The Sunny Weekly 10 Sep 2018

Sunny Review 上周回顾
1. Campus Visit from Sichuan Delegation

College Activities 书院活动
1. Sunny Living Week and Sunny Living Challenge!
   -- Knowing Your Community - Eco-cultural Tour@Ma On Shan <Deposit submission by 12nn tomorrow>
   -- Healthy Organic Veggie Cooking Competition 有機素菜新「煮」意 <Deadline this Thursday>
   -- Natural Dyeing with Onion Waste 廚餘紮染製作 <Deadline Extended to this Friday>
   -- Sunny Relay Race <Deadline this Thursday>
   -- Movie Appreciation & Sharing 《點五步》電影欣賞及分享會
   -- Soul Candle (Chinese Only) --- 乾花蠟燭設計比賽靜觀練習 <Only a few places left!>
   -- Sunny Living Get-Together Lunch & Award Presentation

2. c!ab Presents: Creativity Pilgrimage 2018 <New>
3. 中國繪畫班 (Chinese Only) <New>
4. 洽蕙藝文計劃 --- 木刻版畫工作坊 及 藝術中與西講座 (Chinese Only)
5. Sports Fun Day with Muse College, CUHK (Shenzhen) <Enroll by Tomorrow!>

College Announcements 宣佈事項
1. The “Sunny” Award & Admission Scholarship for Outstanding Artistic Achievements 2018/19 – Application Now Open <New>
2. College Hostel Grant 2018/19 --- Application Now Open <New>
3. College Student Grant/Loan 2018/19 (for Non-Freshmen ONLY) – Application Now Open <New>
4. 宜孫劇社 - 中大劇賽 2018 招 core team 招劇本 (Chinese Only) <New>
5. 伍宜孫音樂學會 --- “今日宜樂”招表演者 <New>
6. New College Member 新增書院成員 <New>
7. Room Share Scheme 2018/19 2018 至 19 年度特別宿位計劃 <New>
8. College Inauguration Assembly, Forums and High-Table Dinners
9. Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman 黃學斌紀念獎學金 (優異新生) <Application Deadline This Sunday>
10. Dorsett Admission Scholarship for Hospitality and Real Estate Freshman 帝盛入學獎學金 - 酒店旅遊及房地產學系新生 <Application Deadline This Sunday>
11. Wu Yee Sun College Rance Lee Award
12. Application for Deferment of Fees
13. Shed Some Sweat and Show Your Strengths --- College Sports Teams Tryout 院隊選拔時間表 <Rowing Teams Tryout RE-SCHEDULED>
14. 書院儲物箱申請 (2018/19) Locker Application for College Students/Student Organizations (2018/19) <Application Deadline This Friday>
15. ”Meet the Dean” Hours 輔導長時間
16. Student Pastoral Care
17. WYS’s Got Talents – Photography, Poster Design, MC and a lot more!
18. Exchange and Travel Grant/Loan 2018/19
20. Venue Booking of Terrace of Dreams for Barbecue Activities 借用圓夢臺 (燒烤活動用途)

21. Displaying Promotion Poster and Video in College

<table>
<thead>
<tr>
<th>College Funding &amp; Award Schemes (Year-round Application)</th>
<th>Other Activities &amp; Announcements</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Mingle Fund</td>
<td>1. I CARE Centre for Whole-person Development – “Fitness x Mentorship” Scheme &lt;New&gt;</td>
</tr>
<tr>
<td>2. Sports for Life Award Scheme 體育運動參與獎勵計劃</td>
<td>2. Beware of Dengue Fever 提防登革熱 &lt;New&gt;</td>
</tr>
<tr>
<td>3. Be Entrepreneurial! Funding Scheme 創出我天地！資助計劃</td>
<td>3. University Bursaries and Loans 大學助學金及免息貸款</td>
</tr>
<tr>
<td>4. Global Learning Award Scheme (Winter Round) 賽字學習獎勵計劃 (冬季)</td>
<td>4. Student Residence Bursary Scheme 學生宿舍資助計劃</td>
</tr>
<tr>
<td>5. Service-learning Project Funding Scheme 服務學習項目資助計劃</td>
<td>5. Government Tertiary Student Finance Scheme / Non-means-tested Loan Scheme 政府資助專上課程學生資助計劃 / 全日制大專學生免入息審查貸款計劃</td>
</tr>
<tr>
<td></td>
<td>7. The Rhodes Scholarship 2019 for Hong Kong - Now Open for Application</td>
</tr>
<tr>
<td></td>
<td>8. &lt;賽馬會心導遊計劃&gt;一站式網上自助心理支援平臺</td>
</tr>
</tbody>
</table>

Sunny Review

1. Sichuan Delegation

A delegation of government officials and representatives from Sichuan Province visited our College on 3rd September. Mr. Wai-hung Tang (鄧惠雄先生), Director of College Service-learning Programme, received the delegation. Participants listened to the sharing on College Service-Learning programmes, particularly the Service-Learning Trip to Sichuan, and toured around the campus to appreciate the beautiful environment and excellent facilities of the College.

