Subject: The Sunny Weekly (27/02/2017)

If you have problems viewing CHINESE words in this email, please right click the mouse and choose Encoding and then Unicode (UTF-8).
You can also contact Mr. Kan Poon at kanpoon@cuhk.edu.hk or 3943 9767 for technical support.

Sunny Review 上周回顾
1. The Third College Forum of 2016/17 Term 2: The Critics and the Criticised: My Reflection (Speaker: Mr. Tsang Tak-sing) 2016/17年度下學期第三次書院論壇（講者：曾德成先生）
2. Visit to T-Park and Landfill 參觀環保社區
3. Relaxation through music 音樂放鬆分享會
4. Sham Shui Po Community Tour 社區導賞團
5. Dinner Gathering for College LLB students 伍宜孫書院法律學士學生聚會
6. Walking Campaign 遛步活動
7. Pressure-Relieving Evenings with Yoga 放鬆瑜伽

College Announcements 宣佈事項
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2. Student Counselling & Disciplinary Committee – Next Meeting Date (3 March) 2016/17年度學業及行為守則及學生輔導與紀律委員會下次會議日期（3月3日）
3. Scholarships for Academic Excellence 2016/17年度學業優異獎學金
4. Your Participation in Waste Audit Trial Scheme: "All Users’ Efforts" Stage 資物審計試驗計劃：「全民減廢」階段 - 你的參與！
5. Wu Yee Sun College - The Most Popular Canteen Staff Polling (2016/17 Term 2) 伍宜孫書院飯堂最受歡迎員工選舉
6. Say Cheers 口腔健康標語海報創作比賽
7. Oral Health Poster and Slogan Making Contest
8. Global Learning Award Scheme (Summer Round) 全球學習獎勵計劃（夏季）
9. Be Entrepreneurial! Funding Scheme 創出我天地
10. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2016/17 CUHK金禧廿一世紀的土豆遇上十七世紀的土豆
11. Management Seminar Series 2017 管理學堂
12. Student Counselling & Disciplinary Committee – New College Member 首届書院論壇
13. Student Pastoral Care 學生輔導牧顧

College Activities 書院活動
1. 普文文化桌：廿一世紀的土豆遇上十七世紀的土豆
2. 2017 Summer Programme Introduction Session 2017暑期活動巡禮
3. Mentorship Programme 朋友計劃 – Now Open for Application 現正接受報名
4. Join our Social English Workshops! 社交英語工作坊 - Deadline this Wed
5. 伍宜孫書院學生宿舍夜話
6. International Cultural Festival – German Movie Night - Deadline Extended to 10am, 1 Mar
7. Landscape Painting Workshop
8. International Cultural Festival - Spanish Cooking Class
9. International Cultural Festival – Salsa Dance night

Collection Funding & Award Schemes (for year-round application) 資助及獎學金計劃（全年可申請）
1. Sports for Life Award Scheme 體育活動參與獎勵計劃
2. Be Entrepreneurial! Funding Scheme 創出我天地！資助計劃
3. Global Learning Award Scheme (Summer Round) 全球學習獎勵計劃（夏季）
4. Service-Learning Project Funding Schemes 服務學習項目資助計劃
5. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資金
6. Mingle Fund (English only)

Other Activities & Announcements 其他活動及宣佈事項
1. Knight-Hennessy Scholars Program (tenable at Stanford University) - Information Session <New>
2. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2016/17 <New>
3. Outward Bound Undergraduate Programme by OSA
4. Walk the Hong Kong Spirit 觀光遊
5. Summer Subsistence and Travel Loan Scheme 2016/17
6. Scholarships for Overseas Studies
7. Fuji Xerox (Hong Kong) Limited/HKMA Leadership and Exchange and Travel Grant/Loan 2016/17
8. Study Abroad Undergraduate Programme by OSA
9. Student Residency Bursary Scheme 2016/17 (for students who reside in hostel for the second term only)
10. Mingle Fund (English only)

The College Forum entitled "The Critics and the Criticised: My Reflection" was conducted by Mr. Tsang Tak-sing (曾德成先生), Former
Secretary for Home Affairs of Hong Kong, last Friday. He went through his experience as a journalist and as the Secretary for Home Affairs, and discussed with students how should a person look into the massive information from the media.

We were grateful to have Professor Cheung Tak-sing (張德勝教授), Senior College Tutor and Adjunct Professor from Department of Sociology, moderating the Forum.

2. Visit to T-Park and Landfill 參觀源·區及堆填區

We all generate different types of waste every day. Where do they go and how are they handled? Close to 30 College students, staff members and their families joined a visit to T-Park (源·區) and the West New Territories Landfill (新界西堆填區) last Saturday to unveil the secret. They were amazed by the state-of-the-art sludge incineration and self-sustaining operation systems in T-Park, which reduce the volume of sludge by 90 per cent and thus substantially reduce the loading on landfills, as well as generate electricity during the incineration process to meet on-site operational needs.

After T-Park, the participants witnessed how the waste collected from different regions of Hong Kong was transported to the landfill by trucks and barges. They also learned about the strict regulations on the noise, wastewater and odour emission from the landfill in order to minimize its disturbance to neighbouring areas. After so much said, it is important for everyone to understand the importance of waste reduction. Follow the tips here and act now!

3. Relaxation through music 音樂放鬆分享會
Music can change moods, soothe nerves and energize our life. A group of Sunnies enjoyed a relaxing evening at a music workshop conducted by Professor Roger Y.N. Chung (鍾一諾教授), Assistant Professor, School of Public Health and Primary Care at The Lounge in House of Sunny Living last Tuesday. The participants not only relieved stress by listening to Prof. Chung's song, but they also got to know more about how Prof. Chung pursued his interest in music outside his academic life and how to balance between his interest and his professional career.

Sham Shui Po, a hidden gem in the city, is a culturally diverse area with a predominantly working-class population of over 380,000. It witnessed the growth and transformation of Hong Kong from a small fishing village into an entrepot, and then a financial hub. To
enhance the understanding of international and exchange students about Sham Shui Po, the International Team organized “Sham Shui Po Community Tour” on 26th Feb. The team members took them for a visit and explain the historical background of the district. Tasting the delicious local food also let the students get familiarized with the local culture and residents daily life in a more casual way!

