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## Sunny Review

1. ["No Story Is Too Minor To Tell" Exhibition by Since a zine... - Be Entrepreneur! Funding Scheme](#)



We are delighted to announce that the “No Story Is Too Minor To Tell” Exhibition by Since a zine... was a great success. The exhibition, held at our College Gallery from 6<sup>th</sup> to 16<sup>th</sup> May, was organized by our fellow student, 鄭雪瑩 CHENG Suet Ying, Anny (SOCIN/4), showcasing the life stories of various individuals who were part of her project.



Anny believes that everyone has the right to express and discover their individuality creatively and freely. She asserts that everyone has a story to tell, regardless of how big or small, as it is something that narrates everyone's life journey. By organizing this exhibition, she hopes to remind university students, who could possibly be experiencing complicated hardships in their lives, that their story deserves to be heard and offers them an opportunity to share it as well as connect with other similar individuals.



Recognized by the Be Entrepreneur! Funding Scheme, we extend our sincere appreciation to Anny for her dedication and creativity in bringing this exhibition to life. We also extend our gratitude to all those who participated and shared their stories, contributing to the success of this project.

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## 2. 2024 Clabbers BBQ Gathering



A heartwarming BBQ Gathering took place on 15 May, 2024, to welcome the newly established cabinet of c!ab for the year 2024. The student convenors of c!ab had a delightful evening with Professor Annisa Lee, Director of c!ab, their stream advisors, College Staff, and classmates, as they shared creative ideas for their upcoming events. Memories were made, establishing a close-relationship with one another.

We extend a warm welcome to our 2024 clabbers! This year's c!ab theme, "CReality – Creatively, Be Real," encourages students to authentically express themselves and confront their inner fears and challenges to embrace their true identities. We wish them great success and growth in the upcoming year and eagerly anticipate their exciting activities.

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### 3. Student Achievement in winning the Morningside College 2024 Photography Competition for Students' Choice in Imitation Award



Our hearty congratulations to College student, Zijing Qin 覃梓敬 (Social Science/ 1) who recently won the Students' Choice in Imitation for his piece titled "Flock" in the 2024 Photography Competition organized by Morningside College.





(Photo Credits: Morningside College)

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## College Announcements

### 1. 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

1 <sup>st</sup> Jun 2024 (Sat)- 28 <sup>th</sup> Jul 2024 (Sun) & 5 <sup>th</sup> Aug 2024 (Mon)- 31 <sup>st</sup> Aug 2024 (Sat)	
Mon to Sat & Public Holidays	11:00am – 9:00pm (Last order at 08:15 pm)
Sun	Closed

\*Student Canteen will close **from 29<sup>th</sup> Jul 2024 (Mon) to 4<sup>th</sup> Aug 2024 (Sun)** for annual overhaul.

#### Café

1 <sup>st</sup> Jun 2024 (Sat)- 30 <sup>th</sup> Jun 2024 (Sun) & 1 <sup>st</sup> Aug 2024 (Thu) – 31 <sup>st</sup> Aug 2024 (Sat)	
Mon to Fri	9:00am – 5:00pm
Sat, Sun & Public Holidays	Closed

\* Café will close **from 1<sup>st</sup> Jul 2024 (Mon) to 31<sup>st</sup> Jul 2024(Wed)**.

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### 2. Application for Scholarship for Semester Exchange Programme 2023/24 (Non-College Term-long Exchange Programme)

College students participating in Term-long Exchange Programmes, which are not organized/coordinated by WYS College, during AY 2024/25, can now apply for the “Scholarship for Semester Exchange Programme 2023/24”. Details are listed below.

Applicants must meet all the following criteria:

- Full-time WYS College undergraduates;
- Will go on exchange in academic year 2024/25 (one term / whole year)
- Participating in Term-long Exchange Programmes organized/ coordinated by units other than WYS College

*Note: This scholarship is NOT open to students participating in the Term-long Exchange Programmes organized/ coordinated by WYS College as they have already been awarded this Scholarship. The scholarship amount has been announced in the offer email sent in February. No extra application is needed.*

Application:

- Application link: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13687763>

- Application deadline: 10<sup>th</sup> Jun 2024 (Mon)

Interviews are not required. The application result will be determined by the selection panel according to the application documents submitted and the content on the application form. Since members of the selection panel may not be able to read Chinese, **you MUST complete the application form in ENGLISH**. Those written in Chinese will be not viewed or considered, while incomplete or late application will not be handled.

