Western medicine and tradition Chinese medicine share similarities and differences about tips for cancer prevention. Professor Stephen L. Chan (陳林教授), Member of Health and Spiritual Well-being Committee and Associate Professor at Department of Clinical Oncology explained the evident-based approach with statistics so as to illustrate the factors/ habits which lead to higher risks of cancer. Professor Baoting Zhang (張保亭教授), Member of Health and Spiritual Well-being Committee and Associate Professor at the School of Chinese Medicine, on the other hand, gave her view of healthy lifestyle in accordance to four seasons. Both types of medical approaches can
indeed complement to each other to strengthen people’s health or relieve the suffering of patients. Participants then discussed with speakers in Q&A session while enjoying refreshments.

2. Brainstorming Session on College Cafe

The College was glad to have the participation from students and College members in the brainstorming session on College Café last Friday, in which various aspects of the College Café such as the desired location, style and possible collaboration were discussed. It is hoped that a good café can not only provide good coffee to College members but also enhance the community cohesion within the College.

3. College Drama Club’s Production in CUHK Drama Competition

Our College Drama Club (宜孫劇社) presented its production at CUHK Drama Competition (中大戲劇比賽) 2017 on 9th Nov. Titled “Traveller” (旅人), the story was about people meeting by chance in foreign countries. The whole team put in a lot of effort planning for the production, recruiting crew members and making the props. Rounds of applause for their efforts and performance!

CUHK Athletic Meet 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>15th Nov 2017</td>
<td>18:30</td>
<td>Sir Philip Haddon-Cave Sports Field</td>
</tr>
</tbody>
</table>
3. **Stress Reduction before Examination 試前鬆一鬆**

溫書溫到腦都實埋，想分享考試心得及學習放鬆方法？那就萬勿錯過由健康生活委員會舉辦的試前放鬆分享活動，跟經驗人士分享他們如何在年輕時如何處理考試的壓力及學習減壓方法。

**日期：** 29/11/2017 (星期三)
**時間：** 4:30 - 6:00pm
**地點：** 伍宜孫書院如日坊

**內容：**
(1) 講解壓力的影響及教授減壓方法
主講：中大學生事務處 學生發展輔導主任 林桂銘女士
(2) 分享如何處理考試壓力
主講：健康生活委員會會員及學生

每位參加者可獲減壓禮品一份！
Stress-busting gift is given to each participant!

報名 Registration : https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3939147

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4. **Japanese Archery Class 日本弓道體驗**

Kyūdō is practiced as sports but its aesthetic and spiritual nature has always been placed higher than just hitting the target. Experience the shooting with courtesy and propriety!

*This event is enlisted in Japanese Autumn Festival in Hong Kong (日本秋祭IN香港).*

**Date:** 28th Nov
**Time:** 19:30 - 21:30
**Venue:** Central Courtyard, Wu Yee Sun College
**Quota:** 20
**Fee:** $400 ($300 refundable upon completion of the whole activity)
**Instructor:** Instructors of Hong Kong Kyudo Association

Limited quotas are still available. Interested students please email kathyfong@cuhk.edu.hk for details.

Enquiries: Kathy (3943-3942 / kathyfong@cuhk.edu.hk)
5. Fat-burn Training 消脂攻略

Losing fat probably strikes people's minds every day when they look at the mirror. Fat-burn Training will introduce you to effective workout plans.

**Date:** 16th/23rd/30th Nov  
**Time:** 19:30-20:30  
**Venue:** Wu Yee Sun College Gymnasium  
**Quota:** 12  
**Fee:** $200 (refundable upon completing at least 2 lessons)  
**Instructor:** Ms. Ka-cheuk Leung

Limited quotas are still available. Interested students please email kathyfong@cuhk.edu.hk for details.

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

(Back to top)

6. Meet with Dean Tea Gathering 輔導長茶聚

Any thoughts, comments, suggestions about College life, or even your personal development, our Deans of Students are more than happy to listen and talk to you.

