The Sunny Weekly 26 Nov 2018

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Sunny Review

1. The Second High Table Dinner of 2018/19 Term 1: “Challenge and Failure in Climbing Mount Everest – Actualise Your Dream Through Persistence” (Speaker: Ms. Ada Y.H. Tsang 曾燕紅女士)

The second High Table Dinner of 2018/19 Term 1, entitled “Challenge and Failure in Climbing the Mount Everest – Actualise Your Dream Through Persistence” was held last Tuesday at the College Student Canteen. Ms. Ada Y.H. Tsang (曾燕紅女士) shared with students how she upheld seven years of persistence to conquer Mount Everest even though she was not a mountain enthusiast when she set up the goal with her students.

Overcoming challenges could make you stronger! With her perseverance and determination, she eventually conquered Mount Everest successfully on 20th May 2017. She encouraged students and youngsters to pursue their dreams through persistence and not to give up easily whenever there are challenges and failures.

We were grateful to have Mr. Sai-yung Lau (劉世鏞先生), College Overseer and Affiliated Fellow, as the moderator of the dinner.

2. College Forum: “Is Feminism a Joke?” (Speaker: Professor Susanne Y.P. Choi 蔡玉萍教授)
The College Forum entitled “Is Feminism a Joke?” was conducted by Professor Susanne Y.P. Choi (蔡玉萍教授) of the Department of Sociology last Friday. Professor Choi introduced the concept of feminism and its development over the past century, and clarified some common misconceptions of it. She also discussed with students the #MeToo Movement and how media acted as the fourth estate in the movement.

We were grateful to have Professor Man-hong Lai (黎萬紅教授), College Dean of Students and Associate Professor at the Department of Educational Administration, moderating the Forum.

3. Farewell Dinner for Incoming Exchange Students of 2018/19 Term 1

Coming to the end of the semester, the College organized a dinner to bid farewell to our exchange students from different countries on 22nd Nov. Participants shared their stories of living here and expressed their views of Hong Kong. They then played an online quiz to get to know more about the College, the University and Hong Kong. Associate Dean of Students Dr. Po-kin Leung (梁寶建博士) also encouraged the students to make good use of their remaining time here to further explore Hong Kong.
As an annual highlighted alumni event of CUHK, the Alumni Homecoming Day 2018 (中大校友日 2018) was held last Saturday, welcoming thousands of alumni and their family members to the grand carnival. The booth organized by the College Alumni Association was packed with students, kids and parents playing the games designed to introduce the College and the Alumni Association to visitors. We were pleased to have Acting Master Professor Sunny K.S. Kwong (鄺啟新教授) to host the dinner with alumni and their guests in the evening on the same day. It was a wonderful evening to catch up with our alumni and to reconnect with one another!
5. c!ab Black and White Film Development Workshop

The beauty and authenticity of film photography, rich in various layering, is irreplaceable by its digital counterpart. With the kind support from former c!ab student convener and College alumnus Mr. Victor H.M. Fung (馮烯明校友), c!ab (Creativity Laboratory) organized a Black and White Film Development Workshop on 22nd Nov. Over a dozen of students took part in the workshop, equipping themselves for the upcoming Film-Photo Contest (菲林攝影比賽).

During the workshop, participants experienced how to shoot black-and-white photos and to develop their own film. It was not easy to master the sophisticated skills needed for film development, but it was certainly an exciting and challenging experience! Should you be interested in taking film-photo, please be reminded to join the upcoming contest with details as below:

**Enrollment period:** now till 5th Jan 2019  
**Theme:** “Light”  

The winner will get a Polaroid Onestep 2 (worth HK$1,080). Take the challenge and join the contest now!

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6. Relaxing the Body and Mind – Yoga Class
Spend some time on the yoga mat to put your mind at ease while stretching your tight muscles and tone up your body! 8 sessions of Yoga Class has provided participants with a way to revitalize themselves from their heavy course work and office duties. Practicing a variety of poses also enhanced participants’ flexibility, mobility and strength.

7. 中國繪畫班

本學期書院再次邀得資深中國繪畫導師蔡德怡老師為同學教授一連六堂的中國繪畫班。繪畫班於上星期一結束，書院同學在蔡老師的示範及悉心指導下，完成了多幅畫作，同學對中國文化的修養亦大大提昇。

College Activities

1. Happy Holidays! Join us for Christmas & New Year Party!
To celebrate the joyful season, we cordially invite you to join the Christmas Party.

Pamper yourself with delicious buffet, soothing festive music and delightful gathering with other College members & students.

**Date:** 10th Dec 2018 (Monday)

**Time:** 12:30 pm *(Reception begins at 12:00nn.)*

**Venue:** College Gallery, G/F, Wu Yee Sun College

**Programme:**
- Opening Remarks
- Student Performance of Christmas Songs
- Turkey-cutting
- Lunch Buffet
- **Christmas Gift Exchange** – *Each participant please bring along a Movie DVD or CD album or Book that you would like to recommend and exchange it with others’*

*Each participant will also receive a small gift from Santa Claus!!!*


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

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The upcoming meeting of General Education and Academic Affairs Committee will be held on Tue, 4th Dec 2018 at 4:30pm. College students can approach the corresponding student members through the College Student Union (presun.wyssu@gmail.com) if there are any suggestions or comments related to College general education and academic affairs. Thank you for your valuable input.

2. Temporary Study Room (W114) during Examination Period (5th - 21st Dec)

Seminar Room 114 (1/F, West Block) will be open 24 hours as a temporary study room during centralized exam period from 5th to 21st Dec 2018. College students can access the room with their CU link cards. Please observe rules of study room use and be considerate to other users.