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

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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 2<sup>nd</sup> 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 5 月 2 日至 5 月 22 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
- Stationery 文具
- Clothes 衣服
- Personal Care 個人用品
- Kitchen utensil 廚具
- Household appliances 小型電器
- Daily necessity 日常用品

Reminders 注意事項:

- Please make sure the stuff is **clean** 請**清潔乾淨**所有物資
- 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/>
- 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. Rance Lee Mentorship Programme 李沛良亦師亦友計劃



承蒙伍步昌先生和李永權先生兩位中大校友的慷慨捐助，以及劉世鏞校友的策劃，師友計劃自 2017 年創院院長李沛良教授榮休後，重新命名為「李沛良亦師亦友計劃」，以表敬意。

本計劃旨在為書院同學建立人際網路，讓同學有機會向不同行業的校友及專業人士學習，透過與學長交流，豐富其待人接物的技巧，讓同學能以人脈關係解難，達致事半功倍。

##### 計劃特點

小組模式：3-4 位小組學長 (包括資深學長、校友學長及書院老師) 與 4-6 位學友配對，透過參與年度活動及各小組自行策劃的活動相約共聚，互相認識及交流。學長與學友擁有多元化的背景、不同的性格特質及各式各樣的興趣，為兩者的互動增添不少創新意念與想法，及後更可以一起發掘多種可能性。一經加入，學友身份將持續至畢業，學長與學友有更長時間建立伙伴關係，即使離開校園，可以成為校友學長，師友關係仍會持續。

立即填寫[李沛良亦師亦友計劃申請表](#)，登記成為學友，擴展你的人際網絡

為支持學長與學友保持聯繫，持續交流，書院提供每年每組 4,000 元港幣 (每次活動每人支出不超過 300 元港幣) 的資助，以籌劃各項小組活動或聚會，以維繫師友關係；若個別組別已耗盡其每年的資助額，其額外的支出須在活動舉辦前經書院交由李沛良亦師亦友計劃工作小組主席審批。

下載 [Activity Fund for Mentorship Gatherings](#) 申請表格及指引

Rance Lee Mentorship Programme aims at supporting our students to build up multifunctional social networks by providing students with opportunities to learn from **the experienced alumni and experts in different fields**.

Group-to-group mentor-mentee model: 3-4 mentors (including Senior Mentors, Alumni Mentors and College teachers) will be matched with 4-6 mentees.

*Mentors and mentees can spend some time getting to know each other and hanging out, followed by exploration of many possibilities together!* Diversified backgrounds, different characters and various interests bring in creative insights among mentors and mentees.

Submit the [Application Form for Rance Lee Mentorship Programme](#) and be a Mentee

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5. Visitor Policy in College Student Hostels

Visiting Hour:

<b>CUHK Student Visitors</b> <i>(i.e. CUHK current undergraduate and postgraduate students who do not have a hostel place at Wu Yee Sun College)</i>	<b>Same-sex</b> CUHK Student Visitors: 8:00 am – 12:00 am daily  <b>Opposite-sex</b> CUHK student visitors: 10:00 am – 11:00 pm daily
<b>Non-CUHK Student Visitors</b>	Saturdays, Sundays and public holidays 10:00am – 11:00pm
<b>Visitors and Residents of Opposite Sex</b>	Aside from the visiting hours stated in Student Hostels Regulations, no persons (including residents) are allowed to enter the floor of the opposite sex, and no residents are allowed to receive visitors of the opposite sex unless prior permission is granted by the Wardens

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 purchase the **'Overnight Visitor Ticket'** (HK\$60 per head per night).

Register at **Hostel Reception / Resident Tutor / Resident Association** within the visiting hours

Other Rules:

- 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.

Opening Hour of 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 hour of College Gymnasium is adjusted to 8:00am – 10:30pm.
  - a. First-time users should bring their valid (i) CU Link Card and (ii) CUHK Fitness Room User Certificate to College Office (G03) for registration.
  - b. Please be reminded not to bring in unauthorized persons or open up the gym door for anyone. Random checking would be conducted and follow up actions would be taken for any violation.
3. The opening hours of other College facilities can be referred at <https://www.wys.cuhk.edu.hk/about-us/campus/>.