5. Dinner Gathering for College LLB students

A group of College LLB students joined the dinner gathering held on last Thursday, 23rd Feb. The dinner aimed to offer opportunities for our college students to learn more about the careers in the legal profession and to meet some legal members outside of class in an informal atmosphere. It was an evening of casual conversations on how to plan for the future as a legal practitioner. Special thanks must be given to Mr. John K.H. Lee (李劍雄律師), Affiliated College Fellow and practicing solicitor of Lee & Wu, Solicitors, Mr. Peter T.W. Yam (任達榮先生), Affiliated College Fellow and Former Deputy Commissioner of Hong Kong Police and Mr. Ho Kim-hung (何劍雄律師), CUHK alumnus and practicing solicitor of Rowidget W. Young & Co for joining us out of their busy schedule.

6. Walking Campaign

To encourage our students to exercise more and live a healthy lifestyle, the College took part in the Walking Campaign held by University’s Committee on Health Promotion and Protection this year on 24th Feb. Professor Rance P.L. Lee (李沛良教授), College Master joined the other University senior management members to kick-start the event at University Station Piazza.

7. Pressure-Relieving Evenings with Yoga

Neck pain, shoulder pain, back pain, headache are all so common. When is the last time you feel your breathing and body movement? Yoga Class brings attention back to our own body and relieves stress through breathing exercises, meditation and stretching. How far
the participants can bend their bodies is not the utmost concern. What should be counted is time and room for giving themselves the inner peace at the end of a busy day.

1. 語文文化桌: 廿一世紀的土豆遇上十七世紀的土豆

在廿一世紀，我們都看過很多穿梭時空的小說、電影，總覺得回到過去會出現不少碰撞與火花。但這些小說、電影的題材，都離不開「人」這個重要元素。我們有沒有想過，假若不是「人」，而是「植物」穿梭了時空，回到過去，它的結局又會是怎樣？

講者: 梁樹風博士 (中國語言及文學系講師，秉持「時還讀我書」的理念，在塵網中醉心耕讀。)

日期: 3 月 21 日(星期二)
時間: 晚上 6:30 至 8:30
地點: 伍宜孫書院教職員飯堂
語言: 粵語
按金: $50 (準時出席可獲退回全部按金)

報名: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2899660

截止日期: 3 月 15 日(星期三)

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

查詢: 曾煒婷小姐 (valentinatsang@cuhk.edu.hk / 3943 3988)

2. 2017 Summer Programme Introduction Session 2017

The College is going to organize a series of summer programmes to help you expand horizon, embrace foreign cultures, polish language skills or serve the needy. Students joining the programmes in the past will share their experiences while introduction of programmes will be made. To make your summer vacation fruitful, come to the introduction session to learn more about our summer programmes and also the details of the funding schemes that you may apply.

2017 Summer Programmes include:
- Professional Learning Scheme in Shanghai 上海專業研習計劃
- Yan Chak Service-Learning Programme: Service-Learning Trip to Yunnan 陝西歷史文化之旅
- 第十三屆小衛星學者計劃－－中俄友誼之旅
- Spanish Language and Cultural Tour
- Summer Overseas Language Programme 2016-17 - The University of Western Australia

Date: 7th Mar 2017 (Tue)
Time: 6:30pm
Venue: College Theatre, Wu Yee Sun College
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2949756
Registration deadline: 10:00pm, 5th Mar 2017 (Sun)
Enquiries: Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942) or Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935).

3. Mentorship Programme 師友計劃—Now Open for Application 現正接受報名

(Deadline Extended 截止日期已延長至 27/02/2017)
Mentorship Programme aims at enriching students’ social networking, people skills and career development.

Mentees can gain a wider exposure from experienced mentors, hence:

• identify needs and goals for personal development
• broaden horizons in real-life workplace
• extend personal network for future development
• brainstorm and act on new ideas together with mentors

We adopted a “Group-to-Group Mentor-mentee” model to match mentors and mentees from diversified backgrounds, in order to bring in more creative insights! Despite different point of views you may share, you can learn from mentors’ professional experiences and life stories which give you an alternate view to evaluate the issue. With a two-year programme period, mentors and mentees also enjoy sufficient time to establish closer bonding and pursue new goals together.

You can spend time with mentors on:

<table>
<thead>
<tr>
<th>Self-initiated Activities</th>
<th>Cross-group Activities</th>
<th>College Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Picnic, movie appreciation, family gatherings, summer internship, professional conference are all feasible examples!</td>
<td>Two or more groups can organize activities together, such as hiking, barbeque, cooking party, handicrafts class. College can provide logistic assistance for large-scale activities.</td>
<td>523 Banquet, green, arts, exchange or other appropriate College activities – Invite mentors to take a glimpse of your university life!</td>
</tr>
</tbody>
</table>

Application

- Selected students are required to attend events as follows:
  - Briefing for Mentees: 3rd Mar, 11:30-12:30
  - “Meet Your Mentor” – Mentorship Gathering: 11th Mar, 16:00-17:30


Enquiries: Miss Sonia Yu (3943-3937 / soniayu@cuhk.edu.hk)

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4. Join our Social English Workshops! 社交英語工作坊 - Deadline this Wed
Do you know the meaning of these famous movie quotes?
“Go ahead, make my day.”
“If you build it, they will come.”
“Here’s looking at you kid.”
“Show me the money!”
If you want to learn more about: Popular Culture, Social Networking, Fluency in Speech, Accents and Dialect, Informal Language and Idioms
Join our Social English Workshops!

Instructor: Dr. Christelle Davis
Dr. Christelle Davis is a Lecturer at the English Language Teaching Unit. She obtained her PhD from the University of Sydney. Originally from Australia, Dr. Davis has lived and taught in South Korea and Japan before moving to Hong Kong in 2014. Her professional interests include Creative Writing, Literature, Academic Writing and Cultural Studies.