(Back to top)

College Activities

1. Sunny Living Week and Sunny Living Challenge!

| SUNNY LIVING WEEK (16th – 21st Sep 2018) | SUNNY LIVING CHALLENGE |
Welcome to The Sunny College!
Let’s start the new academic year with a Sunny Living style by participating in the **SUNNY LIVING WEEK**! (full details [here](#))

17-21/9 (Mon - Sat) <New>
EatSmart Dish 50% off 有營菜式半價優惠 @ Student Canteen

16/9 (Sun)
Knowing Your Community - Eco-cultural Tour®Ma On Shan 馬鞍山文化生態之旅

17/9 (Mon)
Healthy Organic Veggie Cooking Competition 有機素菜新「煮」意
Natural Dyeing with Onion Waste 原素紮染製作
Organic Farm 有機農墟
Distribution of Sugarcane Water 滋潤竹蔗水派發
Student Organizations’ booths 學生團體攤位

18/9 (Tue)
Sunny Relay Race

19/8 (Wed)
Movie Appreciation & Sharing 《點五步》電影欣賞及分享會
Organic Farming@College Rooftop

20/9 (Thu)
Soul Candle
- Dried Flower Candle Design Competition 乾花蠟燭設計比賽
- Mindfulness Practice 靜觀練習

21/9 (Fri)
Sunny Living Get-Together Lunch & Award Presentation

Get a $1,000/$100 sports shop coupon by completing the **SUNNY LIVING CHALLENGE** on Instagram! (details [here](#))

<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Events</th>
<th>Registration / Enquiries</th>
</tr>
</thead>
<tbody>
<tr>
<td>16/9 (Sun)</td>
<td>Knowing Your Community – Eco-cultural Tour®Ma On Shan 馬鞍山文化生態之旅 &lt;FULL&gt;</td>
<td>Event Details <a href="#">HERE</a></td>
</tr>
<tr>
<td>9am-2pm</td>
<td>Ma On Shan</td>
<td>Deposit: HK$50 (refundable upon activity completion)</td>
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<td></td>
<td></td>
<td>&lt;Deposit submission by 12nn tomorrow&gt;</td>
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<tr>
<td></td>
<td></td>
<td>Mr. Andy Cheung T: 3943-9768</td>
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</tbody>
</table>
Meeting Point: College Gallery (8:50am) / University MTR Station (9am)

Language: Cantonese and English

Leader: Prof. Kwai Cheong CHAU (Chairperson, Campus Environment Committee)

_P.E. Marks: 4 marks_

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>17/9</td>
<td>(Mon)</td>
<td>(Registration NOT required)</td>
</tr>
<tr>
<td>11am-8pm</td>
<td>Organic Farm</td>
<td>有機農墟</td>
</tr>
<tr>
<td>2-5pm</td>
<td>Student Organizations’ Booths</td>
<td>(Green Team / Sports Association / c!ab / Rotaract Club / V’air)</td>
</tr>
<tr>
<td>5pm</td>
<td>Distribution of Sugarcane Water</td>
<td>滋潤竹蔗水派發</td>
</tr>
</tbody>
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(Rегистration required)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:30-5pm</td>
<td><strong>Natural Dyeing with Onion Waste</strong></td>
</tr>
<tr>
<td></td>
<td>廚餘紮染製作</td>
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<tr>
<td></td>
<td>Make your unique drawstring bags using natural dyes from onion skins!</td>
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<tr>
<td>6:00-8:30pm</td>
<td><strong>Healthy Organic Veggie Cooking Competition</strong></td>
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<td></td>
<td>有機素菜新「煮」意</td>
</tr>
</tbody>
</table>

**Instructor:** Qualified Nutritionist Ms April Wong

**Competition Format:**
2-3 participants in a group. Students are welcome to form the group before submitting application. Individual applicants will be randomly grouped by the College.
### Sunny Relay Race

**18/9 (Tue)**  
5pm-6:30 pm  
College Central Courtyard  
書院中央庭園

**Competition Format:**  
3 students will form as one group for the 3 tasks in the race. Students are welcome to form the group before submitting application. Individual applicants will be randomly grouped by College.

**Part 1: Rowing**  
Student A will row on ergometer at Courtyard (LG/F) for 1 km

**Part 2: Vertical Run**  
After Student A completes Part 1, Student B will run from LG/F to Terrace of Dreams (UG/F) then back to LG/F

**Part 3: Smoothie Ride**  
After Student B completes Part 2, Student C will ride on Smoothie Bicycles for 3 cups of smoothies.

**P.E. Marks: 4 marks**

**Participation Award:** Herb-plant + Water Bottle + Towel

**Winner Award:** $300 sports shop coupon for the fastest group (max. 3 students)

**Ride for super-chilling smoothie!**  
Student audience can try the smoothie-ride bicycles after the competition! Nutritionist from Green Monday will give you tips on how to achieve balanced diet with green eating!

### Movie Appreciation & Sharing 《點五步》電影欣賞及分享會

**19/9 (Wed)**  
7pm-9pm

Event Details [HERE](#)  
Registration Link [HERE](#)
《點五步》 (電影預告) 是一齣勵志熱血運動電影，改編自本港首支華人少年棒球隊「沙燕隊」的真實故事。廖啟智演的校長堅持要成立一隊少年棒球隊——「沙燕隊」，激發起一班 band 5 學生，對他們進行地獄式訓練，磨練他們的意志。最後，「沙燕隊」於翌年擊敗日本隊伍，奪得香港少棒聯盟公開賽冠軍。現時沙田橫跨城門河的沙燕橋，即為紀念此事而命名。

分享會主持：書院成員譚佳教授 (文化及宗教研究系)

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Organic Farming@College Rooftop 天台農耕體驗
--- Details to be announced shortly

<table>
<thead>
<tr>
<th>20/9 (Thu)</th>
<th>Soul Candle (Chinese Only)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30pm-7:30pm (Part 1)</td>
<td>- Dried Flower Candle Design Competition 乾花蠟燭設計比賽</td>
</tr>
<tr>
<td>7:30pm-8:30pm (Part 2)</td>
<td>- Mindfulness Practice 靜觀練習</td>
</tr>
</tbody>
</table>

Part 1：遊戲 (認識園藝治療及花語) 及 乾花蠟燭整作及比賽
Part 2：靜觀體驗 (由專業教育心理學家指導學習靜觀呼吸和靜觀進食)

語言： 廣東話 (可有少量國語輔助)

Event Details [HERE](#)
Registration Link [HERE](#)
Registration Deadline Extended to This Thursday! <Only a few places left!>
(first-come first-served; Quota:
Part 1 - 30
Part 2 - 20)
Deposit: HK$200 (refundable upon activity completion)

Miss Zalon Wong
T: 3943-9773
ALL participants of Sunny Living Week are welcome to join and share your actions and thoughts!