*Share with us and enjoy afternoon tea together!*

**Date:** 15th Nov *(this Wed!)*  
**Time:** 4:30pm  
**Venue:** College Staff Dining Room  
**Registration:** [https://goo.gl/gqGvAj](https://goo.gl/gqGvAj)

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

(Back to top)

7. Fitness Consultation Sessions 健身訓練諮詢
If you want to keep fit or build up your body, join us in the College’s Gymnasium! Fitness consultation sessions are NOW available. You can seek instructor’s advice on the use of fitness equipment, body fitness or other health-related issues during the sessions. The details are as follows:

Period: 7th Sep – 30th Nov (Every Thursday, except Public Holidays)
Time: Thursday 6:30-8:30pm
Venue: College Gymnasium

Instructor: Ms. Ka-cheuk Leung (Thursday)
Target: Wu Yee Sun students and staff (no prior application is required)
Enquiries: Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942)

The College Term-long Exchange Programme 2018-19 is now open for application. If you are interested in applying for the programme, please refer to the College website (http://www.wys.cuhk.edu.hk/exchange.php) for more information and apply online (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4206674). The application deadline is 5pm on 21st Nov 2017.

In 2018/19, six more new exchange institutes have been included. Students can go on exchange in 24 institutes across 15 countries. On top of the destinations in Australia, Canada, China, Singapore, Czech Republic, Korea, Germany, Sweden, The Netherlands, Finland, United Kingdom and the United States, new opportunity to participate in term-long exchange programme in Italy, Switzerland and Mexico is granted. Please refer to the table below for detailed list of exchange institutes.

If you want to know more about the College exchange programme, you may attend the Term-long Exchange Programme Introduction Session.
Our students will share their exchange experience with you.
Date: 15th Nov 2017 (Wed)
Time: 6:30pm – 8:00pm
Venue: Room 112, 1/F, West Block, WYS College
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4206105
Registration deadline: 12:00 noon, 14th Nov 2017 (TOMORROW!)
Enquiries: Kathy (kathyfong@cuhk.edu.hk)
2. 2018/19 Application for Student Hostel Residence & Briefing Session
(for Non-local students admitted in 2016/17 or after)

If you wish to be allotted a hostel place in 2018-19, no matter via guaranteed hostel period or resident selection, you have to submit an application during the designated time. The application is administered in Term One of Year 2017/18 to allow more time for non-local students who are not allotted hostel places to explore accommodation arrangement. A fact sheet has been prepared to explain the mechanism and administration of hostel places allocation. Before applying for student hostel residence, please read the Note to Applicants carefully.

Application period: 13th – 28th Nov 2017
Document submission period: 30th Nov and 1st Dec 2017 (office hours at College Office)

Useful links:
Fact Sheet on Hostel Accommodation for Non-local Students Admitted in 2016/17 and after:
Note to Applicants for Student Hostel Residence (2018-19):

Briefing Session

To explain the resident selection process and provide an occasion for students to raise questions, the Student Hostels Committee is organizing a briefing session for non-local students who entered CUHK in or after 2016/17. You are recommended to read the Fact Sheet (link provided above) before attending the briefing session so as to gain better understanding of the arrangement concerned.

Date: 20th Nov 2017 (Mon)
Time: 6:30pm – 7:30pm
Venue: College Theatre, UG/F
Registration: https://webapp.itsc.cuhk.edu.hk/ras/restricted/event?id=12858

Enquiries:
Ms Polly Po  T: 39431741  E: polly@cuhk.edu.hk
Miss Zalon Wong  T: 39439773  E: zalonwong@cuhk.edu.hk