Date: 3, 10, 17 March 2017 (Friday)
Time: 11:30am – 1:00pm
Venue: W112, Wu Yee Sun College
Registration: https://cloud.isc.cuhk.edu.hk/webform/view.php?id=2717341
Deadline: 1st March
Deposit: $100 (Refundable upon completing at least 2 sessions)
* Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation. Place is limited. First-come, first-served. Time of deposit payment will be the determinant.
Enquiries: Miss Valentina Tsang (valentinatsang@cuhk.edu.hk / 3943 3988)
One more movie to enjoy for the International Cultural Festival — German Movie Night on 2nd Mar night! This time we are bringing you a bittersweet taste: a 2003 German tragicomedy film, “Good bye, Lenin!”, which is directed by Wolfgang Becker. After the fall of Berlin Wall, a young German protester Alex tried to protect his mother from a fatal shock by concealing the fact that her beloved nation of East Germany had disappeared. Get ready for laughter, tears and deep thoughts.

**Event Details**

**Date:** Thur, 2nd Mar 2017  
**Time:** 6:30 – 8:30pm  
**Venue:** The Lounge, House of Sunny Living (right above the college gym room)  
**Instructor:** Dr. Stephan Hyonjun STILLER  
**Program Content:**  
- Watch German Movie “Good bye Lenin!”  
- Small Chat  
- Light refreshment provided

**Registration:**  
**Registration deadline:** 10:00am, 1st Mar 2017

**Enquiries:**  
Kathy (kathyfong@cuhk.edu.hk / 3943 3942)  
Katie (katieyu@cuhk.edu.hk / 3943 3935)

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**7. Landscape Painting Workshop**

The primary aim of the workshop is to help participants observe and enjoy nature’s beauty while painting a landscape. The workshop will consist of a short talk and discussion on the subject of painting, followed by a guided painting session. The materials needed will be supplied by the College.

**Instructor:** Mr. Pradip Nath (English Language Teaching Unit)  
**Date:** 5 April 2017 (Friday)  
**Time:** 6:30pm - 9:00pm  
**Venue:** W112, Wu Yee Sun College  
**Deposit:** $50 (Refundable upon completion of activity)

**Deadline:** 29 March 2017

*Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation.

**Place is limited. First-come, first-served. Time of deposit payment will be the determinant.**

**Enquiries:** Valentina Tsang (valentinatsang@cuhk.edu.hk / 3943 3988)  
Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)
8. International Cultural Festival - Spanish Cooking Class

Have you eaten a lot of meat and oily crisps in the Chinese New Year Holiday and want to get rid of the extra pounds? Come and join our Spanish Cooking Class to learn how to cook Mediterranean dishes healthily. You can better understand the Spanish culture as well!

Instructor: Miss Maria Consuelo VEGA LEON (Department of Linguistics and Modern Languages)

Date: 14 March 2017
Time: 6:30-8:30pm
Venue: College Student Canteen
Quota: 40
Deposit: $50 (Refundable upon completion of activity)
Deadline: 9 March 2017

*Please submit the deposit to the College Office before application deadline for successful registration and seat reservation. Place is limited. First-come, first-served. Time of deposit payment will be the determinant.

Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2585802

Enquiries: Miss Valentina Tsang (valentinatsang@cuhk.edu.hk / 3943 3988)

9. International Cultural Festival – Salsa Dance night

Salsa is a kind of Latin dance, which is fun and good for health. By listening to music and moving your body, you can wipe away your daily stress.

Instructor: Miss Maria Consuelo VEGA LEON (Department of Linguistics and Modern Languages)

Date:
Class B: 16 Mar 2017 (Thu) (application deadline: 10 Mar 2017)
Time: 7:00-8:00pm
Venue: Multi-purpose Sports Room in WYS House of Sunny Living (伍宜孫書院如日坊 - 多用途活動室)
Quota: 10 / per class
Deposit: $50 (Refundable upon completion of activity)

Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2585379

*Please submit the deposit to the College Office before application deadline for successful registration and seat reservation. Place is limited. First-come, first-served. Time of deposit payment will be the determinant.

**Participants please wear sport shoes

Enquiries: Miss Valentina Tsang (valentinatsang@cuhk.edu.hk / 3943 3988)

1. New College Member 新增書院成員

The following CUHK staff member has recently joined Wu Yee Sun College as a teacher affiliate. Warm welcome from all the Sunnies!
Professor Benoit Mayer
 MPS (Science Po Paris); Maîtrise (Paris I); LLM (Lyon II); LLM (McG.); PhD (NU Singapore)

Professor Benoit Mayer served as Associate Professor at the University of Wuhan before joining CUHK in 2016. He is also a Research Associate at McGill University’s Hans & Tamar Oppenheimer Chair in Public International Law, a Senior Research Fellow at the Centre for International Sustainable Development Law (CISDL), an Associate Member at the National University of Singapore’s Asia-Pacific Centre for Environmental Law, and a Research Fellow at the Earth System Governance project. He is the Managing Editor of the Chinese Journal of Environmental Law.

His publications include three books and more than 60 journal articles and book chapters on the international governance of climate change. His critical outlook on the concept of climate migration and his analysis of the interactions between climate change and general international law have had a growing impact on the study of international climate change law.

2. Student Counselling & Disciplinary Committee – Next Meeting Date (3 March)

The 13th Meeting of the Student Counselling & Disciplinary Committee will be held on 3rd March 2017 (Friday) at 2:30pm. Students can approach the corresponding student members through the College Student Union if there are any suggestions or comments related to counselling and disciplinary matters.

3. Scholarships for Academic Excellence 2016/17 年度學業優異獎學金

To recognize college students with outstanding academic performance, the College is pleased to offer:

**Master’s List – Honor Award**
To acknowledge Top College student of each academic programme of each class, with year GPA not less than 3.5 in 2016/17 academic year
Quota: One student from each programme of each class will be awarded

**Academic Excellence Scholarship – HK$10,000 (Selection Criteria, Quota and Award Amount UPDATED)**
To acknowledge students with excellent academic performance - Highest 2016/17 Year GPA in each Faculty (with not less than 3.4)
Quota: 25 [Arts(3), Business Administration(4), Education(2), Engineering(3), Law(2), Medicine(4), Science(3), Social Science(4)]

**Academic Improvement Award – HK$5,000**
To recognize Top 3 College students who have shown the greatest improvement in terms of Term 1 & Term 2 GPA of 2016/17 academic year
Quota: 3

Application to the above scholarship is NOT required. Scholarship recipients will be notified in August and awards will be presented in the College Inauguration Assembly in Sep 2017.