Registration available in online registration forms of the activities above

Miss Carly Lau
T: 3943-3988

(Back to top)

2. club Presents: Creativity Pilgrimage 2018

club Presents: Creativity Pilgrimage 2018

club (Creativity Laboratory) is going to present to you a raft of creative workshops in this semester! ALL FREE TO JOIN! Mark down the dates below and explore a creative journey with us!

club (創意實驗室)今個 Sem 將會舉行一連串精彩活動，鍾意發揮創意嘅你點可以錯過？無論有無興趣上莊都可以免費參加所有活動，如果有興趣上莊就一定要黎我地嘅招莊工作坊啦！快啲 Mark落Schedule啦！

Event Schedule:

【12th Sep | 7:30 pm-9:00 pm | club x Music Society Presents：Busking Welcoming Night】
【17th Sep | 2:00 pm-4:00 pm | Wood Painting Keyring DIY（Venue: Courtyard）】
【17th Sep | 7:30 pm-9:00 pm | Creative Venation Bookmarks DIY Workshop】
【27th Sep | 7:30 pm-9:00 pm | Tie-dying Workshop】
【4th Oct | 7:30 pm-9:00 pm | Portrait Photo Shooting Workshop】

*所有活動均為免費參與，有興趣上莊者必須出席至少兩次招莊工作坊

(Back to top)

3. 中國繪畫班 (Chinese Only)

宗旨：本課程為中國繪畫基礎班，教授寫意花鳥、山水畫，旨在透過學習中國繪畫之不同門類和技法，提高學員對中國繪畫之認識，奠定基礎，培養對中國文化之興趣。

導師簡介：蔡德怡，畢業於香港中文大學藝術系，獲文學士（2011）及藝術碩士（2015），主修中國畫，期間赴浙江大學藝術學系、北京畫院交流進修。曾獲康本國際交流獎學金、出爐 2011 傑出藝術新秀獎、詹雲白夫人紀念中國書畫獎、香港當代藝術獎 2012（入選）、才藝發展獎學金 2014（香港特別行政區政府獎學基金），亦為香港藝術館 2017“賽馬會‘藝術館出動’教育外展”受邀藝術家等。蔡氏曾於香港舉辦三次個人展覽，亦同時積極參與多個香港及海外藝術聯展，作品為香港藝術館、本地與海外藏家及機構等收藏。同時在不同學校及公眾機構教授中國繪畫，推廣中國藝術。
日期：2018年10月8日、15、22、29日及11月5日、19日（逢星期一，共六堂）
時間：晚上7:00至9:00
地點：伍宜孫書院西座112室
語言：粵語/普通話
人數：最多20人

按金：港幣$400（出席四堂可獲退回全部按金）
截止日期：10月3日

*名額有限，先到先得，欲報從速。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：劉欣誼小姐 (carlylau@cuhk.edu.hk/3943-3988)

4. 洽蕙藝文計劃---木刻版畫工作坊及藝術中與西講座 (Chinese Only)

厚蒙洽蕙堂慷慨支持，伍宜孫書院、崇基學院及聯合書院及將於十月舉辦「木刻版畫工作坊」及「藝術中與西」講座，詳情如下：

木刻版畫工作坊
課程將介紹木刻版畫的製作方法，由如何善用工具，認識紙張，到學習畫、刻、印的過程。課程亦會講及版畫的簡史，例如中國版畫對外國的影響等。

日期：2018年10月4, 11及18日（逢星期四，共3課）
時間：晚上7時至9時30分
地點：崇基學院行政樓地下一層校友室
導師：著名旅美藝術家兼三院藝術顧問利漢楨教授
對象：伍宜孫、崇基、聯合三院同學（名額有限，先到先得）
費用：按金HK$100（全數出席者將獲退還）
材料費HK$60（一經繳交將不獲退還）

「藝術中與西」講座

八十後重溫藝壇前輩及瞻前新秀>
著名旅美藝術家兼三院藝術顧問利漢楨教授主講
及
<回望香港現代藝術的興起>
5. Sports Fun Day with Muse College, CUHK (Shenzhen)

Let’s enjoy weekend getaway and visit Muse College, CUHK (Shenzhen) for Basketball & Table Tennis Game Time

Date: 15th Sep 2018 (Sat)
Time: 8:00 am – 4:00 pm
Venue: Muse College, CUHK (Shenzhen)

Programme:
- Basketball & Table-tennis Game Time
- Lunch
- Campus Tour

PE Marks: 4

Enrollment: https://bit.ly/2wnA08E <Enroll by Tomorrow!>
Details: https://bit.ly/2wuLFBU

College Announcements

1. The “Sunny” Award & Admission Scholarship for Outstanding Artistic Achievements 2018/19 – Application Now Open

The “Sunny” Award - HK$15,000
Recognize College freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility
https://cloud.itc.cuhk.edu.hk/webform/view.php?id=5356009

Admission Scholarship for Outstanding Artistic Achievements - HK$8,000
Acknowledge College freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music
https://cloud.itc.cuhk.edu.hk/webform/view.php?id=5353878

Eligible for freshmen who placed Wu Yee Sun College as their 1st College Preference.
Check out below link for more details and complete the online application form on or before **Sunday, 7th Oct 2018**.  

*Enquiries: Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943-3936)*

(Back to top)

### 2. College Hostel Grant 2018/19 --- Application Now Open

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2018/19 will be maximum $4,016 per year.

Application is now open **until Friday, 12th Oct 2018**. Students with Term 1 or whole year residence are eligible to apply.

Please download the application form from the following link and submit the completed form with supporting documents to the College Office (G03, G/F, East Block) before the application deadline.