3. Recruitment of WYS Music Team Organizing Committee Members

想為書院舉辦唔同活動但唔知去邊？
想實踐有趣嘅創意但驚無經驗或太chur？
✅ WYS Music Team 需要你！
❌ 唔chur
Music Team 一個 sem 大概只会举行兩個活動，仲有同学同书院嘅帮忙，唔使著心要好 chur 搞活动嘅！
❌ 唔识音乐/出设/…都无问题
我地而家招募筹委会而非表演者，唔使著心活动唔类 ok 唔啦～
❌ 無限制
轻鬆又得，chur 搞又得，想点做就点做，得咁！

想完有兴趣，不如嚟倾庄啦：
日期：28/11/2017
时间：19:30
地点：W116
查詢：Miko (6044-7006) / Facebook: @wysmusicteam
*如有任何改动，將於Facebook専页發佈

Want to hold different activities in college?
Want to realize your ideas in college but afraid of lacking experience or too "chur"?
✅ WYS Music Team needs your help!
❌ Not "Chur"
Music Team only holds 2 activities per semester with the support of college. No need to be afraid being so "chur"!
❌ Don’t know any music/design… No problems!
We are now recruiting Organizing Committee Members, not performers! If you don’t know how to play music instruments or design posters, you’re still welcomed to join us～

❌ No limitations
Whatever the formats are, do what you want!

Come to “Kingjong” and chat with us if you’re interested:
Date: 28th Nov
Time: 19:30
Venue: W116
Enquiry: Miko (6044-7006) / Facebook: @wysmusicteam
*For any revisions, please see our Facebook page.

4. Wu Yee Sun College The Most Popular Canteen Staff Polling (2017/18 Term 1) 伍宜孫書院飯堂最受歡迎員工選舉（2017/18 第一學期）

多謝大家對書院最受歡迎飯堂員工選舉的支持，伍宜孫書院自舉辦最受歡迎飯堂員工選舉後，飯堂服務質素不斷提升。書院於十一月份繼續舉辦最受歡迎飯堂員工，希望大家踊躍投票，為改善飯堂質素出一分力。

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

請登入以下連結投票選出你心目中最受歡迎飯堂員工(每個同學/教職員最多可投三位飯堂員工)
Please click the link below to vote for the most popular canteen staff. (Each student/staff can vote for three canteen staff at most)


Voting period: 1 to 30 November 2017

5. Change of Opening Hours of College Catering Outlets on 16 November 2017

Due to the College Graduation Ceremony, the opening hours of all catering outlets at Wu Yee Sun College will be changed as follows:

16th Nov 2017 4:00pm – 8:45pm

6. Exchange and Travel Grant/Loan 2017/18

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 Oct 2017 - Jan 2018, the application is now open until 14th Dec 2017.

For programmes/activities held in Feb – May 2018, application will be open from 15th Dec 2017 to 14th Apr 2018.

Check out the following link for more information including eligibility:

For enquiries, please contact Miss Rebecca Wong at rebecca_wong@cuhk.edu.hk or Miss Yolinda Wong at yolindawong@cuhk.edu.hk

7. “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 Man-hong Lai (黎萬紅教授), College Dean of Students and Associate Professor at Department of Educational Administration and Policy
- Professor Ming-kay Poon (潘銘基教授), College Associate Dean of Students and Associate Professor at Department of Chinese Language and Literature
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at Department of Physics

Every Sunny is welcome!

Academic Year 2017-18
Date: Every Wednesday
Time: 4:30 – 5:30pm
Venue: Dean of Students Office, Room UG09, Wu Yee Sun College

If you would like to register or have any questions, please feel free to contact Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943 3937) or Miss Katie Yu (katieyu@cuhk.edu.hk / 3943 3935)

“Meet the Dean” Tea Gathering

Any thoughts about College life? Join the afternoon tea and share with our Dean of Students and Associate Deans of Students.