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6. Membership and ExCo Recruitment—WYS Alumni Association

伍宜孫書院校友會會員及幹事會招募

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.

WYS Alumni Association is also recruiting new Executive Committee members. If you are eager to organize activities for our alumni and form a deeper and wider alumni network through collaboration with other alumni organizations, you are strongly encouraged to become an ExCo member! Reach out to the current chairman, Sam (9139 9931) – he will introduce to you the operation of the Alumni Association and answer any questions you may have.

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## 7. 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 [kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@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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## 8. WYS's Got Talents – Photography, Poster Design, MC and a lot more!

**JOIN  
WYS'S GOT  
TALENT**

- Photography/Video-production
- Master of Ceremonies
- Simultaneous Interpretation
- Organizing Workshops for College Students (e.g. handicraft)
- Audio-Visual Support
- Writing
- Art & Design

Registered students may be invited to assist in different occasions  
**Don't hide your talents, shine in the College!**

**REGISTER**

Inquiries:  
Miss Linda Tsang (lindatsang@cuhk.edu.hk / 3943 3534)  
Miss Kiki Chan (kikiwkchan@cuhk.edu.hk / 3943 9375)

The College is recruiting all sorts of talents to contribute in various College events. If you are interested in or excellent at any of the fields below, register now! Students may be invited for an interview for further discussion.

--- Photography / Video-production  
--- Master of Ceremonies



- Simultaneous Interpretation
- Organizing workshop for College students
- Audio-Visual Support
- Writing (e.g. creative writing or student reporter in publications)
- Art & Design (e.g. posters or infographics)

Let us know what you are interested in and excellent at:

<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838>

Don't hide your talents, shine in the College!

**Enquires:** Miss Linda Tsang ([lindatsang@cuhk.edu.hk](mailto:lindatsang@cuhk.edu.hk) / 3943 3934)  
Miss Kiki Chan ([kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk) / 3943 9775)

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## College Funding & Awards Schemes

### 1. 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 the 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=13677497>

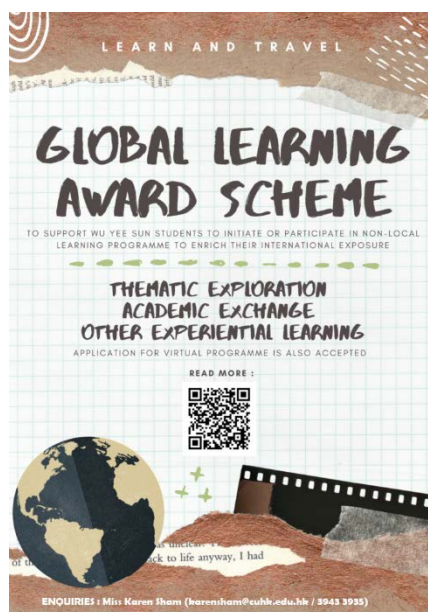
Check out the details through this [link](#).

**Enquiries:**

Miss Linda Tsang ([lindatsang@cuhk.edu.hk](mailto:lindatsang@cuhk.edu.hk) / 3943 3934)

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### 2. 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	1 <sup>st</sup> Nov 2024 – 30 <sup>th</sup> Apr 2025	1 <sup>st</sup> May 2024 – 31 <sup>st</sup> Oct 2024

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13687866>

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

Application & Guidelines

## 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.

#### Health and well-being Activities

Max. funding amount  
**\$1500**  
OR  
Up to 60% of application fee & course fee (whichever is lower)

**Examples**  
Healthy Cooking Class  
Course about Nutrition / Chinese Medicine  
Mindfulness Workshop  
Mental Health First Aid Course

#### Qualification Courses for Health and Well-being Instructors

Max. funding amount  
**\$3000**  
OR  
Up to 60% of course fee (whichever is lower)

**Examples**  
Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course  
Art/Music Therapy Instructor Course

伍宜孫書院  
WU YEE SUN COLLEGE

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

**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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## 4. Self-Motivation Fund for Sports Activities

The infographic is titled "Self-Motivation Fund for Sports Activities" in a stylized font. It features a QR code in the top right corner labeled "Application & Guidelines". The main content is divided into two sections: "Sports Activities" and "Qualification Courses for Sports Coach".

