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The academic year 2022/23 is concluded in The College Closing Assembly held last Friday. After a long hiatus from the pandemic, all the Sunnies were able to gather in the physical event again to share their College life in the past year. The Assembly commenced with the College Anthem, followed by Professor Anthony T.C. Chan (陳德章教授), the College Master's address. In celebration of the College's 15<sup>th</sup> Anniversary, Professor Chan reviewed the most memorable moments and features of the College's development over the years. He introduced the awardee of this year's Wu Yee Sun Award for the Most Distinguished Graduating Student, Rose S.N. Lam (Professional Accountancy/ 5) (林善濃同學) as an example, and hoped the Sunnies could strive for their own goals and keep serving the community at the same time.



In the student sharing session, representatives from the Media Production Society (媒體創作學會 - 彼的創宜) shared their productions over the past year which featured different people and features in CUHK. They also reviewed the workshops and talks organized for the Sunnies which aimed at arousing creative ideas among College students. In the next sharing, Janet T.M. Hui (Integrated BBA/ 2) (許芷鳴同學) shared her passion in different sports, especially Taekwondo. She encouraged students to persevere for their goals despite hardships and obstacles on the way.

Scholarships were also presented during the ceremony. All attendees then posed for the group photo at the end of the Assembly. We look forward to meeting with after the summer break.

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## 2. Annual Athletic Dinner



College Annual Athletic Dinner co-organized by representatives of College Teams and Sports Association was held on 17<sup>th</sup> Apr to celebrate the effort and achievements of College sports teams over the past year.

Professor Anthony T.C. Chan (陳德章教授), College Master, started the event by delivering the welcoming marks to thank and encourage every athlete. The president of the Organizing Committee, Miss Ziva, L.T. Tang (鄧焯鋌同學) then shared her feelings as an athlete and thanked every College team member for their efforts.

After the delicious feast, Professor Kelvin K.F. Tsoi (蔡錦輝教授), Chairperson of Sunny Sports Committee and Dean of Students, led a sharing session with College Table Tennis Team members. Justin Mike Lau (劉浩華同學) and Elmer T.H. Leung (梁廷鏗同學) shared with fellow students the challenges they faced and the way to excel at the competition.



On the same night, College Sports Association passed the torch to another cabinet at the Inauguration Ceremony. Miss Natalie W.Y. Koh (柯慧昕同學), former President of College Sports Association, shared her feelings in the past two years and reviewed the past activities organized by the former cabinet. She then handed over the stamp to the new President Miss Ziva, L.T. Tang (鄧烙鋌同學) to lead the 11<sup>th</sup> College Sports Association and pledged to promote sports development at the College. May we wish them every success in their upcoming activities.

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### 3. Rance Lee Mentorship Programme: Ping Shan Heritage Trail and Poon Choi Gathering



Thanks to alumni mentor Mr. TANG, Kin Tat (CHEM/2016) who had organized a Ping Shan heritage trail and Poon Choi gathering for mentors and mentees on Sunday, 16 April 2023. Located in Yuen Long district, Ping Shan is the area where the famous Tang Clan settled in. Participants learnt the local wisdom of structure and building system of traditional architecture. They also got to know the origin of the traditional Poon Choi and the craft of layering different ingredients in a basin.

We were grateful to have Founding Master Professor Rance P.L. Lee (李沛良教授), Senior Mentors Ms Cynthia C.F. Liu (廖昭薰女士) and Dr. Packy P.Y. Lo (盧碧瑜博士) joining the gathering. Mentors and mentees had an enjoyable time and a fruitful discussion during this half-day excursion.

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## College Announcements

### 1. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be out of town from 20th to 23rd and 26th to 28th May, and 1st to 6th Jun 2023. During these periods, Professor Man-hong Lai (黎萬紅教授), Associate College Master and Hostel Warden, has been appointed the Acting Master of Wu Yee Sun College.

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### 2. Extension of Opening Hours of Learning Facilities during Centralized Exam Period (26 Apr - 13 May 2023)

The opening hours of Yan Chak Study Room and Learning Commons will be extended to 24 hours a day during centralized exam period from 26 April to 13 May 2023. College students can access the room with their CU link cards. Please observe rules of study room use and be considerate to other users.

Thank you for your attention and good luck with your exams.