For more details about eligibilities, please go to [http://www.vvs.cuhk.edu.hk/scholarships.php](http://www.vvs.cuhk.edu.hk/scholarships.php)

(College Life & Support > Scholarships & Financial Aid > Sort by Type > Scholarships for Academic Excellence)

Enquiries: Ms. Carol Cheng (carolcheng@cuhk.edu.hk / 3943 3936) or Miss Yolinda Wong (yolindawong@cuhk.edu.hk / 3943 3932)

4. Your Participation in Waste Audit Trial Scheme: "All Users' Efforts" Stage 廢物審計試驗計劃：「全民減廢」階段 你的參與！
In preparation for the government’s upcoming waste charging scheme, CUHK has successfully applied for the sponsorship from the Environment and Conservation Fund to implement a trial scheme on internal waste charging and waste auditing, which includes: tracking of waste generated from participating units, estimating waste charges and conducting regular waste audits. We aim to enhance our waste management strategies through the identification of the waste composition in our waste stream, thus, to assist us to reduce waste further.

Wu Yee Sun College is one of the CUHK units participating in the waste audit trial scheme. The trial is now in the stage of "Reducing Waste Disposal through All Users’ Efforts". We hope to have the input from every College member in waste reduction through promotion and education!

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CUHK Waste Management Policy and Guidelines - 6R Principles (extract)

反思 Rethink
- 自省消費習慣：購買前將三考慮，並記錄廢棄物，想想是否能更有效地使用它們。
  Review consumption practices; think twice before buying and take note of materials discarded to explore ways to use them more efficiently.

拒絕 Refuse
- 避免不必要的購買行為，並放棄購買低質量/低耐用性、有毒或用途有限的物品。
  Avoid making unnecessary purchases and forgo buying items with low quality/durability, toxic content or limited usefulness.

減少使用 Reduce
- 需要印刷時，鼓勵縮小列印及雙面打印，及在印刷前先預覽列印，確認打印範圍，減少浪費紙張。
  If printing is needed, in order to reduce wastage of paper, it is encouraged to adopt reduced and double-sided printing and to use print preview to confirm the print area before printing.

- 選擇包裝最少的物品。
  Go for items with minimal packaging.

- 在用餐或組織活動時不要訂購過多的食物，份量過剩請叫「少飯」，避免造成浪費。
  Avoid food waste when dining or organizing events by not ordering excessive food. Ask for ‘Less Rice’ if the food portion is excessive.

- 舉辦活動時避免使用即棄的餐具，購買外賣時可自備器皿。
  Avoid using disposable utensils and cutlery in your events. Bring your own container for takeaway food.

- 通過選擇毒性較少或無毒的替代品，減少有毒物質的使用。
  Reduce the use of toxic materials via choosing less toxic or non-toxic alternatives.

重用 Reuse
- 把不需要的東西轉贈予有需要人士，轉贈物可放於再生園的小屋內。
  Donate unwanted items to others who can make use of them. Can Place them in the huts at Yard of Environmental Sustainability (YES).

- 支持大學的‘Bring Your Own’活動 (如: 水樽、食物盒、餐具)，以減少廢物的產生和棄置。
  Support CUHK’s ‘Bring Your Own’ campaign (e.g. bottle, food container, cutlery) to help reducing waste generation and disposal.

- 「自備水樽」並使用可清洗的飲水機，以取代購買一次性的瓶裝水。
  Instead of purchasing single-serving bottled water, ‘bring your own bottle’ and refill it at water dispensers. [Please refer to the University’s Water Dispensers Map for the locations of water dispensers]

維修 Repair
- 在更換物品前嘗試請合資格的技工進行修理。
  Attempt to repair items by qualified technician before replacing them, whenever possible.

循環再造 Recycle
- 把可回收的物品放入正確的回收設施內，確保回收的物品不受污染。
  Place recyclables into the correct recycling facilities. Ensure the recyclables are free from contamination (one piece of contaminated item can lead to other recyclables inside the recycle bin no longer recyclable).

- 在大學食堂/餐廳妥善分類廢物，用以校內堆肥。
  Support on-site composting at university canteens/restaurants by separating food waste properly.
Check out more green tips at the website of CUHK Campus Planning and Sustainability Office and act now! http://www.cuhk.edu.hk/sustainability/en/resources/green-tips.html

Go Green! Be Sunny!

5. Wu Yee Sun College - The Most Popular Canteen Staff Polling (2016-17 Term 2) 伍宜孫書院飯堂最受歡迎員工選舉

Thank you very much for voting the Most Popular Canteen Staff in the past. Since the establishment of the Polling, the catering services have been improved largely. Another round of voting will be conducted in March. Please be reminded to give a vote. Let’s work together to improve the catering service of College canteen.

多謝大家對書院最受歡迎飯堂員工選舉的支持，伍宜孫書院自舉辦此選舉後，飯堂服務質素不斷提升。書院於三月份繼續舉辦最受歡迎飯堂員工選舉，希望大家踊躍投票，為改善飯堂質素出一分力。

Please click onto the link below to vote for the most popular canteen staff.
(Each student/staff can vote for three canteen staff at most)


Voting period: 1st March to 31st March 2017

6. Say Cheers 口腔健康標語海報創作比賽 Oral Health Poster and Slogan Making Contest - Deadline this Tue

為加強同學對口腔衞生的意識，伍宜孫書院現正舉辦口腔健康標語海報創作比賽。比賽設冠、亞、季軍各一名及優異獎，得獎者可獲贈書券以作鼓勵。得獎海報亦會張貼於書院宿舍及大學保健處內，進一步推廣口腔健康的訊息。

With a view to raising the awareness of students on Oral Health, Wu Yee Sun College is organizing a Poster and Slogan Making Contest on Oral Health. 1st Prize, 2nd Prize, 3rd Prize and consolation prize with book coupons will be awarded to winners as tokens of appreciation. The winning posters will be put up at Hostel in the College and University Health Service (UHS) to further promote the importance of oral health.