**Sports Activities**

- Self-Motivation Fund for Sports Activities encourages students to participate in various kinds of sports activities in order to live up the spirit "Sports for everyone".
- To enhance students' ability to adapt to challenges in life, you are encouraged to participate in activities with resilience element.
- Max. funding amount: **\$1500** OR Up to 60% of application fee & course fee (whichever is lower)
- Examples: Standard Chartered Hong Kong Marathon, Oxfam Trailwalker, Spartan Race, Yoga Class, Dance Workshop

**Qualification Courses for Sports Coach**

- Max. funding amount: **\$3000** OR Up to 60% of course fee (whichever is lower)
- Examples: Rowing, Rope-skipping, Orienteering, Taekwondo

At the bottom left, there is a logo for Wu Yee Sun College (伍宜孫書院) and contact information: Enquiries: Ms. Queenie Chu ([queeniechu@cuhk.edu.hk](mailto:queeniechu@cuhk.edu.hk) / 3943 9768).

**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".

To enhance students' ability to adapt to challenges in life, you are encouraged to participate in activities with resilience element

**Funding Amount:**

Sports Activities: Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)  
Qualification courses for sports coach: Maximum **\$3000** or Up to 60% of course fee (whichever is lower)

Take a look on the [guidelines](#) and [report template](#), and challenge yourself with different activities.

**Application** : <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13636283>

**Enquiries:**

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

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

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## 5. Self-Motivation Fund for Sustainability Activities

The infographic is titled "Self-Motivation Fund for Sustainability Activities". It features a QR code in the top right corner labeled "Application & Guidelines". The main title is in a stylized font. Below the title, there are two main sections. The first section, "Sustainability Activities", includes a description: "Self-Motivation Fund for Sustainability Activities encourages students to participate in various kinds of sustainability activities that promote sustainable development and reduce inequality". It also includes a "Max. funding amount" of **\$1500** or "Up to 60% of application fee & course fee (whichever is lower)". Examples listed are "Eco-cultural Tour", "Unicycling Workshops", and "Design-thinking Workshops". The second section, "Qualification Courses for Instructors of Sustainability Activities", includes a description: "Self-Motivation Fund for Sustainability Activities encourages students to participate in various kinds of sustainability activities that promote sustainable development and reduce inequality". It also includes a "Max. funding amount" of **\$3000** or "Up to 60% of course fee (whichever is lower)". Examples listed are "Horticultural Therapists", "Docent Training on Ecotourism", and "Certified Environmental, Social and Governance (ESG) Planner". The infographic also includes the logo of WU YEE SUN COLLEGE and contact information for Ms. Sonia Yu ([soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk) / 3943 3937).

To encourage students to conserve natural and cultural resources and empower the underprivileged with an aim of achieving sustainable living for everyone, Self-motivation Fund for Green Activities has extended its scope and now re-named as **Self-motivation Fund for Sustainability Activities**.

**Funding Amount:**

Sustainability Activities:

Maximum **\$1500** or Up to 60% of application fee and course fee (whichever is lower)

Qualification courses for instructors of sustainability 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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## 6. 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:

Ms. Karen Sham ([karensam@cuhk.edu.hk](mailto:karensam@cuhk.edu.hk) / 3943 3935)

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

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## 8. Internationalization Activity Fund



If you are interested in organizing activities to promote cross-cultural integration, we support you to kick-start your plan!

The **Internationalization Activity Fund** aims to support students or student bodies to organize college- or hostel-level extracurricular activities which promote internationalization and inter-cultural exchange opportunities among members of the WYS community.

### Eligibility

1. All registered WYS student associations will be eligible for applying for financial support from the Fund.
2. Local and non-local student bodies/students are also encouraged to apply for the funding to organize activities for promoting campus integration and cohesion.
3. At least 70% participants should be local undergraduate students.

### Examples

- Experience of Clothing, Dining, Living & Transport in Hong Kong
- Hong Kong Sightseeing Tram Tour
- Thanksgiving Festival Celebration
- Korean Night

**Funding Amount:** Maximum \$20,000

**Guidelines & Application:** <https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?scheme=internationalization-activity-fund-2>

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# Other Activities & Announcements

## 1. Co-op@CUHK – Student Enrollment for 2024-2025



We are proud to share that we have received overwhelming support from the industry, with over 130 employers from diverse industries joining us as corporate partners, providing a wide range of placement opportunities, including in the **Greater Bay Area** and various Asian regions such as **Thailand and Indonesia**.