*Enquiries: Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943-3936)*

(Back to top)

### 3. College Student Grant/Loan 2018/19 (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2018/19. There will be two rounds of applications: the September round is open to non-freshmen ONLY while the January round will be open to freshmen ONLY. Students who have financial difficulties are reminded to first apply for Government financial aid (Tertiary Student Financial Scheme).

Application is now open for non-freshmen **until Friday, 12th Oct 2018**. Please download the application form from the following link and submit the completed form with supporting documents to the College Office (G03, G/F, East Block) before the deadline.


*Enquiries: Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943-3936)*

(Back to top)

### 4. 宜孫劇社 - 中大劇賽 2018 招 core team 招劇本 (Chinese Only)

The following message (Chinese only) is drafted by "Wu Yee Sun Drama Society":

中大劇賽 2018 又黎啦！呢個係每年中大主辦，各間書院同劇社參與既比賽。今年我地希望宜孫劇社可以繼續組成隊伍參賽。但我地仍然需要導演，監製，舞台監督等人組成 core team。 我地比賽既日子係 1/11, 總綵排既日子係 31/10。如果你有興趣，又對舞台劇有少少認識，可以填以下既 google form，或者聯絡 Nelson (65934266)

[https://goo.gl/forms/NorY0MCc1WRIRRYt1](https://goo.gl/forms/NorY0MCc1WRIRRYt1)
另外，我地亦招收原創劇本，長約 40 分鐘，不限題材，以粵語為主，至少完成 70%。有故事的你，歡迎電郵到 wyscdramsoc@gmail.com.

5. 伍宜孫音樂學會 --“今日宜樂”招表演者

The following message (Chinese only) is drafted by "Wu Yee Sun Music Society":

伍宜孫音樂學會又有新搞作啦❗

想係一大班人面前大顯身手？ musica
想食住飯聽高質音樂？ musica

咁就啱啦！嚟 join 我哋伍宜孫 regular performance 啦！

我哋嚟緊 10 月 5 號、10 月 19 號、11 月 9 號就會喺伍宜孫 canteen 搞三場表演, 唔使錢, 唔使識玩音樂, 只要你想就可以隨時 join!💙🎶

鍾意音樂嘅你, 仲諗咩呀? 快啲報名做 performer 啦！

報名 link：https://goo.gl/forms/JEBmecyh7najQwjo2

仲有未 like 我地個 Facebook page 就快啲 like 喲 https://www.facebook.com/wysmusic soc/

到時見！

6. New College Member 新增書院成員

Mr. Tsz-fai CHEUNG (張梓輝先生)
Bed, MA (CUHK)
Assistant Lecturer, Physical Education Unit

Mr. Cheung has served as PE teacher at secondary school before joining CUHK. He is a registered coach of Hong Kong Basketball Association, and has been a player at the Hong Kong Basketball League (Division 1) as well as representative of Asian University Men’s Basketball Championship in 2014.

7. Room Share Scheme 2018/19 2018 至 19 年度特別宿位計劃

Room Share Scheme (特別宿位計劃) for 2018/19 is now open for application.


Please be reminded that:

1. Application will be considered only if ALL 3 applicants (including 2 host residents and 1 special resident) submit the application.
2. The residence period of all 3 applicants in the group must be the same.
3. Students who have submitted hostel appeal can also apply for Room Share Scheme. His/her application for Room Share Scheme will be cancelled if he/she is allotted a hostel place via hostel appeal.
4. Each student can only submit Room Share Scheme application for 1 group. Otherwise, all of his/her Room Share Scheme applications will be considered invalid. (Example: Each regular resident cannot submit application for more than 1 proposed special resident. Each proposed special resident cannot submit more than 1 application.)

**Enquiries:** Ms. Polly Po (polly@cuhk.edu.hk / 3943-1741) or Miss Zalon Wong (zalonwong@cuhk.edu.hk / 3943-9773)

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**8. College Inauguration Assembly, Forums and High-Table Dinners**

All students are required to attend one College Assembly **AND** one College Forum/ High Table Dinner in each term.

**College Inauguration Assembly (14th September 2018)**

ALL students are **required** to attend the College Inauguration Assembly (First College Assembly) with details as follows:

- **Date:** Friday, 14th September 2018
- **Time:** 11:30 am - 1:15 pm
- **Venue:** Sir Run Run Shaw Hall
- **Dress code:** Formal with College tie/scarf *

*Year 1 students who have not collected their tie/scarf please pick your welcoming pack from 4th Sep to 13th Sep 2018 during office hours at the UG/F Dean of Students’ Office. Please bring along your CU Link card for record use.

We will sing the College Anthem at the Assembly. You may have a taste of the melody [here](#) first.

**Enquiries:** Miss Evelyn Chong (3943-1882 / evelynchong@cuhk.edu.hk)

**College Forums & High Table Dinners**

All students are required to attend **at least one** College Forum **OR** High Table Dinner in each term. Registration for College Forums and High Table Dinners is scheduled for **12th Sep (Wed) - 18th Sep (Tue)**. Please visit the College General Education page for details and registration: [https://www.wys.cuhk.edu.hk/page.php?name=ge-forum](https://www.wys.cuhk.edu.hk/page.php?name=ge-forum).

**Enquiries:** Mr. Ron Wong (3943-9769 / ronwong@cuhk.edu.hk) or Miss Evelyn Chong (3943-1882 / evelynchong@cuhk.edu.hk)

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**9. Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman**

Acknowledge local freshmen of respective faculty with Level 5** in 2 subjects or above in HKDSE and proven leadership in social services or shown talents in creativity or innovation.