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### 3. Freecycling Scheme at Hostel Check-out 退宿回收

College Green Team is coordinating a freecycling scheme at hostel check-out from 24<sup>th</sup> Apr to 22<sup>nd</sup> May. Collection boxes will be placed at the G/F lift lobby of East Block and West Block. Items collected will be distributed to resident students of next year or donated to charities. Please join and contribute to a green environment!

一年一度的退宿時間即將到了！書院環保小組將於 4 月 24 日至 5 月 23 日舉行退宿回收活動，東、西座宿舍地下電梯大堂將設回收箱，讓各位宿生把有用的物品分類回收再用、供下年宿生使用或捐贈予慈善機構。請大家積極參與，為環保出一分力！

Freecycling items include 回收物品包括:

- Books 書本
- Clothes 衣服
- Kitchen utensil 廚具
- Household appliances 小型電器
- Daily necessity 日常用品

#### Reminders 注意事項:

- 1) Please make sure the stuff is **clean** 請**清潔乾淨**所有物資
- 2) Do **NOT** leave Waste Electrical and Electronic Equipment (i.e. **air-conditioners, refrigerators, washing machines, televisions, computers, printers, scanners and monitors**) at hostel or recycling bins. Please visit Environmental Protection Department website at <https://weee.gov.hk/en/> for recycling arrangement.  
請勿棄置「四電一腦」(空調機、雪櫃、洗衣機、電視機、電腦、打印機、掃描器及顯示器)於書院宿舍或回收箱。  
相關回收安排請瀏覽環保署網頁 <https://weee.gov.hk/tc/>
- 3) The followings are **NOT** accepted, please just share with your friends  
**恕不接受**以下物品，請找三五知己分享
  - **Food 食物**
  - **Beddings (e.g. duvet, blanket, pillow) 床上用品 (e.g. 被、毛氈、枕頭)**
- 4) Students should not leave the freecycling items at hostel lift lobbies  
請勿將退宿回收物品棄置於宿舍樓層電梯大堂

- 5) Students are welcome to take stuff they want during the collection period  
歡迎同學於回收期間領取有用物資

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#### 4. Hostel Check-out for Term 2, 2022-23 and Summer Hostel 2023

The College hostel check-out deadline for the academic year 2022-23 is Wednesday, 17 May 2023. Please download the Hostel Check-out Form and complete the check-out procedure **before 2pm (for 5/F-8/F residents) and 3pm (for 2/F-4/F residents) on 17 May 2023**. Hostel deposit of those who do not complete the check-out procedure by the designated check-out deadline will be forfeited.

The application for Summer Hostel 2023 will open on Friday, 7 April 2023. Please fill in the online application form by 16 April 2023. Applicants should upload a signed application summary with relevant supporting document(s) to the designated OneDrive URL according to the instructions in Appendix 1 by the application deadline. If any necessary supporting document cannot be retrieved from the OneDrive space, such document will be considered missing.

College will arrange construction and repair work during April to August 2023. To facilitate the captioned works, relevant areas will be temporarily closed, and scaffolding and gondola will also be used. Residents should observe relevant notices and close the windows in hostel rooms to ensure safety. Noise and dust may be generated. We are sorry for any inconvenience caused.

Note for Hostel Check-out and Summer Hostel: [https://wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1680600125WYS\\_Hostel\\_Checkout\\_SH2023\\_Note.pdf](https://wys.cuhk.edu.hk/cms/wp-content/files_mf/1680600125WYS_Hostel_Checkout_SH2023_Note.pdf)

Hostel Check-out Form: [https://wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1661335114WYS\\_Hostel\\_CheckoutForm\\_v2022.pdf](https://wys.cuhk.edu.hk/cms/wp-content/files_mf/1661335114WYS_Hostel_CheckoutForm_v2022.pdf)

Online Application for Summer Hostel: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13665736>

OneDrive URL for Submission of Supporting Documents: [https://gocuhk-my.sharepoint.com/:f:/g/personal/info\\_wys\\_cuhk\\_edu\\_hk/EmiwqfpCLmFDiljXYXONeTsBiRul0LAGSSGHNGZ0wSh3Qw](https://gocuhk-my.sharepoint.com/:f:/g/personal/info_wys_cuhk_edu_hk/EmiwqfpCLmFDiljXYXONeTsBiRul0LAGSSGHNGZ0wSh3Qw)

If you encounter any difficulty uploading the document, please immediately email us for assistance.