The applications for the 4th Cohort is currently open, please submit your application by deadline to be considered in each round.

Application for Co-op: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13682692>

### Application Deadlines:

- 1st Round- 14<sup>th</sup> Apr 2024
- 2nd Round- 14<sup>th</sup> Jul 2024
- 3rd Round – 31<sup>st</sup> Aug 2024
- 4th Round-15<sup>th</sup> Sep 2024
- 5th Round- 6<sup>th</sup> Oct 2024

### About Co-op@CUHK

Co-op@CUHK is a well-structured education programme combining **classroom-based education** with **practical work experience** through the provision of full-time career opportunities. Participating students will be empowered by two preparatory courses before they undertake the six-to-eight-month placement. Co-op students can pick up technical knowledge as well as essential soft skills, and expand their professional network, thus increasing their employability upon graduation.

### Target Students

Both local and non-local undergraduate students of year 2 or above in 2024-25, (Current students of Year 1 or above) are eligible to join this Programme.

## Contact Us

Social Media: [LinkedIn](#) and [IG](#) | Email: [coop@cuhk.edu.hk](mailto:coop@cuhk.edu.hk)

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## 2. 【復修號】REPAIR Leader 大專實習生計劃招募



聯合主辦: 綠德好 復修號  
贊助: ZESHAN FOUNDATION

### 電器重生坊 repair leader

- ▶ 參與復修站項目運作—體驗環保團體的工作，探索各種社會及環保議題
- ▶ 協助籌劃、執行及發佈全港首個復修及電子廢物公眾調查—結合學科知識與廢物管理議題，打造綠色CVI!
- ▶ 策劃公眾教育活動（復修及循環經濟專題展覽及專題影片）—發揮無限創意和想像，推動復修文化!

**大專實習生招募**

- ◎ 學歷要求！  
修讀環保及可持續發展、社會科學、傳理/市場推廣或電子工程，有意投身社會服務的本地大專學生
- ◎ 實習階段！暑假期間約10星期
- ◎ 津貼 | 每月\$5,000

[vesselrepair@communityloop.org](mailto:vesselrepair@communityloop.org) | 9180 7458 (WhatsApp) | 2899 9480

申請表格

本機構綠德好有限公司為註冊慈善團體，多年來致力透過環保、廢物管理作切入點引伸不同的社會服務、倡議和培訓，推動環境和社區的可持續發展。而本機構旗下項目【復修號 Vessel REPAIR】旨在推動各界認識復修權和循環經濟，建立惜物風氣，鼓勵可持續發展的生活和生產模式。同時有一班充滿環保熱誠的義工師傅，為市民提供維修服務和基層資源配對，減少電子廢棄物及援助有需要人士。

承蒙擇善基金會的慷慨資助，【復修號】今年推出「REPAIR Leader 大專實習生」計劃，希望招募對環保永續議題有興趣、有志投身社會服務或 ESG 相關工作。

計劃內容如下：

### 工作範圍

1. 參與復修站項目運作 - 體驗環保團體的工作，探索各種社會及環保議題
2. 協助籌劃、執行及發佈全港首個復修及電子廢物公眾調查 - 結合學科知識與廢物管理議題
3. 策劃公眾教育活動（復修及循環經濟專題展覽及專題影片） - 發揮無限創意和想像，推動復修文化

### 學歷要求

修讀環保及可持續發展、社會科學、傳理/市場推廣或電子工程，有意投身社會服務的本地大專學生

### 實習時間

暑假期間約 10 星期(6 月至 8 月期間)

### 津貼

每月\$5,000



機構官網 [www.communityleap.org](http://www.communityleap.org)  
【復修號】 [www.facebook.com/vesselREPAIR](https://www.facebook.com/vesselREPAIR)

如對以上計劃有任何查詢，歡迎致電 2699 9480 / 2699 9482 或電郵至 [angela.lo@communityleap.org](mailto:angela.lo@communityleap.org) 與項目經理盧小姐(Angela)聯絡。

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### 3. Tertiary Student Finance Scheme - Publicly-funded Programmes (TSFS) and Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2024/25

Both TSFS and NLSFT (2024/25) are now open for applications from current students until 24<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 (<https://e-link.wfsfaa.gov.hk>) on or before 24<sup>th</sup> May 2024.