- **Distinguished Arts Freshman**
10. Dorsett Admission Scholarship for Hospitality and Real Estate Freshman
帝盛入學獎學金 - 酒店旅遊及房地產學系新生

Award Amount: HK$40,000
Eligibility: Local and non-local freshmen who placed Wu Yee Sun College as their 1st College Preference
Online Application: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5349872
Deadline: 16th Sep 2018 (Sunday) <Application Deadline This Sunday>

Enquiries:
Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943-3936) or Miss Yolinda Wong (yolindawong@cuhk.edu.hk /3943-3932)

11. Wu Yee Sun College Rance Lee Award
Rance Lee Award (New)

Creativity and Sunny Living are two of the College’s core values. If you are health-conscious and a green living supporter, grab this chance to promote your creative idea!
Rance Lee Award is newly established to encourage the integration of creativity and Sunny living in the following 3 areas:
- Rance Lee Award for creativity in promoting **health and well-being**
- Rance Lee award for creativity in promoting **lifetime sports**
- Rance Lee award for creativity in promoting **green life**

The objective of the award is
- To enhance the overall well-being of WYS students through development of their body, mind and spirit of our students
- To encourage WYS students to think and act creatively in the above mentioned 3 areas - health, sports and green life
- To generate innovative ideas to benefit oneself, the environment and the society

Submit your application with one-page executive summary **on or before 15th Oct 2018**. Express your ideas in a proposal with your ingenious creativity, and make a better life! Programme Structure is as below:

Eligibility: All WYS students can apply individually or in group (A group MUST comprise of at least 50% WYS students and the other 50% may be students from other colleges.)
Check out the website and click “Rance Lee Award” for further details: https://www.wys.cuhk.edu.hk/funding-scheme.php.

(Back to top)

12. Application for Deferment of Fees

Students who have financial difficulties and would wish to defer payment on tuition and/or hostel fee, please submit application form together with supporting documents to the College Office (G03, G/F, East Block) on or before 24th Sep 2018 (Monday). Late applications and incomplete forms will not be processed.

Application form can be downloaded from https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1535506027TuitionFeeDeferment2018191.pdf

Enquiries: Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk / 3943-3936)

(Back to top)

13. Shed Some Sweat and Show Your Strengths --- College Sports Teams Tryout

No matter if you are a professional sports player or you are simply keen on doing sports, do not miss the College Team tryouts! The College is now recruiting athletes for the basketball, soccer, rowing, volleyball, athletic and swimming teams. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

Wu Yee Sun College Sports Teams Tryouts (1st term, 2018-2019)
2018-2019 上學期伍宜孫書院院隊選拔時間表

<table>
<thead>
<tr>
<th>Sports Team</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Coach/ Coordinator Tel. No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Basketball</td>
<td>Sept., 14 (Fri)</td>
<td>6:00 – 8:00 p.m.</td>
<td>Yeung Ming Biu Indoor Sports Centre</td>
<td>Mr. T. F. Cheung 3943-3986</td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>Sept., 14 (Fri)</td>
<td>6:00 – 8:00 p.m.</td>
<td>Yeung Ming Biu Indoor Sports Centre</td>
<td>Mr. T. F. Cheung 3943-3986</td>
</tr>
<tr>
<td>Men’s Soccer</td>
<td>Sept., 11 (Tue)</td>
<td>6:00 – 8:00 p.m.</td>
<td>Soccer Pitch, Lingnan Stadium</td>
<td>Mr. Nelson LAM 3943-3987</td>
</tr>
<tr>
<td>Men’s Volleyball</td>
<td>Sept., 12 (Wed)</td>
<td>6:00 – 8:00 p.m.</td>
<td>New Asia College Charles Leung Gym.</td>
<td>Mr. Nelson LAM 3943-3987</td>
</tr>
<tr>
<td>Women’s Volleyball</td>
<td>Sept., 12 (Wed)</td>
<td>6:00 – 8:00 p.m.</td>
<td>New Asia College Charles Leung Gym.</td>
<td>Mr. Nelson LAM 3943-3987</td>
</tr>
<tr>
<td>Men’s &amp; Women’s</td>
<td>Sept., 10 (Mon)</td>
<td>6:00 – 8:00 p.m.</td>
<td>Swimming Pool</td>
<td>Mr. Nelson LAM</td>
</tr>
<tr>
<td>Event</td>
<td>Date</td>
<td>Time</td>
<td>Location</td>
<td>Contact</td>
</tr>
<tr>
<td>-----------------------</td>
<td>------------</td>
<td>-----------</td>
<td>------------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>Swimming</td>
<td>Sept., 12</td>
<td>6:00 – 8:00 p.m.</td>
<td></td>
<td>3943-3987</td>
</tr>
<tr>
<td>Men’s Rowing</td>
<td>Oct., 8</td>
<td>6:30 – 9:00 p.m.</td>
<td>Grand Stand, HCF</td>
<td>Mr. T. F. Cheung</td>
</tr>
<tr>
<td>(Re-scheduled)</td>
<td>Oct., 10</td>
<td>6:30 – 9:00 p.m.</td>
<td></td>
<td>3943-3986</td>
</tr>
<tr>
<td>Women’s Rowing</td>
<td>Oct., 16</td>
<td>6:30 – 9:00 p.m.</td>
<td>Grand Stand, HCF</td>
<td>Mr. T. F. Cheung</td>
</tr>
<tr>
<td>(Re-scheduled)</td>
<td>Oct., 18</td>
<td>6:30 – 9:00 p.m.</td>
<td></td>
<td>3943-3986</td>
</tr>
<tr>
<td>Men’s &amp; Women’s</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletic</td>
<td>Please contact Mr. T. F. Cheung to arrange tryouts according to Track &amp; Field Events before 17/10</td>
<td>Mr. T. F. Cheung</td>
<td>3943-3986</td>
<td></td>
</tr>
</tbody>
</table>

14. Locker Application for College Students/Student Organizations (2018/19)
書院儲物箱申請 (2018/19)

Lockers are now available for WYS College non-resident students and student organizations.