Date: 15th Nov (TOMORROW)
Time: 4:30 – 5:30pm
Venue: College Staff Dining Room
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4050386

8. Student Pastoral Care

Sometimes you find yourself with these negative emotions: lost, alone, aimless or confused as you adjust to university life or pursue personal growth. Share your feeling with others will help release your emotions and gain new perspectives! DON’T be afraid to ask for help. Our College Dean of Students would be more than happy to speak to you and give you advices, below are the contact numbers you may wish to know.
1) You are welcome to speak with our College Dean of Students when you have problems that need resolving. Please 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.

9. 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](https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838)

Enquiries: Miss Kathy Fong (3943 3942/ kathyfong@cuhk.edu.hk)

1. Mingle Fund

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 more info, please visit: [http://www.wys.cuhk.edu.hk/exchange.php?cat=others](http://www.wys.cuhk.edu.hk/exchange.php?cat=others)

For enquiries, please contact Miss Kathy Fong at kathyfong@cuhk.edu.hk or 3943 3942.

2. 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!
How to redeem prizes? Check your accumulated points at http://bit.ly/WYSportsForLife! Redemption will be arranged by the end of every semester.

Updated Activities:
1. Japanese Archery Class (15 points)
2. Fat-burn Training (15 points)

Enquiries: Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942)

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: Ms Florence Tsui (florence.tsui@cuhk.edu.hk / 3943 9767)

If you are planning to expand your wisdom and horizon with support from the scheme, ACT NOW! The scheme supports Wu Yee Sun College students to create, design, plan or participate in non-local academic or experiential learning programmes outside Hong Kong, in order to broaden students’ international perspectives and enrich their experiences.
The quality of the proposals and applicants’ track records are the main considerations in evaluating applications. This Scheme is divided into Short-term and Long-term Scheme. Successful applicants will be awarded “Global Learning Award”, which is a merit-based award and 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$12,000 or 100% of particular items (whichever is lower)</td>
</tr>
<tr>
<td></td>
<td>Participating in organized programmes</td>
<td>HK$5,000 or 50% of particular items (whichever is lower)</td>
</tr>
</tbody>
</table>
### Long-term
One to six months

<table>
<thead>
<tr>
<th>Self-initiated programmes</th>
<th>Participating in organized programmes</th>
<th>HK$15,000 or 100% of particular items (whichever is lower)</th>
</tr>
</thead>
</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 sending request to kathyfong@cuhk.edu.hk. The request shall be made at least month before application deadline together with submission of the completed proposal, budget plan and application form.

Application is opened twice a year - Winter and Summer Round.

<table>
<thead>
<tr>
<th>Round</th>
<th>Applying for trips taken during</th>
<th><em>Application period</em></th>
</tr>
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<tbody>
<tr>
<td>Winter</td>
<td>1st Nov – 30th Apr</td>
<td>1st May – 31st Oct</td>
</tr>
<tr>
<td>Summer</td>
<td>1st May – 31st Oct</td>
<td>1st Nov – 30th Apr</td>
</tr>
</tbody>
</table>

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

Know more about the details and apply! Please contact Miss Kathy Fong (kathyfong@cuhk.edu.hk / 3943 3942) if you have any enquiries.

(Back to top)

### 5. Service-learning project Funding Scheme 服務學習項目資助計劃

If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College’s Service-learning Project Funding Scheme supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project. Learn to serve and serve to learn! Please visit the website for more info.

Enquiries: Katie (katieyu@cuhk.edu.hk / 3943 3935)

(Back to top)

### 6. 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 two types of events:

1. 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)

2. The course fee of qualification courses for sports coach. Rowing, Rope-skipping, Orienteering, Taekwondo are some of the examples.

**Funding Amount:** $800 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 (kathyfong@cuhk.edu.hk / 3943 3942)

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1. **Partial Suspension of Wifi Network Service on Campus (ResNet)**

A scheduled network maintenance will carry out from 26th Nov 2017 1:00am - 6:00am.

During affected period:
- CUguest, eduroam and Wi-Fi.HK via CUHK will be unavailable
- CUHK, CUHKa, CUHK1x, CSL and Y5Zone will not be affected.
Service Affected will include hostel.