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 18<sup>th</sup> Apr to 30<sup>th</sup> May 2024.

Details of TSFS and NLSFT can be found on the website of Office of Admissions and Financial Aid (OFA) at <https://admission.cuhk.edu.hk/fees-financing-your-studies/financial-aid/open-for-applications/> (Financial Aid → Open for Applications → Government Financial Aid Schemes).

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### 4. 聲昔再現社會領袖招募 The Voice of History Core Member Recruitment 24/25



聲昔再現現正招募對非牟利機構營運、社區營造、年齡共融有抱負的未來社會領袖，加入我們的團隊，於來年共同策劃一系列活動，連結今昔，建構年齡共融社會。

We are now recruiting future social leaders with ambitions in non-profit organisation operations, community building, and age inclusion to join our team and jointly plan a series of activities in the coming year to connect the past and present, and build an age inclusive society.

#### 關於聲昔再現 About us

「聲昔再現」是由一班香港中文大學學生及畢業生於 2018 年創立的非牟利機構，致力以跨代活動鼓勵老友記及年輕一代的溝通以及共創，培養彼此之間的同理心，從而增強代際間的社會連繫，達至年齡共融。

Founded by a group of graduates and students of the Chinese University of Hong Kong in 2018, The Voice of History is a non-profit organisation which aims to encourage communication and co-creation among different age groups through organising intergenerational activities and cultivating empathy, hence strengthening the social connectedness between age groups, and ultimately, age inclusion.

網頁 Website: <https://www.thevoiceofhistory.com/>

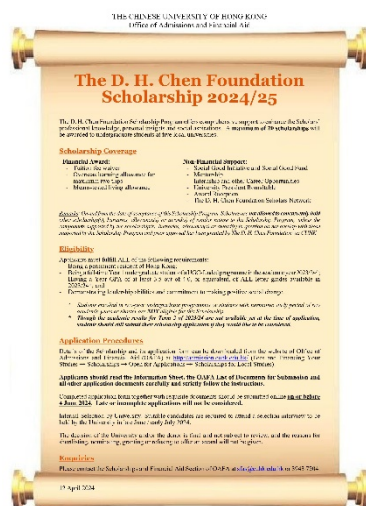
IG: <https://www.instagram.com/voice.of.history/>

若你有興趣加入我們，請於 27/5 前提交 [申請表格](#)。是次招募以 rolling basis 進行(先交先審先錄取)。  
If you are interested to join us, please submit the [application form](#) by 27/5. The recruitment will be conducted on a rolling basis.

查詢 Enquiries: [info@thevoiceofhistory.com](mailto:info@thevoiceofhistory.com)

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## 5. The D. H. Chen Foundation Scholarship 2024/25



The applications for the D. H. Chen Foundation Scholarship 2024/25 are now open for local students who wish to enhance their professional knowledge, personal insights and social aspirations. The application period will close on 4<sup>th</sup> Jun 2024.

Details of the Scholarship and its application form can be downloaded from the website of Office of Admissions and Financial Aid (OAFA) at <http://admission.cuhk.edu.hk/> (Fees and Financing Your Studies → Scholarships → Open for Applications → Scholarships for Local Studies).

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## 6. 「三菱電機綠續創科盃」現正接受報名 “Mitsubishi Electric Eco Tech Cup” is now open for registration

「三菱電機綠續創科盃」現正接受報名 “Mitsubishi Electric Eco Tech Cup” is now open for registration

🌱 Embrace Sustainable Life, Co-create the Future 🌍 Join the competition for a chance to win rich prizes worth up to HKD 10,000! [Registration Deadline: 20<sup>th</sup> May 2024]

The 2nd "Mitsubishi Electric Eco Tech Cup" is now open for registration. From now until 20<sup>th</sup> May 2024, students from primary and secondary schools, tertiary institutions, as well as the public are welcome to participate. Let's unleash your creativity and conceive a multimedia solution that is innovative and utilizes technology to achieve "Sustainable life"! We invite everyone to join us and have a chance to win exciting prizes!