Please submit your poster to valentinatsang@cuhk.edu.hk with your name, student ID and telephone number via email. Please mark “Oral Health Poster and Slogan Making Contest” on the subject of the email. The College will issue a confirmation email after receiving the poster.
7. Wu Yee Sun Award For The Most Distinguished Graduating Student 2016/17 – Now Open for Application

The prestigious Wu Yee Sun Award For The Most Distinguished Graduating Student 2016/17 is now open to graduating students of 2016/17 for application:

**Eligibilities**

- Proactive graduating students of 2016/17 academic year demonstrating the College motto by participating various activities to broaden horizon; and
- Cumulative GPA reaches 3.4 or above or Top 10% of the corresponding department; and
- Have outstanding contribution to the department / college / university or society

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

**Award Amount**

HK$50,000

**Online Application**


**Application Deadline**

12 March 2017

For enquiries, please contact Carol at carolcheng@cuhk.edu.hk / 3943 3936 or Yolinda at yolindawong@cuhk.edu.hk / 3943 3932.

8. Awards for Creativity, Student Development and Talents 2016/17 – Now Open for Application

To recognize college students who have outstanding achievement in different areas in the academic year, the following awards are now open for application:

<table>
<thead>
<tr>
<th>#</th>
<th>Name of Award</th>
<th>Award Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.1</td>
<td>Student Leader of the Year Award</td>
<td>HK$5,000</td>
</tr>
<tr>
<td>8.2</td>
<td>Award for Outstanding Student Organization</td>
<td>HK$5,000</td>
</tr>
<tr>
<td>8.3</td>
<td>Award for Best Community Service</td>
<td>HK$5,000</td>
</tr>
<tr>
<td>8.4</td>
<td>Award for Best Student Event</td>
<td>HK$5,000</td>
</tr>
<tr>
<td>8.5</td>
<td>Award for Best Student Club</td>
<td>HK$5,000</td>
</tr>
<tr>
<td>8.6</td>
<td>Award for Best Student Team</td>
<td>HK$5,000</td>
</tr>
<tr>
<td>8.7</td>
<td>Award for Best Student Project</td>
<td>HK$5,000</td>
</tr>
<tr>
<td>8.8</td>
<td>Award for Best Student Research</td>
<td>HK$5,000</td>
</tr>
<tr>
<td>8.9</td>
<td>Award for Best Student Innovation</td>
<td>HK$5,000</td>
</tr>
<tr>
<td>8.10</td>
<td>Award for Best Student Entrepreneurship</td>
<td>HK$5,000</td>
</tr>
</tbody>
</table>

For more information, please visit [https://www.cuhk.edu.hk/awards](https://www.cuhk.edu.hk/awards).
<table>
<thead>
<tr>
<th>Award</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outstanding Student of the Year Award</td>
<td>HK$8,000</td>
</tr>
<tr>
<td>Student Leader of the Year Award</td>
<td>HK$8,000</td>
</tr>
<tr>
<td>Student Leader of the Year Award (for Freshmen)</td>
<td>HK$8,000</td>
</tr>
<tr>
<td>Innovation and Creativity Award</td>
<td>HK$8,000</td>
</tr>
<tr>
<td>Social Services Award*</td>
<td>HK$8,000</td>
</tr>
<tr>
<td>College Services Award</td>
<td>HK$8,000</td>
</tr>
<tr>
<td>Outstanding Student Organization Award</td>
<td>HK$10,000</td>
</tr>
<tr>
<td>Outstanding Athletic Achievements Award*</td>
<td>HK$10,000/8,000/5,000</td>
</tr>
<tr>
<td>Outstanding Artistic Achievements Award</td>
<td>HK$5,000</td>
</tr>
<tr>
<td>Environmental Conservation Award</td>
<td>HK$8,000</td>
</tr>
<tr>
<td>Gestalt Music Scholarship</td>
<td>HK$3,000</td>
</tr>
<tr>
<td>Lam Ding Kwong Scholarship in Social Service</td>
<td>HK$5,000</td>
</tr>
<tr>
<td>Lau Cheung Kwai Lan Service Award for Residential Students</td>
<td>HK$3,500</td>
</tr>
</tbody>
</table>

Please check out below link for more details about eligibilities. Interested students please submit online application on or before Sunday, 19th March.

http://www.wys.cuhk.edu.hk/scholarships.php

College Life & Support > Scholarships & Financial Aid > Sort by Type > Awards for Creativity, Student Development and Talents

*Please note no selection interview will be arranged for “Outstanding Athletic Achievements Award” and “Social Services Award”. For the rest of the awards, only shortlisted applicants will be notified to attend selection interview.

Enquiries: Ms. Carol Cheng at carolcheng@cuhk.edu.hk / 3943 3936 or Miss Yolinda Wong at yolindawong@cuhk.edu.hk / 3943 3932

9. Drum Set and other Music Equipment Available for Booking

To promote music atmosphere on campus, the College recently arranged a drum set and other music equipment at College Theatre and made available for booking. You can come for practice, rehearsal or performance! Be a Music Team member and enjoy all the fun!
Booking Period: Monday 19:00-22:00; Wednesday 14:00-17:00 (except public holidays & special situations)

*Other than the time specified above, please consult College Dean of Students' Office ONE working day prior to the proposed booking time.

Registration: BEFORE submitting booking request to College Dean of Students' Office, applicants must

1) be Wu Yee Sun College Students;
2) register as a member of Music Team via https://goo.gl/AMzk0z;
3) attend a briefing about the proper use of music equipment; and
4) read through the “Rules & Regulations For Music Equipment” and complete the booking form

*For other student bodies' bookings, please follow the rules and procedures stated in the “Rules & Regulations For Music Equipment”.

Enquiries: Sonia (3943-3937/ soniayu@cuhk.edu.hk) / Kan (3943-9767/ kanpoon@cuhk.edu.hk)

Updates: The upcoming briefing will be held at 19:00, 27th February at College Theatre.

10. Exchange and Travel Grant/Loan 2016/17

College students with financial needs who are selected for semester or year exchange programmes or going overseas for summer activities/exchanges may apply for Exchange and Travel Grant/Loan.

There are different rounds of applications. For programmes/activities held in in Feb - May 2017, the application is now open from 15th Dec 2016 to 18th Apr 2017.

For programmes/activities held in Jun - Sep 2017, application will be open from 19th Apr to 14th Aug 2017.