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2. **HKMA Seminar**
HKMA Seminar on “The Way to Become a Top Trainer”

To provide more opportunities for students to learn from outstanding HR and L&D practitioners, join the Seminar on “The Way to Become a Top Trainer”. Details are as follows:

Date: 23rd Nov (Thu)
Time: 3:00pm - 5:00pm (Registration starts at 2:45pm)
Venue: 3/F, Tower 2, South Seas Centre, 75 Mody Road, Tsim Sha Tsui, Kowloon
Language: Cantonese

Guests of Honour:
- Mr Bruce Au, Learning and Development Manager - Group Human Resources (Asia), A.S. Watson Group (Trainer of the Year 2017)
- Mr David Chan, Assistant Training Manager, Maxim’s Group - Japanese Chain Restaurants (Distinguished Trainer Awardee 2017)
- Ms Florence Chow, Head of Group Human Resources, HKT Limited (Examiner of the Award 2017)

Quota: 5 complimentary seats

HKMA Leadership and Management Seminar

To provide more opportunities for students to learn from prestigious management business leaders, join the upcoming seminar under the Fuji Xerox (Hong Kong) Limited/HKMA Leadership and Management Seminar Series 2017. Details are as follows:

Date: 30th Nov (Thu)
Time: 3:30pm - 5:00pm (Registration starts at 3:15pm)
Venue: 3/F, Tower 2, South Seas Centre, 75 Mody Road, Tsim Sha Tsui, Kowloon
Language: Cantonese

Guests of Honour:
Dr Helen Chan, Chief Executive Officer, Vita Green Health Products Company Limited
Ms Arling Ng, President, Parsons Music Corporation

Quota: 5 complimentary seats

Application: Please complete application at https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=3626544 on or before 14th Nov.

3. Hong Kong Scholarship for Excellence Scheme 2018/19

To support outstanding local students to pursue undergraduate and postgraduate studies in world renowned universities outside Hong Kong. Up to 100 scholarship offers would be made per cohort. Each awardee will receive a non-means-tested scholarship of up to $250,000 and a means-tested scholarship of up to $200,000 per annum. The value of the award may be correspondingly reduced if an awardee also receives other awards to finance his/her same studies overseas.
More details about the scheme and to apply online, please visit [www.edb.gov.hk/hkses](http://www.edb.gov.hk/hkses). For enquiries, please call 3509 7395 or hkses@edb.gov.hk.

### 4. Stress Management Workshop 鄰力管理工作坊

<table>
<thead>
<tr>
<th>日期</th>
<th>2017年11月13日 (一)</th>
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</thead>
<tbody>
<tr>
<td>時間</td>
<td>6:00 - 7:30pm</td>
</tr>
<tr>
<td>地點</td>
<td>康本國際學術園 401室</td>
</tr>
<tr>
<td>語言</td>
<td>廣東話</td>
</tr>
<tr>
<td>內容</td>
<td>透過分享、互動遊戲及練習，讓同學掌握有效管理壓力的竅門，包括：</td>
</tr>
<tr>
<td></td>
<td>• 明白壓力的癥狀與影響</td>
</tr>
<tr>
<td></td>
<td>• 掌握有效管理壓力的方法</td>
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<td></td>
<td>• 如何進行鬆弛練習</td>
</tr>
<tr>
<td>對象</td>
<td>中大全日制學生</td>
</tr>
<tr>
<td>名額</td>
<td>30人</td>
</tr>
<tr>
<td>聯絡</td>
<td>3943 7208 / <a href="mailto:wacc@cuhk.edu.hk">wacc@cuhk.edu.hk</a></td>
</tr>
</tbody>
</table>

### 5. HSBC Overseas Scholarship 2018/19 Now Open for Application

The scholarship will enable local non-final year full-time undergraduate students to spend a semester or an academic year as a visiting student or an exchange student at one of the overseas universities selected from the List of Overseas Universities. The maximum total value for each scholarship is HK$300,000, which can only go towards tuition fees and mandatory college fees, a minimum economy return airfare, reasonable room and board costs, books, a small portion of living expenses and visa application fees.