Topic: Sustainable Life

Competition Categories and Participants:

**【Student Category】**: Open to students from all schools, including primary and secondary schools.

**【Open Category】**: **Open to college/university students and the public.**

Participation in the competition is free of charge. We welcome students from all primary and secondary schools, college/university students, and the general public to participate either as individuals or in teams. Each team should consist of no more than 5 members.

1. 📄 Fill in the registration form **on or before 20<sup>th</sup> May 2024** (Student group / Public group)  
[https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13683280&mf\\_page=1](https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13683280&mf_page=1)
2. 📁 Submit your works **on or before 9<sup>th</sup> Jul 2024 (Tue)**: For primary and secondary students: multimedia work with summary below 200 words. **For public and university students: PPT within 10 pages and a 2-minute video introduction (that can be supplemented with multimedia)**
3. ❤️ Outstanding teams will be invited to join the Finals in August/September & have the opportunity to win great prizes!!

\*All participants will be awarded a certificate of commendation as an encouragement.

This competition is hosted by Centre for Innovation and Technology (The Chinese University of Hong Kong), title sponsored by Mitsubishi Electric (Hong Kong) Limited.

Competition website: <https://www.cuhk-greenstem.com/mitsubishielectriccotechcup24>

For inquiries, please feel free to contact Alexis CHU via [green-stem@cuhk.edu.hk](mailto:green-stem@cuhk.edu.hk) or at 39439395.

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## 7. TOEFL® Hong Kong Scholarship 2024 & iBT Test Discount Code

**ETS TOEFL iBT**  
**2024 TOEFL® Hong Kong Scholarship**  
Make your efforts count

Up to 4 scholarship prizes | **HK\$20,000** each | **7 July, 2024** Application deadline

**Who are eligible**  
Any Hong Kong ID card holders (either permanent resident or non-permanent resident) who:  
✓ have taken or will take the TOEFL iBT test in Hong Kong  
✓ will commence a full-time academic program locally or overseas in the 2024/25 academic year

**Scholarship application**  
Download application form and view instructions and tips at [toefl.cn/hk-scholarship](https://toefl.cn/hk-scholarship)

**Successful candidates are expected to demonstrate**  
✓ your dedication and enthusiasm for your study and personal development  
✓ your potential to contribute to the society

**Special Offer**  
Save **US\$30** on test fee with the code **HKSCHOLARSHIP24** before June 30, 2024  
\* Limited quota. Terms and conditions apply.

**Apply Now!**

### TOEFL® Hong Kong Scholarship

The applications for the TOEFL® Hong Kong Scholarship 2024 are now open for any local and non-local students who are planning for a further study at any local or overseas tertiary education institutions. Application period will close on 7<sup>th</sup> Jul 2024.

Details about the eligibility and selection criteria are available at dedicated website: [www.toefl.cn/hk-scholarship](https://www.toefl.cn/hk-scholarship).

### TOEFL iBT test

TOEFL has offered a US\$30 discount exclusively for WYS students. Save US\$30 on test fee with the code "HKSCHOLARSHIP24" until 30<sup>th</sup> Jun 2024.

Learn more and register at [www.ets.org/toefl](https://www.ets.org/toefl).

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## 8. Global Citizenship (GC) is now available!



Global Citizenship (GC) is now available! There are 3 modules, including intercultural communication, media and technology, and global labour and employment, which you learn more about yourself and your role as a global citizen in the today's world! Check it out at <https://ilc.link/GC>

Students who complete the 3 modules in the GC series will be qualified to earn a wonderful ILC token of appreciation!

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## 9. Community Resources for Emotional Support

Common mental disorders such as depression and anxiety are highly prevalent among young adults. The clinical psychological services team of New Life Psychiatric Rehabilitation Association aspires to make evidence-based psychological interventions more accessible and affordable to the public. They offer the following services to young adults free-of-charge :



**Emotional Fitness Intervention to All (eFIT) Psychoeducation Program** provides mood assessment interview, digital therapy on anxiety and low-intensity cognitive-behavioral therapy for persons with mild to moderate depression or anxiety aged between 16 and 25.

