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Sunny Review

1. Visit from Nanjing University



Last week, 40 teachers and students from Nanjing University (南京大學) visited Hong Kong and had a short visit to our College. College Associate Master Professor Ming-kay Poon (潘銘基教授) and College Secretary Miss Yolinda C.Y. Wong (黃翠欣小姐) together with College student ambassadors warmly welcomed the group by introducing the University and the College's various initiatives, followed by a College tour led by our student ambassadors. They enjoyed the tour and were impressed by the well-equipped College facilities with the view of Tolo Harbour.

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2. College Tour for Malvern College Chengdu



The College was glad to welcome a group of Grade 6-7 students from Malvern College Chengdu (成都墨爾文學校) to stay in the hostel during their summer visit in Hong Kong. Our student ambassadors led a college tour to introduce the all-in-one facilities and the unique collegiate system of CUHK. They were amazed by the well-equipped Gymnasium and Creativity Laboratory (c!ab) and could not wait to try them out.

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College Activities

1. Basketball Enhancement Programme (Men)



It's summer holiday now, what are you planning to do? If you are interested in playing basketball, you must not miss our Basketball Enhancement Programme. Led by a professional coach, you will learn different basketball strategies and improve your basketball skills. You will have chances to join basketball competition as well.

Date 日期 : June 20, 27
 July 4, 11, 18, 25
 August 1, 8, 15, 22, 29
 September 5, 12, 19, 26
 October 3
 (Every TUE 逢星期二)

Time 時間 : 7:00 pm – 10:00 pm

Venue 場地 : Sports Centre of the Leisure and Cultural Services Department or Outdoor Basketball Court
 康文署室內籃球場 或 戶外籃球場

Course Fee 課程費用 : \$ 300

Deadline 截止報名日期 : 13th Jun 2023 (Tue)

Enquiries 查詢 : Calvin Chan (5938 5982)

Registration 報名 : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13667556>

Interested students please fill in the webform AND submit course fee (\$300) to College Office (G/F) on or before Tuesday, 13th Jun (Quota is limited. First-come-first-served. Time of payment will be the determinant).

請於 6 月 13 日 (星期二) 或以前報名，並到書院地下院務室繳交課程費用(\$300) (名額有限，先到先得，以繳付費用時間為準)。

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2. Mini-pupillage Scheme (Autumn 2023)



Co-organized by Wu Yee Sun College, CUHK & Pantheon Chambers

Duration: 4th Sep – 29th Dec 2023 (on part-time and flexible basis)

Orientation: 4th Sep – 8th Sep 2023 (on full-time basis, with a selection of 2-3 days during this period)

Online Information Session: 7th Jun 2023 (Wed), 18:30-19:00

(Prior registration required - https://teams.microsoft.com/join/VUE4QVtt-Ei4m6nlWJirVg_FKQ3eWDJ2kSb5rZd8Oov7g_WD3kH6Y_IUq7QOyt9wt_7w_perzO8HaOEO3zCt7pZgQ8w,q_o_nG_Mfqk6BsZMW4utSiw,-CKh4TThu0G31Uy-tVbbXA?mode=read&tenantId=41384155-6d5b-48f8-b89b-a9e55898ab56)

Application Deadline: 14th Jul 2023 (Fri)

Remarks: Law students of all years from Wu Yee Sun College are welcome (including current JD students)

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

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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 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. Summer Opening Hours of Wu Yee Sun College Catering Outlets 伍宜孫書院膳堂暑期營業時間

The summer opening hours of College catering outlets are as follows:

Student Canteen

5/6 & 3/7 – 31/8	
Mon to Sat & Public Holidays	1100 – 2100 (Last order at 2015)
Sun	Closed

*Student Canteen will close **from 25th Jun to 2nd Jul 2023** for annual overhaul.

**Student Canteen will only provide soup noodles and dumplings set at tea time during Summer.

Café

5/6 - 30/6 & 1/8 - 31/8	
Mon to Fri	0900 - 1700
Sat, Sun & Public Holidays	Closed

*Café will close **from 1st to 31st Jul 2023**.

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3. 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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4. 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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5. 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 / 3943 9775)

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6. 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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7. 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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8. 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)

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2. Self-Motivation Fund for Sports Activities

[Please note that the Self-Motivation Fund for Sports Activities 2022/23 has been exhausted. Students can submit the application for Self-Motivation Fund for Sports Activities 2023/24 on or after 11 July 2023 (for activity held on and after 1 Aug 2023)]



*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:

(info.wys@cuhk.edu.hk / 3943 9775)

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5. 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:

Ms. Karen Sham (karensham@cuhk.edu.hk / 3943 3935)

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6. Global Learning Award Scheme



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

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

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

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13667058>

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7. 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. ALLEX Study Abroad Scholarship Program



全額留美獎學金

免費申請

攻讀碩士學位!

