民舞蹈 阿根廷探戈？

講者：金鈴女士

講者簡介：金鈴，香港作家聯會理事，英國皇家攝影學會會員，專欄作家，擅寫小說及各式創新旅遊文學作品，至今出版作品 50 本。2017 年獲選香港書展年度主題作家，2015 年榮膺第五屆「全港時尚專業女性」大獎。

熱衷推動旅遊文學，曾任中學及大學客席講師，出席多間電視台電台節目。作品多次獲提名香港書獎及十大好書，連續兩年入選中學生好書龍虎榜。足跡遍及全球超過 120 個城市，接受傳媒訪問近 50 次，並出席各大專院校活動及公開講座逾 100 次。

日期：3 月 27 日 (星期一)

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

按金：\$50 (準時出席可獲退回全部按金)

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13660363>

截止日期：3 月 17 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)

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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) :
Apr 4, 11, 18
Time: 7:00 - 9:00pm

Date (Tuesdays) :
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/ 3943 9768)

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College Announcements

1. Rowing Team Tryout 書院划艇隊招攬



Rowing Team Tryout 書院划艇隊招攬

書院划艇隊現正招募成員，歡迎同學加入，有興趣請聯絡 Jacky Chan (9603 6843)

College Rowing Team is recruiting team members, interested students please contact Jacky Chan (9603 6843)

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2. 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.

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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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. Join 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 (kikiwokchan@cuhk.edu.hk / 3943 3935)

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5. 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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6. 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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7. Membership Recruitment - WYS Alumni Association 伍宜孫書院校友會會員招募

Want to stay in touch with your college friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just \$500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the [application form](#), and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

想跟書院同學保持聯繫？想擴闊人際網絡？想回饋書院？透過伍宜孫書院校友會，你可以將學生時代的關係延續下去。終生會籍只需 500 元。現時申請，更可獲贈一套四支環保飲管（先到先得，送完即止）。

各位同學只須填妥 [申請表](#)，連同會員費，交回伍宜孫書院地下院務室即可。

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College Funding & Awards Schemes

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



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)

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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
Summer	May 1 - Oct 31	Nov 1 - Apr 30

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

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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. INCO Academy x HKFYG 綠色數碼技能計劃



香港青年協會與 INCO Academy 攜手推出「INCO Academy x HKFYG 綠色數碼技能計劃」線上證書課程，課程（繁體中文版教授）由 INCO Academy、香港青年協會持續發展部及 M21 共同設計，並 Microsoft 與 LinkedIn 贊助，讓青少年可以裝備數碼素養與可持續發展的關鍵技能，成為未來協助世界推動可持續發展的專才。課程費用全免，為期 4 至 6 星期（共計 18 至 25 小時），學員將在一個月內成為綠色數碼專才，為其開創及投身綠色數碼事業做好準備。

新一期課程將於 2023 年 3 月 20 日開課，歡迎公眾參加：

- 對象：16 歲或以上
- 課程約 4 至 6 星期（18 至 25 小時）
- 香港區課程以廣東話教授，費用全免
- 完成課程可獲 Microsoft 與 LinkedIn 發放證書
- 及一年免費 LinkedIn Premium 方案訂閱(價值 USD \$500)

詳情：https://m21.hk/inco_academy/#intro

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2. Substance, Shadow, Spirit (形，神，影) – Working in the Landscape

SUBSTANCE, SHADOW, SPIRIT (形·神·影) — WORKING IN THE LANDSCAPE

PUBLIC LECTURE
BY MS. LOIS CONNER



Photo by Lee Friedlander (1993)



REGISTRATION

24 MARCH 2023 (FRIDAY)
4:00–5:00PM
L1, G/F, INSTITUTE OF CHINESE STUDIES

Lois Conner is Artist-in-Residence at The Chinese University of Hong Kong (CUHK) during February-March 2023. While in Hong Kong, Conner will be sharing her journey on photographing China with the CUHK community, engaging with fellow artists, and exploring the city to capture its many unique facets.