Details of the Scholarship and its application form can be downloaded from [http://admission.cuhk.edu.hk/](http://admission.cuhk.edu.hk/) (Financing Your Studies à Scholarships → Open for Applications). The application deadline is **28th Dec 2017**.

For enquiries, please contact the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid at 3943 7204 or sfas@cuhk.edu.hk.

### 6. Edwin S H Leong Hughes Hall Scholarship 2018/19

To enable students of outstanding academic merit from CUHK who need support to pursue postgraduate study at The University of Cambridge, Dr. Edwin Leong will donate a scholarship tenable at Hughes Hall in Cambridge for an outstanding graduate from CUHK to pursue a one-year full-time study at Master’s level, either for a taught or research degree, in the academic year 2018-19.

The maximum value of the Scholarship is £32,000 (subject to confirmation) which may cover, in full or in part, the following:

- the University Composition Fee;
- the College fee;
- a maintenance allowance to take care of board and lodging set each year by the Cambridge Overseas Trust and a settling-in fee;
- the cost of one return airfare between Hong Kong and the United Kingdom by the most economical route.

The Scholarship shall only be awarded to the CUHK alumni who graduated within the recent 3 years (i.e. 2015, 2016 and 2017 classes). It may also be awarded to a final-year student contingent upon graduating from CUHK before taking up the Scholarship.

Details of the Scholarship and its application form can be downloaded from our website at [http://admission.cuhk.edu.hk/](http://admission.cuhk.edu.hk/) (Financing Your Studies à Scholarships → Open for Applications). Completed application together with ALL the supporting documents must reach the Scholarships and Financial Aid Section, Office of Admissions and Financial Aid, Room 1202, 12/F, Yasumoto International Academic Park by 5:30 p.m., 1st Dec 2017 (Hong Kong time). Late or incomplete applications will not be processed.

For enquiries, please contact the Office of Admissions and Financial Aid at sfas@cuhk.edu.hk or 3943 7204.
The International Symposium on Healthcare Communication, organized by the Australian National University (ANU) Institute for Communication in Health Care (ICH), will be held at Australian National University in Canberra on 12th & 13th Feb 2018. The Institute will be launched at its new location at ANU, and the Institute’s ongoing role as the Asia-Pacific Healthcare Hub of Charter for Compassion International will be honoured.

The Symposium will feature, amongst others, the following speakers:

- Associate Professor E. Angela Chan (Hong Kong Polytechnic University),
- Dr. Suzanne Eggins (Australian National University),
- Dr Sam Heard (Medical Director, Central Australian Aboriginal Congress),
- Dr. Katarzyna Jankowska (Nicolaus Copernicus University, Poland),
- Professor Rodney Jones (University of Reading - UK),
- Professor Emerita Suzanne Kurtz, (Washington State University - US and University of Calgary – Canada)
- Professor May O. Lwin (Nanyang Technological University - Singapore),
- Professor Christian Matthiessen (Chair Professor, Hong Kong Polytechnic University),
- Dr Elizabeth Rider (Harvard Medical School - US),
- Professor Peter Schulz (University of Lugano - Switzerland),
- Dr. Marilyn Turkovich (Exec. Director, Charter for Compassion International)

... plus international leaders in the field of healthcare communication

Registration can be done on Eventbrite (formal sale of tickets to follow).
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來提升自己的心理質素及心理健康，並預防廣泛性焦慮症及抑鬱症。《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。目的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。在心導遊這個旅程之中，我們會從旁輔助你。希望你在過程之中，學習、練習、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，具閱讀及理解廣東話，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、精神分裂症譜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認識。

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（https://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 swwyong@psy.cuhk.edu.hk。