Check out the following link for more information including eligibility: http://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1481859267ExchangeandTravelGrantandLoan2016172nd.pdf

For enquiries, please contact Ms. Carol Cheng at carolcheng@cuhk.edu.hk or Miss Yolinda Wong at yolindawong@cuhk.edu.hk

11. WYS’s Got Talents

Are you interested in or excellent at photography, video-production, art & design, simultaneous interpretation or being the Master of Ceremonies? Or do you have any other talents to showcase?

The College is recruiting all sorts of talents to contribute in various College events including the upcoming College Opening and Anniversary Ceremony, College Forum and Assembly…etc. 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: Miss Jane Wu (3943 3934/ anewwu@cuhk.edu.hk)

12. “Meet the Dean” Hours & Lunch Gathering

“Meet the Dean” Hours

“Meet the Dean” Hours is a regular time schedule particularly for you to talk directly to the College Dean of Students on any matters you feel interested or concerned. The session is hosted by Professor Annisa C.H. Lee (李賴俊卿教授), College Dean of Students and Associate Professor of School of Journalism & Communication, Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor of Department of Chinese Language and Literature, and Dr. Lancelot W.H. Mui (梅維浩博士), College Associate Dean of Students and Lecturer of The Jockey Club School of Public Health and Primary Care. Every Sunnie is welcome!

Date: Every Wednesday
Time: 2:30 – 3:30pm
Venue: Dean of Students Office, Room UG09, Wu Yee Sun College
Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937) and Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935)

“Meet the Dean” Lunch Gathering will be held every other Wednesday. Individual students or representatives of student organizations are all welcome to register for the Gathering. Please email Sonia before the closest Monday noon to register for the event.

*marks: registration has to be made on the previous working day if the closest Monday is public holiday

Upcoming gathering
13. Student Pastoral Care

It is not uncommon for college students like all of you to encounter various academic, emotional, interpersonal or family concerns and difficulties when you adjust to university life or pursue personal growth. You may wish to know the below ways that you can seek support or advice from the College and the University when you face problems:

1) You are welcome to speak with our College Dean of Students when you have problems that need resolving. Please call 3943 3942 for arrangement.

2) You may also approach the University’s Student Counselling and Development Service at 3943 7208 for help.

3) A 24-hour Emotional Support Hotline is also launched 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. The hotline number is 5400 2055.

1. Sports for Life Award Scheme

Wanna move your body and get a prize in the same time?! Sports for Life Award Scheme aims at motivating students to take part in more College’s sports activities and exercising regularly for a healthy life. Students can earn award points for participating in College’s sports activities and gain prizes!

How to join? You will be enrolled into the Scheme after joining your first sports activity!

What are the prizes? 30 points for Sports Towel & 40 points for Water Bottle

How to redeem prizes? Prize redemption will be arranged every semester!

Upcoming Sports Activities
Stay tuned for further updates!

Check your accumulated points at http://bit.ly/WYSSportsForLife!!

Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937)

2. Be Entrepreneurial! Funding Scheme

Life begins at the end of your comfort zone!
A SMALL change can make a BIG difference!
If you are planning for any short-term projects containing elements of Creativity, Entrepreneurial Spirit or Social Responsibility, apply “Be Entrepreneurial!” Funding Scheme.

To provide more support to students, the maximum funding amount has been raised to $20,000!!!
Maximum Funding Amount: HK$20,000

Eligibility
✔ All WYS undergraduate students
✔ Individual and Group projects (the group must comprise of at least 50% WYS students, other 50% may be students from other Colleges)
✔ Applications are welcome all year round.

What are you waiting for? Click HERE to find out more information!

Enquiries: Mr. Kan Poon (3943-9767 / kanpoon@cuhk.edu.hk)

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3. Global Learning Award Scheme (Summer Round) 寰宇學習獎勵計劃 (夏季)

If you are planning to expand your academic wisdom with support from the scheme, ACT NOW!
The scheme supports Wu Yee Sun College students to take part in or self-initiate academic programmes, such as academic conferences, competitions, field trips and language programmes outside Hong Kong. Last academic year, the scheme has supported students to South India, Belgium, Inner-Mongolia and so on!
Students successfully selected by the Scheme will be awarded the Global Learning Award. The maximum award amount varies for programmes of different length and nature.

<table>
<thead>
<tr>
<th>Programme Length</th>
<th>Programme nature</th>
<th>Maximum Award amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short-term</td>
<td>Self-initiated programmes</td>
<td>HK$8,000 or 100% of particular items (whichever is lower)</td>
</tr>
<tr>
<td></td>
<td>Participating in organized programmes</td>
<td>HK$8,000 or 80% of particular items (whichever is lower)</td>
</tr>
<tr>
<td>Long-term</td>
<td>Self-initiated programmes</td>
<td>HK$15,000 or 100% of particular items (whichever is lower)</td>
</tr>
<tr>
<td></td>
<td>Participating in organized programmes</td>
<td></td>
</tr>
</tbody>
</table>

*Programmes organized by the College and Term-long Exchange Programmes will not be considered for this scheme.

The sooner you submit your application, the quicker to receive feedbacks, and more time to improve the contents. Comment from College Exchange Committee members on proposal of self-initiated programmes could be sought by special request. The request shall be made at least month before application deadline together with submission of the completed proposal, budget plan and application form.

<table>
<thead>
<tr>
<th>Round</th>
<th>Applying for trips taken during (for trips overlapping both rounds, first date of the trip shall determine the application period)</th>
<th>*Application period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter</td>
<td>Nov 1&lt;sup&gt;st&lt;/sup&gt; – Apr 30&lt;sup&gt;th&lt;/sup&gt;</td>
<td>May 1&lt;sup&gt;st&lt;/sup&gt; – Oct 31&lt;sup&gt;st&lt;/sup&gt;</td>
</tr>
<tr>
<td>Summer</td>
<td>May 1&lt;sup&gt;st&lt;/sup&gt; – Oct 31&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Nov 1&lt;sup&gt;st&lt;/sup&gt; – Apr 30&lt;sup&gt;th&lt;/sup&gt;</td>
</tr>
</tbody>
</table>

*Application documents shall be submitted to DOS Office by the last working day within the application period.

Contact Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk) now if you have any ideas in mind. Know more about the details and apply here!