Enquiries:

Ms. Polly Po 3943 1741 / [polly@cuhk.edu.hk](mailto:polly@cuhk.edu.hk)

Ms. Sonia Yu 3943 3937 / [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk)

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#### 5. Visitor Policy in College Student Hostels

##### **Visiting Hour:**

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. Residents can access same-sex hostel floors via their CU Link within visiting hour.

##### **Overnight Visitor:**

Under special circumstances, when a visitor (who must be a CUHK student of the same sex) is invited to stay overnight, the host resident must, after obtaining the consent of his/her roommate, accompany the visitor to register at the Hostel Reception, or register with Resident Tutor or Resident Association within the visiting hours and purchase the 'Overnight Visitor Ticket'. The current fee is \$50 per head per night. The fee for 2023/24 will be reviewed by the Student Hostels Committee in due course. The visitor must be accompanied by the corresponding host resident during the stay. Any person staying at the hostel beyond visiting hours will be regarded as an overnight visitor. Only one visitor is allowed per room per night. Residents of the same room should not host overnight visitors more than 2 nights per week.

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## 6. 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!

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

**Enquiries:**

([info.wys@cuhk.edu.hk](mailto:info.wys@cuhk.edu.hk) / 39433983)

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## 8. 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.

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## 9. 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)

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## 10. Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募

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

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

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

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

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# College Funding & Awards Schemes

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

The poster is titled "Self-Motivation Fund for Health and Well-being Activities". It features a QR code in the top right corner. The main text describes the fund's purpose: "Self-Motivation Fund for Health and Well-being Activities encourages students to participate in various kinds of health and well-being activities in order to strengthen your physical health and mental wellness." It lists two funding schemes: 1. "Health and Well-being Activities" with a max funding amount of \$1500 (up to 80% of application fee & course fee, with a lower limit), and 2. "Self-Motivation Fund for Health and Well-being Activities" with a max funding amount of \$3000 (up to 80% of course fee, with a lower limit). Examples of activities are provided for both schemes. The poster also includes the WYS logo and contact information: "Contact: Ms. Sammy Kwan (sammykwan@cuhk.edu.hk) / 3943 9775".

Health and Well-being Activities	Self-Motivation Fund for Health and Well-being Activities
Max. funding amount <b>\$1500</b> OR Up to 80% of application fee & course fee (whichever is lower)	Max. funding amount <b>\$3000</b> OR Up to 80% of course fee (whichever is lower)
<b>Examples</b> Healthy Cooking Class Course about Nutrition / Chinese Medicine Mindfulness Workshop Mental Health First Aid Course	<b>Examples</b> Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course Art/Music Therapy Instructor Course

**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)

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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:

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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](mailto: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:**  
[info.wys@cuhk.edu.hk](mailto:info.wys@cuhk.edu.hk) / 39433983)

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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](mailto: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:**

[info.wys@cuhk.edu.hk](mailto:info.wys@cuhk.edu.hk) / 39433983)

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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. Tertiary Student Finance Scheme - Publicly-funded Programmes (TSFS) and Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2023/24

Both TSFS and NLSFT (2023/24) are now open for application from current students on or before 19<sup>th</sup> May. Applications should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through the “SFO E-link – My Applications” online platform (<http://ess.wfsfaa.gov.hk>) **on or before 19<sup>th</sup> May 2023**.

After submission of the online form, applicants will be required to submit the declaration and supporting documents by online uploading, by post or to the collection boxes at the SFO's office. Applicants may also submit the documents to the collection box at Room 1206, 12/F, YIA from 8:45 am to 1:00 pm and 2:00 pm to 5:30 pm, Monday to Friday (except public holidays) **during 20<sup>th</sup> Apr to 25<sup>th</sup> May 2023**.

Application Details: <https://admission.cuhk.edu.hk/aid/government.html>

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### 2. ALLEX Study Abroad Scholarship Program



### 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>

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### 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></p> <p>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></p> <p>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 [ices@cuhk.edu.hk](mailto:ices@cuhk.edu.hk) for more information.

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## 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.sjcshk.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.

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## 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*

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