Registration : <https://forms.office.com/r/WZcDsnkwEH>





**Jockey Club Electronic Clinic for Psychological Service (JC eClinic)** offers high-intensity psychological intervention through online platform for young adults with mixed diagnoses of depression and anxiety. It offers a hybrid mode of delivery, including an online platform with self-learning modules and live sessions meeting with therapists. The therapy delivered by JC eClinic is Transdiagnostic Cognitive Behavioral Therapy developed by Boston University.

Details : [https://eclinic.hk/e\\_clinic/](https://eclinic.hk/e_clinic/)

#### <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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### 10. Independent Learning Centre (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 (<https://www.ilc.cuhk.edu.hk/EN/workshops.aspx>). Below are some ILC workshop highlights for the academic year 2023-24 :

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

If you are looking for more advanced reading and writing skills, here are some online modules you can use: Active Reading Series (which provides tips and practices on reading journal articles more critically, more efficiently, and more effectively); Critical Thinking Series (which shows students what logical fallacies are and how to avoid them); and the Academic Publication Series (which shows novice writers the road map of getting their first papers publishes) - <https://ilc.link/ARCTAPS>

For students who think they will benefit from having a one-to-one meeting with our teachers on their specific learning needs or need guidance in devising their independent learning plan, they can book a 30-minute consultation session, and our schedule can be found here: <https://www.ilc.cuhk.edu.hk/EN/consultation.aspx>

The ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support our students. Details are available at: <https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx>

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## 11. Guided Imagery videos are now available on Sunshine At CUHK's YouTube and Mobile App 意象鬆弛法影片現已登陸中大有晴 YouTube 及 手機應用程式



Living in a busy city, we often feel the urge to escape and release the emotions that have been piling up. However, it's not easy to set aside a whole day from our studies or work.

Guided imagery can help you relieve stress and soothe anxiety by imagining a tranquil and pleasant place. Simply set aside 10 minutes and go on an impromptu journey with Sunshine At CUHK.

**Guided Imagery – Forest (English Version):** <https://youtu.be/Ie16jU9h6Kc>

🧘 Walking through an imaginary forest through guided imagery and allowing yourself to relax.

**Guided Imagery – Lake (English Version):** <https://youtu.be/vQCrlWhyl68>

🏞️ Enjoying an imaginary lake view through guided imagery and finding your inner peace.

**Guided Imagery – Mountain (English Version):** <https://youtu.be/GZPMIsTDhKc>

🧗 Hiking on an imaginary mountain through guided imagery and awakening your inner strength.

Other guided Imagery videos are all available on Sunshine At CUHK's YouTube channel. Remember to comment, like, and subscribe!

📢 Sunshine At CUHK 中大有晴: <https://youtube.com/@sunshineatcuhk9210>

You can also enjoy the guided imagery videos in Sunshine At CUHK Mobile App under the “Mindfulness Exercise” section. Download it now!


📱 iOS: <https://apple.co/3qKoTDK>

📱 Android: <https://bit.ly/3wS5JNt>


生活在忙碌的都市之中，我們總會想出走一下，解放堆積如山的情緒。但要放下學業或工作一整天又談何容易。

意象鬆弛法可以通過想像一個寧靜宜人的地方來幫助你緩解壓力和焦慮。只要 10 分鐘，讓中大有晴陪你來一場說走就走的旅程。


**意象鬆弛法 - 森林篇(廣東話版):** <https://youtu.be/SnpmdYdvial>

 透過意象鬆弛法，在腦海中漫步森林，讓自己放鬆一下。

**意象鬆弛法 - 湖水篇(廣東話版):** <https://youtu.be/D8vPbHU0teo>

 透過意象鬆弛法，在腦海中欣賞湖水，尋找內心的平靜。


**意象鬆弛法 - 山丘篇(廣東話版):** <https://youtu.be/TstpaewapjI>

 透過意象鬆弛法，在腦海中登上山丘，喚醒內心的力量。

其他意象鬆弛法影片盡在中大有晴 YouTube 頻道。記得留言，讚好同訂閱啊！

 Sunshine At CUHK 中大有晴: <https://youtube.com/@sunshineatcuhk9210>

你亦可於中大有晴手機應用程式中的「靜觀練習」欄目中觀看意象鬆弛法影片。立即下載！

 iOS: <https://apple.co/3qKoTDK>

 Android: <https://bit.ly/3wS5JNt>

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