Options for Lockers and respective locations:
I. College Locker: 1/F, East Block (opposite to Learning Commons)
II. YIA Locker: 4/F, Yasumoto Academic International Park (near Room 406 & 410)
III. Both College and YIA Locker

Students / student organizations can apply at https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=5803636. Successful applicants will be assigned 1-2 locker(s) for use in the period 27th Sep 2018 – 26th Apr 2019.

Application Procedures
1) Submit application online by **12:00 nn on 14th Sep 2018 (this Friday)**. First come, first served.
2) Submit a deposit of $50 via HSBC or Hang Seng Bank ATM to The Chinese University of Hong Kong (293-005005-018) **AFTER** being notified by email of the success of application.
3) Submit the bank-in slip / ATM advice to the Dean of Students’ Office (UG09) in person on or before **5:30pm 26th Sep** after receiving the confirmation email sent by the Office.
4) Each successful applicant will be assigned 1-2 locker(s). We will follow your preference to assign locker(s) as far as possible, subject to the number of applications.

Regulations for the Use of Lockers
1. Users should take care of their personal belongings kept in lockers. The College will not be responsible for any loss or damage.
2. Due to hygienic reasons, no food, beverages, condiments or similar items should be kept in the lockers.
3. Users are responsible for cleaning the lockers and removing all the personal belongings inside them before returning the lockers to the College. After the stipulated period of use, any leftover items inside the lockers will be disposed of without any notification (no compensation will be made for destroyed locks).
4. Deposit will be refunded by auto-pay. Students should check their bank accounts in due course.
5. Deposit will be forfeited if any damage is made or failure to clear the locker upon expiry of the period of use.
6. The College may seize the student’s right to use the locker if he / she violates the regulations or misuses the locker.
7. Users are fully responsible in taking care of their lockers. To avoid any misunderstandings, users are strongly recommended to lock their lockers even if they do not leave anything inside.

Enquiries: Miss Kiki Chan (kiki.chan@cuhk.edu.hk / 3943-3934)

15. “Meet the Dean” Hours 輔導長時間

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

Every Sunnie is welcome!

Academic Year 2018/19
Date: Every Wednesday
Time: 4:30 – 5:30 pm
Venue: Dean of Students Office, Room UG09, Wu Yee Sun College
Enquiries: Miss Sonia Yu (soniayu@cuhk.edu.hk / 3943-3937) / Miss Katie Yu (katieyu@cuhk.edu.hk / 3943-3935)

16. 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.

17. WYS’s Got Talents – Photography, Poster Design, MC and a lot more!

Are you interested in or excellent at photography, video-production, art & design, simultaneous interpretation or being the Master of Ceremonies? We are now also recruiting talents of Audio & Video Control (影音控制), and any other talents you’ve got!
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 Kiki Chan (Tel: 3943-3934/ kiki.chan@cuhk.edu.hk)

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18. Exchange and Travel Grant/Loan 2018/19

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 2018 – Jan 2019, application is now open until 14th Dec 2018.

For programmes/activities held in Feb – May 2019, application will be open from 15th Dec to 14th Apr 2019.

Check out the following link for more information including eligibility:

Enquiries: Miss Rebecca Wong (rebecca_wong@cuhk.edu.hk) or Miss Yolinda Wong (yolindawong@cuhk.edu.hk)

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A Book Exchange Corner has been set up at The Lounge in House of Sunny Living. Students and staff are welcome to donate good books for exchange. You can come to The Lounge to pick a book which is of interest to you and at the same time, please leave down a good book for exchange.

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20. Venue Booking of Terrace of Dreams for Barbecue Activities 借用圓夢臺 (燒烤活動用途)

If students would like to reserve Terrace of Dreams for Barbecue activities, you may follow the procedures below to submit application.

Step 1: Reserve Terrace of Dreams at https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4082730 at least THREE working days prior to the event date.
Step 2: Receive booking results via email from College
Step 3: Go through the rules & regulations, then submit application to Student Union for reserving BBQ Stove https://drive.google.com/drive/folders/0B2BjlMcr2icqWkE4V3dmMWJXVKE

Please be reminded BBQ can only take place in designated time and location:
Booking Period: Mon – Thu, 4:30 pm - 11:00 pm
Designated Location for BBQ: Terrace of Dreams

*Booking of Terrace of Dreams via this online application can only be made for BBQ activities. For other activities organized by student bodies, student bodies concerned should submit booking request via online booking system.

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

21. Displaying Promotion Poster and Video in College

To enhance the promotion channels and encourage student creativity, College student bodies may submit online application to display poster and video in College for their activities.

Display Locations*: 
1. Video wall at College Gallery (G/F) 
2. TV at Lift Lobby, East Block (G/F) 
3. TV at Lift Lobby, West Block (G/F) 
4. TV at Student Canteen (LG/F)

*College student bodies cannot select display locations.


Enquiries:
Mr. Jason Cheng (3943-3989 / jasoncheng@cuhk.edu.hk) 
Miss Sonia Yu (3943-3937 / soniayu@cuhk.edu.hk)

College Funding & Awards Schemes

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: [www.wys.cuhk.edu.hk/exchange.php?cat=others](http://www.wys.cuhk.edu.hk/exchange.php?cat=others).

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

2. Sports for Life Award Scheme

If you have participated in College sports activities before (check out at [https://goo.gl/kzLvWn](https://goo.gl/kzLvWn)), you may redeem the water bottle and towels. Redemption details are as follows:

**Period:** 3rd - 28th Sep 2018

**Time:** Mon-Thu 8:45 am - 5:30 pm and Fri 8:45 am - 5:45 pm
3. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃

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 (florencetsui@cuhk.edu.hk / 3943-9767)

4. Global Learning Award Scheme (Winter Round) 寰宇學習獎勵計劃 (冬季)

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><strong>Short-term</strong></td>
<td>Self-initiated programmes</td>
<td>HK$12,000 or 100% of particular items <em>(whichever is lower)</em></td>
</tr>
<tr>
<td></td>
<td>‘Participating in organized programmes</td>
<td>HK$5,000 or 50% of particular items <em>(whichever is lower)</em></td>
</tr>
<tr>
<td><strong>Long-term</strong></td>
<td>Self-initiated programmes</td>
<td>HK$15,000 or 100% of particular items <em>(whichever is lower)</em></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 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>*Application period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter</td>
<td>1st Nov – 30th Apr</td>
<td>1st May – 31st October</td>
</tr>
<tr>
<td>Summer</td>
<td>1st May – 31st Oct</td>
<td>1st November – 30th April</td>
</tr>
</tbody>
</table>

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

Know more about the details and apply!