留美獎學金 圓你留學夢

學費、住宿、伙食費用全免

你想申請留美獎學金去美國讀大學嗎? MITX 提供美國的大學提供華裔學弟的機會,以收錄及獎學金大學以來的中國學生。自1991年創設以來,有在去的304人中,已支付和1000多名在邁爾華尼的杜松,華盛頓,哥倫比亞的美國及加拿大大學大學已超過200所。

- 1) R2 (Teaching Assistant Program): 巨款補助,適合想在美國攻讀碩士學位的美國土生學弟,同時在該美國大學中做中學的助理教學的工作。
- 2) F2 (Teaching Fellow Program): 巨款補助,適合想憑個人成績進名,在美國大學中做高中老師,同時將該成績至少給美國大學碩士的課程,此項目不適合中國攻讀學士。
- 3) S2 (Summer Training Program): 假期7周,數位有外來經驗的教學的進修於該美國大學的助理,包括課程助理,教學助理和助教。

ALLEX FOUNDATION
ALLIANCE FOR LANGUAGE LEARNING & EDUCATIONAL EXCHANGE
www.allex.org/tw | office@allex.org

Outline of the Scholarship Program

ALLEX Foundation is a non-profit organization based in Acton, MA, United States of America. Founded by a graduate student and his professors in the Department of Asian Studies at Cornell University in 1988, ALLEX now operates global exchange programs for Chinese, Japanese and Korean students wanting to study and teach in the United States. Over the last 30 years ALLEX and its predecessor organization, Exchange Japan, have arranged scholarships for over 1000 students to earn Master's and Bachelor's degrees at U.S. institutions.

ALLEX is now accepting new applicants for the academic year of 2024/25. Therefore, we kindly ask you to introduce our program to those who are interested in studying abroad privately in North American universities and graduate schools, and/or keen on teaching Chinese language overseas. It would be highly appreciated if you could share our program on your school website, group mails, or even directly to students who come for career advice.

Summary: Students selected for the ALLEX Scholarship Program will receive a scholarship for full tuition, room, and food for two years to pursue a Master's or second Bachelor's degree. In exchange for this scholarship students are required to teach one or two courses of Chinese at the host university.

Qualifications: Applicants for the scholarship program must hold at least a Bachelor's degree before the program starts in June 2018. Candidates are also required to submit appropriate test scores such as GRE and TOEFL/IELTS for those seeking a Master's degree. Experience teaching Chinese is not required, although those without adequate experience will be required to take the ALLEX Chinese Teacher Training Program held at Washington University in St. Louis the summer before academic studies commence.

Target Candidate: The ALLEX Scholarship Program seeks candidates in need of financial assistance to study in the United States, candidates who wish to obtain experience teaching Chinese abroad to prepare for a career as an educator, or candidates who desire experience abroad to further their career.

Past participating universities: Cornell University, Boston University, Indiana University Bloomington, Vanderbilt University, Portland State University, Wellesley, College, University of Mississippi, University of Kansas, Texas Tech University, etc.

Deadline: Please refer to <https://www.allex.org/cn/application-details> (15th Oct 2023.) Interviews will be held in Shanghai in late December and early January.

Contact: For more information about this scholarship program, please contact our Managing Director Dr. Qi Wang (qi.wang@allex.org), or visit the webpage at <http://www.allex.org/tw>.

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2. 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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3. 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</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： 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</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 lces@cuhk.edu.hk for more information.

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4. Multicultural Counselling Service for Non-local Students



Office of Student Affairs
The Chinese University of Hong Kong

**Multicultural Counselling Service
For Non-Local Students**

Want to talk to someone who is more familiar with your cultural background or language?
Multicultural Counselling Service might be suitable for you!

INDIVIDUAL COUNSELLING SERVICES
By native English or Putonghua speaking counsellors

LANGUAGES
Apart from English and Putonghua, other languages such as German, Hindi, Indonesian, Japanese, Korean, Russian, Sindhi, Spanish and Tagalog might also be available (please refer to our website for latest update)

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

TIME PERIOD
October 2022 to December 2023

LOCATION
Central

SERVICE PROVIDER
St John's Cathedral Counselling Service

SERVICE TARGET
All CUHK full-time non-local students; including exchange students

ENROLLMENT & ENQUIRIES
Please visit our website for more details

QR code: <https://www.cuhk.edu.hk/stjohns>

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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5. Community Resources for Emotional Support

<Samaritan Befrienders HK>

Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

[24-hour Hotline: 2389 2222](#)

Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead

[Suicide Crisis Intervention Centre: 2341 7227 for appointment](#)

Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services

[Family Helpline: 2319 1177](#)

Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis

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To unsubscribe, please email us at info.wys@cuhk.edu.hk.