Conner is a New York-based photographer renowned for her platinum print landscapes that she produces with a 7"×17" format banquet camera. She was awarded two John Simon Guggenheim Memorial Fellowships (1984 and 1985) which she spent photographing in China. She has spent much time in China and followed the transformation of the country. In this public lecture, Conner will share her unique understanding of China's changing urban and rural mien, as well as the vistas that inspired the country's unique culture.

Event details

- Date:** 24 March 2023 (Friday)
Time: 4:00pm–5:00pm
Venue: L1, G/F, Institute of Chinese Studies, CUHK, Shatin, New Territories [\[Map\]](#)
Format: In-person
Language: English
Registration: Please register [here](#)

Biography

Lois Conner is an American photographer. She is known for her large-scale panoramic photographs relating to global landscapes produced by her 7"×17", 8"×10", and 11"×14" cameras. Her pictures are characterized by their narrative sweep, a sense of place, and their implicit attention to history and culture. Many of her projects have an arc of decades, including her work in New York, China, Navajo Reservation, and the American West.

In 2021-2022, her solo exhibition, "Flat Earth" was presented at the Penumbra Foundation in New York and the Robert Klein Gallery in Boston. Prior to that, she had had solo exhibitions in museums and galleries of different countries, including Gitterman Gallery and Zetterquist Gallery in New York, Rossi and Rossi in London, and the Shanghai Center of Photography and M97 Gallery in Shanghai.

Conner's works are in the permanent collections of many museums, including the Museum of Modern Art (MoMA) and the Metropolitan Museum of Art (The Met) in New York and the Victoria and Albert Museum, the British Museum, and the British Library in London. She has been awarded numerous grants, including, recently, the Pollock-Krasner Award for Artists (2020), the Rosenkranz Foundation Fellowship for Photography (2019), and Carol and Sol Lewitt's Artist-in-Residence Fellowship in Praiano, Italy (2010 and 2011).

Conner received her BFA in Photography from the Pratt Institute and MFA from Yale University. She has been teaching photography for over 30 years and is currently teaching at the Penumbra Foundation in New York. She taught at the Yale University School of Art for more than a decade, and at other institutions including Princeton University, Sarah Lawrence College, Cooper Union, Bard College, Stanford University, the New School, the School of Visual Arts, the China Academy of Art in Hangzhou, and Fordham University.

For more information on Lois Conner and her works, please visit [here](#).

Enquiries

Ms. Karen Fan, Office of Academic Links

karenfan@cuhk.edu.hk

Tel: 3943 4418

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3. University of British Columbia Vancouver Summer Program (VSP) 2023

The **UBC Vancouver Summer Program (VSP)** is an opportunity for undergraduate students to study at the University of British Columbia in Summer 2023. It is a four-week, academic but non-credit, residential program at UBC. The VSP is not an internship program nor a practicum experience but rather two courses in which, depending on the course package, students may do a number of activities related to their program including attending workshops, doing cases, simulations, or labs or doing site visits.

VSP 2023 offers two four-week programs:

June Session: June 2 - July 2, 2023

Application deadline: February 18, 2023

July Session: July 14 - August 14, 2023

Application deadline: April 1, 2023

Our June - July and July - August sessions will be an in-person program and the [program cost](#) will be \$5,625 CAD per student for 2023. Students will need to arrange their own airfares here and bring additional funds for meals and personal spending such as optional tours.

There are over 70 [course packages](#) in a range of disciplines. Please note not all packages are available in both sessions so please review the 2023 options carefully.

Students can apply [online](#) for this session. The [application requirements](#) for students to apply for our program can be found on our website.

All students receive grades for their course work and class participation. Please note that UBC does not grant credit for the VSP courses and therefore no UBC transcripts are given. We do however issue certificates of completion and grades letters which your home institution may consider giving credit at your discretion. We would be happy to provide the syllabi and sample grades letters to the appropriate office.

This summer, we invite students to experience firsthand why Vancouver is consistently ranked one of the best places in the world to live. While in Vancouver, they will study at North America's most international University and connect with other globally-minded students. We look forward to welcoming students from The Chinese University of Hong Kong again at UBC this summer!

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4. 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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5. 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.

6. 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.sjcskh.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.

7. 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.