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

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)*


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)

*Guidelines: www.wys.cuhk.edu.hk/page.php?name=sports-health-education*
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: Miss Kathy Fong ([kathyfong@cuhk.edu.hk](mailto:kathyfong@cuhk.edu.hk) / 3943-3942)

Other Activities & Announcements

1. I CARE Centre for Whole-person Development – “Fitness x Mentorship” Scheme

“Fitness x Mentorship” Scheme 2018-19

The “Fitness x Mentorship” Scheme associates “exercising” with “volunteering” to foster a serving heart of students and strengthen their understanding of the community. Participants of the scheme will be trained with basic skills of a sports item and given chances to partner various members of the community in pursuing sports. This will allow students to develop regular exercise habit and build up healthy lifestyle. Above all, mutual understanding between students and the circle of their counterparts will be facilitated.

I CARE Hong Kong Cultural Tour Project

The I CARE Hong Kong Cultural Tours Project of this academic year is now recruiting docents who will receive a series of professional training to enhance tour guiding capability and gain first-hand experience of exploring the hidden side of Hong Kong. Accepted students will then design and lead cultural tours serving secondary school students.

2. Beware of Dengue Fever 提防登革熱

An alarming number of cases of Dengue Fever have been confirmed in Hong Kong in this summer. Dengue fever is an acute mosquito-borne infection caused by the dengue viruses. Clinical features include high fever, severe headache, pain behind the eyes, muscle and joint pain, nausea, vomiting, swollen lymph nodes and rash. The University and College have taken measure to mosquito control on campus. Students can find mosquito repellents at the College main entrance and UG/F exit at East block for public use.
3. University Bursaries and Loans 大學助學金及免息貸款

The University Bursaries and Loans (UBL) are now available for local students who are studying full-time undergraduate programme and cannot get sufficient financial assistance under the Government Tertiary Student Financial Scheme - Publicly-funded Programmes (TSFS) to apply.

Applicants should complete and submit the online application via CUSIS (Website: http://www.cuhk.edu.hk/cusis; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select “University Bursaries and Loans”) during the period from 3rd to 28th Sep 2018.

Application details: http://admission.cuhk.edu.hk/aid/application.html

4. Student Residence Bursary Scheme 學生宿舍助學金計劃

**Eligibility**
To be eligible to apply for the CUHK Student Residence Bursary 2018/19, 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 term;
3. have average monthly household income (during 1st April 2017 to 31st March 2018) lower than the median of the monthly household income published in the most recent Quarterly Report on General Household Survey by the Census and Statistics Department (Please refer to the Guidelines for the monthly household income bandings);
4. be not able to benefit from Community Care Fund (CCF) hostel subsidy or receive less than $1,360 per term under the CCF hostel subsidy.

**Amount of Bursary**
1. For eligible needy students who are not able to benefit from CCF hostel subsidy, the value of each bursary will be $1,360 per term.
2. For eligible needy students who receive less than $1,360 per term under CCF hostel subsidy, the value of each bursary will be the difference between $1,360 and the approved amount of CCF hostel subsidy.
3. The maximum amount of bursary for residents of all types of shared rooms will be the same.

**Application Procedures**
1. Eligible students who live in hostel for the first term or the whole year should submit their online application in Chinese University Student Information System (CUSIS) (Website: http://www.cuhk.edu.hk/cusis; MyCUHK > CUSIS and MyStudy > Financial Aid Online Appl Form > Public Application > click the magnifying glass to select “Student Residence Bursary”) during the application period from 3rd Sep to 31st Oct 2018.
2. Applicants should print out Section 7 of the online application form and submit together with the supporting documents to the College on or before the application deadline.

Application details: http://admission.cuhk.edu.hk/aid/application.html
Enquiries: Office of Admissions and Financial Aid (3943 1898 / 3943 7205)
New College students who have financial difficulties should apply for Government Tertiary Student Finance Scheme (TSFS) or Non-means-tested Loan Scheme (NLSFT). Applications should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through “SFO E-link – My Applications” at [http://ess.wfsf.gov.hk](http://ess.wfsf.gov.hk) on or before 21st Sep 2018.

**Application details:** [http://admission.cuhk.edu.hk/aid/application.html](http://admission.cuhk.edu.hk/aid/application.html)

**Enquiries:** Government Student Finance Office (2152 9000) / Office of Admissions and Financial Aid (3943 5271 / 3943 1898)

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**6. Jockey Club – UNESCO HK Association “Global Citizenship Education” Project**


**Aims and Objectives**

To instill in the secondary and tertiary students an understanding of Global Citizenship Education (GCE), particularly about the 17 UN Sustainable Development Goals (SDG), through script-writing and theatre performances.

For tertiary students, the focus is Mental Health and Well-Being.

**Student Activities**

Each team will have preferably 8 to 10 students, jointly producing ONE Drama Script preferably in Chinese. The activities for all students will be in September - December 2018.