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4. 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: Katie (katiyu@cuhk.edu.hk / 3943 3935)

5. Self-Motivation Fund for Sports Activities 「自選遊」體育活動資助計劃

**Self-Motivation Fund for Sports Activities** encourages students to participate in various kinds of sports events or competitions, in order to live up the spirit “Sports for Everyone”.

The College will subsidize the application fee of sports events/ competitions/ activities organized by organization(s) OTHER THAN College. *Oxfam Trailwalker, Standard Chartered Hong Kong Marathon, Totem Run, or The Nike Cup-Hong Kong Five* are some of the examples.

**Funding Amount:** $500 or 80% of application fee (whichever is lower)


**Application:** Please submit application at [https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1935668](https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=1935668) at least 14 working days BEFORE the start date of the activity. We will notify applicants the results within two weeks.

**Enquiries:** Kathy (3943-3942/ kathyfong@cuhk.edu.hk)

6. Mingle Fund (English only)

Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College. The Fund supports self-initiated activities with participation of both local and international/ incoming exchange students. Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK$100 subsidy for the activity.


For enquiries, please contact Miss Katie Yu at katiyu@cuhk.edu.hk or 3943 3935
Starting in fall 2018, Stanford University will offer the Knight-Hennessy Scholars Program (https://knight-hennessy.stanford.edu/) through which a group of 100 high-achieving students from around the world with demonstrated leadership and civic commitment will be selected annually. The Scholars will receive full funding to pursue a wide-ranging graduate education at Stanford. The Program welcomes applications from those who earned their bachelor’s degree in 2013 or later and will enroll in a full-time graduate program at Stanford in 2018 or later. Students still studying for their first degree are eligible to apply as long as they complete their bachelor’s degree before enrolling as a graduate student at Stanford. The Program for 2018 Entry will open for application from May to September 2017.

If you are interested in the Knight-Hennessy Scholars Program, please join the upcoming Information Session during which you will:

- Meet the program’s faculty director and dean of admission
- Learn about the admission process and criteria
- Get your questions answered

**Date:** 3 March 2017 (Friday)
**Time:** 3:00 pm – 4:00 pm
**Venue:** Cho Yiu Hall, G/F, University Administration Building (UAB), CUHK

Online registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2892024
To reserve a seat for the Information Session, please complete and submit by 28 February 2017 the online registration form. Confirmation will be sent to you by SMS and email on 1 March 2017.

For enquiries about the Information Session, please contact our OAFA at sfas@cuhk.edu.hk or 3943 7204.

**2. CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature 2016/17**

CUHK Golden Jubilee Celestial Civilian Scholarship on Hong Kong Literature aims to encourage and recognize the excellence of research, analysis, and writing by the students of CUHK in the use of primary sources and rare materials held by the Hong Kong Literature Collection of The Chinese University of Hong Kong Library (CUHK Library). Applicants can visit the website of CUHK Library for the information on Hong Kong Literature Collection at http://www.lib.cuhk.edu.hk/ct/collections/spc/theme/hklit.

**Number and Value of Scholarship**

There will be two scholarships of HK$10,000 each. The scholarship recipients should be able to demonstrate their strong competence in using the Hong Kong Literature Collection for their outstanding research papers on Hong Kong literature and related fields. No award will be granted if there is no suitable candidate.

**Eligibility**

Applicants must:
- be full-time students taking undergraduate / research postgraduate programmes;
- submit a research paper / thesis / dissertation * on Hong Kong literature and related fields; and
- submit a statement in 500-800 words, written in either English or Chinese, on how to make use of the Hong Kong Literature Collection for the research paper / thesis / dissertation.

* For research paper, thesis and dissertation written in language other than English or Chinese, applicants are required to translate the academic works into either English or Chinese for submission.

**Selection Criteria**

A panel will meet to review applications and take into account the following during selection:

1. The originality, quality of analysis and interpretation of the research paper.
2. The excellence of writing style and thoroughness of documentation of the paper.
3. The extent and effectiveness of the applicant’s use of the Hong Kong Literature Collection in the research.

**Application Procedures**

Information on the Scholarship and its application form can be downloaded from the website of our Office at http://www.oafa.cuhk.edu.hk/ (Scholarships & Financial Aid > Open for Application).

Completed application form together with all requisite documents should be submitted in person to the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park during office hours (Monday – Friday 9:45 a.m. - 1:00 p.m. and 2:00 p.m. - 5:30 p.m. except Public Holidays) on or before 30 June 2017. Late or incomplete applications will NOT be considered. Please refer to Notes for Applicants attached to the application form for the requisite documents to be submitted by the applicants.

Selection results will be announced by August 2017.
3. Outward Bound Undergraduate Programme by OSA

Outward bound training has always been an exciting and memorable experience to enhance leadership and unlock personal potential. The annual Outward Bound Undergraduate Programme is now open for application. Undergraduates from all disciplines are welcome to join.

The Programme of this year will be held from 22 - 28 May (Monday to Sunday) at the Outward Bound Hong Kong training base. The original fee is HK$7,200. With the sponsorship of the Providence Foundation, students now only have to pay HK$1,480 (insurance included) for a 7-day outward bound training. An additional bonus of HK$300 would be sponsored to each awardee if the specific requirement is met.

Programme details and application form can be downloaded at http://www.cuhk.edu.hk/osa/outwardbound_application.doc. Completed application form, together with all necessary documents, should be submitted to the Student Services Centre on 1/F, Benjamin Franklin Centre on or before 28 February 2017 (Tuesday).

Grasp this opportunity to unleash your power and grow through the challenging and marvelous outward bound adventure!

Any enquiry could be directed to Mr. Szeto of the Student Activities Section at 3943 5909 or email to szetofung@eservices.cuhk.edu.hk.

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4. Walk the Hong Kong Spirit 港毅行﹒港精神

To promote youth exchange between Hong Kong and Europe, the Hong Kong Economic and Trade Office, Brussels and Hong Kong Professionals And Senior Executives Association will support 20 Hong Kong young people to participate in the event of “Walk the Hong Kong Spirit”, on the special occasion of the 20th Anniversary of the Establishment of Hong Kong Special Administrative Region. The participants will visit Belgium for a 8-day trip and the programme will include the participation in the Oxfam Trailwalker event to be held in Belgium on 26th and 27th August 2017, exchanges with local young people and visits to European and/or Belgian companies and organizations.

Eligibility:
1. With a valid Hong Kong permanent identity card
2. Born between 1st July 1997 and 30th June 1998, both dates inclusive

Application:

More information:
https://www.facebook.com/walkthehkspirit/?fref=ts

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5. Summer Subsistence and Travel Loan Scheme 2016/17

The Summer Subsistence and Travel Loan Scheme is to provide interest-free loan to needy full-time local undergraduate students who will participate in academic exchange programmes abroad in summer of current academic year / term time of next academic year or to those who will join other extra-curricular activities or academic training / programmes in summer.

Students should complete and submit online application in CUSIS from 1 February to 15 March 2017. They are also required to submit the supporting documents as specified on Section 12 of the online application form to The Office of Admissions and Financial Aid (OAFA) at Room 1206, 12/F, YIA during the period from 15 to 17 March 2017. For application details, students may visit www.oafa.cuhk.edu.hk for more information.
6. Scholarships for Overseas Studies

The following overseas scholarships are now open for application. Information on the awards and/or application forms could be obtained from www.oafa.cuhk.edu.hk (Scholarships & Financial Aid à Open for Application).

For postgraduate studies

<table>
<thead>
<tr>
<th>No.</th>
<th>Name of Scholarship</th>
<th>Closing Date for Application</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>The Japan Society of Hong Kong Scholarship 2017</td>
<td>10 February 2017 (by 5:00pm)</td>
</tr>
<tr>
<td>2.</td>
<td>University of Bristol Post-Graduate Scholarship 2017/18</td>
<td>28 February 2017</td>
</tr>
<tr>
<td>3.</td>
<td>Master of Applied Positive Psychology Scholarship 2017/18 (Tenable at the University of Pennsylvania)</td>
<td>1 March 2017</td>
</tr>
<tr>
<td>4.</td>
<td>Dan David Prize – Scholarship Applications 2017</td>
<td>10 March 2017</td>
</tr>
<tr>
<td>5.</td>
<td>The University of Birmingham Hong Kong Postgraduate Scholarships 2017</td>
<td>31 March 2017</td>
</tr>
<tr>
<td>6.</td>
<td>CEU MSc in Finance Scholarship 2017</td>
<td>1 April 2017</td>
</tr>
<tr>
<td>7.</td>
<td>China Oxford Scholarship Fund 2017/18</td>
<td>15 April 2017</td>
</tr>
</tbody>
</table>

7. Fuji Xerox (Hong Kong) Limited/HKMA Leadership and Management Seminar Series 2017

Guest of Honour: Mr Paulo Pong, Founder and Managing Director, Altaya Group (六亞洋酒董事總經理及創辦人龐建貽先生)

Date: Friday, 17 March 2017

Time: 3:30 am – 5:00 pm

Venue: CYMA Charity Fund Management Development Centre, Room 201, 2/F, PICO Tower, 66 Gloucester Road, Wanchai, Hong Kong

Language: Cantonese

5 complimentary seats will be offered for our students. Interested students please complete application at https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2810115 on or before 28th Feb, 2017.

Enquiries: Miss Jane Wu (3943-3934 / janewu@cuhk.edu.hk)

8. Student Residency Bursary Scheme 2016/17 (for students who reside in hostel for the second term only)

To be eligible to apply for the CUHK Student Residence Bursary, applicants must:
(1) be local full-time undergraduate students;
(2) be registered residents of the hostel and have resided in hostel for at least 75% of the time of the semester;
(3) have an average monthly household income of roughly less than $20,000 (during 1st Apr 2015 to 31st Mar 2016); and
(4) not be able to benefit from Community Care Fund (CCF) hostel subsidy or receive less than $1,000 per semester under the CCF hostel subsidy.

The value of bursary will be maximum $1,000 per term. Eligible students who live in hostel for the second term only should submit their online application via CUSIS from 9th January – 28th Feb 2017. Applicants are required to print out Section 8 of the online application form and submit together with supporting documents to the College Office on or before 28th Feb 2017. Students who reside in hostel for whole year and have submitted their applications in the first term need not submit their application again. For more details, please visit http://www.oafa.cuhk.edu.hk

For enquiries, please contact the Office of Admissions and Financial Aid at 3943 1898.
簡介：
在忙碌的都市生活中，你有覺得疲累、心情低落，或是不安、焦慮嗎？工作上的責任和重擔，有令你感到負荷不來嗎？你覺得沒有時間，但又想為自己做些什麼？《心導遊》是一個為期八至十個星期的網上心理健康研究計劃，旨在提升大眾生活質素及心理健康，並預防廣泛性焦慮症及抑鬱症。在這個旅程之中，我們會從旁輔助你。希望你在過程中，學習、練習，以及反思，並預備好去面對充滿未知、驚喜以及挑戰的人生。

詳細內容：
i) 對象：18 歲以上，能閱讀及理解廣東話，具高風險會患上抑鬱症或焦慮症，而未曾確診患上抑鬱症、躁狂抑鬱症、廣泛焦慮症、精神分裂症綱系疾患或有自殺傾向的人士參加。

ii) 《心導遊》包括了三個不同的課程：思緒遊、靜觀遊、知識遊。合資格的人士將會被隨機分派到以上三個課程的其中一個。每個課程為期約六個星期。參加者只需每星期花約半小時，就能提升自己的心理健康或對心理健康的认识。

iii) 參加者需於課前、第六節課後、完成課程後三個月及九個月後於網上填寫有關精神健康的問卷以檢討計劃成效。

iv) 為鼓勵參與，首 180 名完成課程及課後各階段評估的參加者，可獲得港幣 $100，最高合共 $300 的答謝金（答謝金將為現金或同等金額的現金劵）。答謝金將於會面評估後派發。

有興趣參加的人士，可於網上登記（http://www.psy.cuhk.edu.hk/tourheart/），並填寫一份簡單問卷。我們將會預約初步合資格的參加者到香港中文大學進行簡單的會面評估，以確定符合參加條件。
如有查詢，歡迎於辦公時間致電多元文化及全人健康研究室研究助理 黃小姐 3943-4189 或電郵 swywong@psy.cuhk.edu.hk 。