<table>
<thead>
<tr>
<th>Phase</th>
<th>Number of Sessions</th>
<th>Total Learning Hours</th>
<th>Providers</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Phase – Sept-Dec 2018</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(a) GCE (Launch + General Assembly, venue TBC)</td>
<td>1 (3 hrs)</td>
<td>20 Hours</td>
<td>(a) to (c) by UHKA</td>
</tr>
<tr>
<td>(b) GCE (Training Workshops at Institution)</td>
<td>2 (2 hrs each)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(c) Study Visits</td>
<td>2 (2 hrs each)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(d) Script Writing (Seminar, venue TBC)</td>
<td>1 (3 hrs)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(e) Script Writing (Training at Institution)</td>
<td>2 (3 hrs)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jan 2019 – Selection of One Best Script from Tertiary Teams</td>
<td></td>
<td></td>
<td>UHKA &amp; HKRT</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Phase</th>
<th>Number of Sessions</th>
<th>Total Learning Hours</th>
<th>Providers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Second Phase – Jan-Feb 2019</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>For the Best Team Only: Drama Performance Learning</td>
<td>5 (2 hrs each)</td>
<td>10 Hours</td>
<td>HKRT</td>
</tr>
<tr>
<td>Selection of 2 Best Students to represent Hong Kong in UN Event</td>
<td></td>
<td></td>
<td>UHKA &amp; HKRT</td>
</tr>
<tr>
<td>Trip to UN Event (TBC)</td>
<td>1</td>
<td>A Few Days</td>
<td>UHKA</td>
</tr>
<tr>
<td>Performance in Global Citizenship Festival at the end of Feb 2019</td>
<td>1 (Best Team)</td>
<td>1 Day</td>
<td>UHKA</td>
</tr>
<tr>
<td>All teams / institutions will be invited to organize a booth at the GCE Festival</td>
<td>All Teams</td>
<td>1 Day</td>
<td>UHKA</td>
</tr>
</tbody>
</table>

HKRT = Hong Kong Repertory Theatre

All participants will be given a Certificate of Appreciation as “UN GCE-SDG Ambassadors.” Teams of Merit and Winning Teams will be given recognitions and awarded trophies.

The Rhodes Scholarship 2019 for Hong Kong - Now Open for Application

The Rhodes Scholarship is a postgraduate award supporting exceptional students from around the world to study at the University of Oxford. The Rhodes Scholarship Selection Committees are looking for young leaders of outstanding intellect and character who are motivated to engage with global challenges, committed to the service of others and show promise of becoming value-driven, principled leaders for the world’s future.

**Value of the Scholarship**
Each year, there is one Rhodes Scholar selected from Hong Kong. The basic tenure of the Scholarship is two years, subject to satisfactory academic performance and personal conduct. At the discretion of the Academic Committee of the Rhodes Trust and the Rhodes Trustees, Scholars may apply for a third year of Scholarship to complete the DPhil. A Rhodes Scholarship covers the University and College fees, University application fee, a living stipend and one economy class airfare to and from Oxford at the beginning and end of tenure.

**Eligibility**
a) Candidates must
i. be permanent residents of Hong Kong who have received no less than 5 of the last 10 years of education in Hong Kong, **OR**
ii. be citizens of China who are studying at (or have obtained Honours degree from) a university in Hong Kong, **OR**
iii. have lived in Hong Kong for no less than 7 years and have received no less than 5 of the last 10 years of education in Hong Kong **and can demonstrate a strong personal connection with Hong Kong.**

b) Candidates must have reached their 19th and not have passed their 25th birthday on 1 October 2019 (i.e. born after 30 September 1994 and on or before 1 October 2000).

c) Candidates must have completed (or will have completed by June / July 2019) an Honours degree or equivalent qualification from a university (normally a Bachelor’s degree) to a sufficiently high standard to be admitted to postgraduate study at the University of Oxford.

d) Candidates must have a sufficiently high standard of English to meet the English language proficiency requirements (at the Higher Level listed) of the University of Oxford.

**Application Procedures**
All eligibility and selection criteria are available at the country page specific to Hong Kong at Rhodes Trust website ([www.rhodeshouse.ox.ac.uk/](http://www.rhodeshouse.ox.ac.uk/)). To learn more about this scholarship, please access the Hong Kong page via the Scholarship tab at the top of the Rhodes Trust website. Candidates must submit applications online together with all supporting documents **by 11:59 pm, 30th Sep 2018 (Hong Kong time).**

All candidates should read carefully the general information on the Rhodes website, the Detailed Conditions of Tenure of the Rhodes Scholarship, the Information for Candidates and the graduate admissions pages of the University of Oxford ([www.ox.ac.uk/admissions/graduate](http://www.ox.ac.uk/admissions/graduate)).

**Enquiries**
For enquiries, please contact Ms. Sandra Fan, the Secretary for Hong Kong at rhodes@oxforduchina.org.
每日的工作都很繁忙，究竟如何可以隨時隨地去照顧自己的心理健康呢？
在香港有七分之一的成年人曾經有精神困擾的經歷，但只有 25% 的人會尋求協助，究竟原因是什麼呢？
你試過情緒受困擾卻不知道如何照顧自己嗎？
你試過見到身邊的人精神狀態不太好，卻不知道怎樣去支持他們嗎？

我們明白不同人會在不同時刻，會有不同的精神健康狀況，亦會有不同的需要。《賽馬會心導遊計劃》旨在根據每個人的個別需要，並配合現今科技向大眾推廣精神健康，從而達到以下目的：

- 提高社會對精神健康意識及去除對精神病的誤解
- 提昇心理健康及促進個人成長
- 預防抑鬱或焦慮症狀
- 及早處理情緒困擾

立即登入 www.jctourheart.org 登記成為會員，進行簡單的心理健康評估。平台會根據評每個人的個別需要而建議合適的課程或服務。只要每日抽少少時間參與平台上的課程，就可以隨時隨地提升自己的心理健康！

有關計劃之簡介，請瀏覽此連結之短片。

註：手機版仍在測試改善中。使用電腦版的 Google Chrome、Apple Safari 或 Microsoft Edge 瀏覽網上平台，會獲最佳效果。

(Back to top)