3. Hostel Check-out for 2018/19 Term 1 (Applicable to residents allotted only Term 1 hostel place)

The College hostel check-out deadline for Term 1, 2018-19 is **12:00nn on Thursday, 27th Dec 2018**. Please download the Hostel Check-out Form and complete the check-out procedure before the deadline. Hostel deposit of those who do not complete the check-out procedure by the designated check-out deadline will be forfeited.

**Note for Hostel Check-out:** [https://goo.gl/zTLkLk](https://goo.gl/zTLkLk)
**Hostel Check-out Form:** [https://goo.gl/w6FoMz](https://goo.gl/w6FoMz)

**Enquiries:**
Ms. Polly PO (3943 1741 / polly@cuhk.edu.hk)
Miss Zalon WONG (3943 9773 / zalonwong@cuhk.edu.hk)

4. Complimentary Fruit at College Student Canteen 書院學生飯堂免費送水果

To show support to students during the examination period, the caterer will offer complimentary fruit to Wu Yee Sun College students who purchase any meal (drinks excluded) from 5th to 21st Dec 2018 (Monday to Friday; Dinner session only) at the Wu Yee Sun College Student Canteen. Please present your CU Link Card as verification. Offers limited to 40 fruits per day and first-come first-served.

5. 2019/20 Application for Student Hostel Residence (for Non-local students admitted in 2016/17 and after)

2019/20 Application for Student Hostel Residence (for Non-local students admitted in 2016/17 or after) will open on 12th November 2018. 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 to allow more time for non-local students who are not allotted hostel places to explore accommodation arrangement.

**Application period:** 12th - 26th Nov (TODAY!)
Document submission period (only for those applying via Resident Selection): 28th and 29th Nov (office hours at College Office)

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.

Useful links:

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

6. Living Up to Wu Yee Sun College’s Core Value – “Creativity”, “Entrepreneurship” and “Social Responsibility” – Apply for Sunny Passion Programme NOW!

Sunny Passion Programme encourages social responsibility among students and supports students to think and act creatively for good cause. You are invited to apply this programme individually or in group with at least 50% of Wu Yee Sun College students, competing for Gold, Silver and Bronze Award. Winners will get HK$10,000, HK$6,000 and HK$4,000 respectively to implement, promote or demonstrate their project ideas to the others!

Just submit the application form with ONE A4 page Business Model Canvas in hardcopy to the College Office (Room G03, Wu Yee Sun College) on or before 11th Jan 2019. Express your ingenious creativity and make our society a better one!

Details: http://www.wys.cuhk.edu.hk/funding-scheme.php

Enquiries:
Miss Carly Lau (carlylau@cuhk.edu.hk / 3943-3988)
Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943-9767)
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 11 月份繼續舉辦最受歡迎飯堂員工選舉，希望大家踴躍投票，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 largely improved. Another round of voting is conducting now. 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 onto the link below to vote for the most popular canteen staff.
(Each student/staff can vote for three canteen staff at most)

https://goo.gl/xpXoTj

Voting period 投票日期：1st to 30th Nov (this Friday!)

8. “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 pm – 5:30 pm
Venue: Dean of Students Office, Room UG09, Wu Yee Sun College
9. 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 Wellness and Counselling Centre at 3943 7208 for help.

3) A 24-hour Emotional Support Hotline at 5400 2055 is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

10. 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 to 14th Dec 2018.

For programmes/activities held in Feb – May 2019, application will be open from 15th Dec 2018 to 14th Apr 2019.

Check out the following link for more information including eligibility: www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1524620166ExchangeandTravelGrantandLoan2017183rd.pdf

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

11. 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 (kiki.chan@cuhk.edu.hk / 3943-3934)

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**12. Membership Recruitment – WYS Alumni Association**

Want to stay in touch with your college friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just $500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the application form, and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

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**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)

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**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 - 30th Nov (this Friday)
**Time:** Mon-Thu 8:45 am – 5:30 pm and Fri 8:45 am - 5:45 pm
**Location:** Dean of Students’ Office (UG09)
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:**  
Miss Florence Tsui ([florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk)) / 3943-9767

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

**Introduction**  
Global Learning Award Scheme aims to encourage students to create, design, plan or participate in **non-local** academic or experiential learning programmes, so as to broaden students’ international perspectives and enrich their experiences. Students need to demonstrate from the application documents and interview that the programme applied is beneficial and valuable to them instead of just simply for entertainment. The College Student Exchange Committee will then determine if the students can be awarded, and the award amount (if any). For successful applicants, they will be awarded “Global Learning Award” and receive the award amount after fulfilling all post-trip requirement on time. For more details, please refer to the [webpage](#) of GLAS.

**Eligibility**  
All Wu Yee Sun College students (except Exchange students) are eligible for application. The programme joined or planned must be finished by their corresponding graduation date. Some examples are students self-initiating or joining overseas tours, academic conferences, competitions, field trips, courses, internship/major-related placement, research, voluntary service. Programmes organized and subsidized by the College and Term-long Exchange Programmes are excluded.

**Maximum Award Amount**  
The maximum award amount varies with the programme length and programme nature.

<table>
<thead>
<tr>
<th>Programme Length</th>
<th>Programme Nature</th>
<th>Maximum Award amount</th>
</tr>
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<tbody>
<tr>
<td>Short-term</td>
<td>Self-initiated programmes</td>
<td>HK$12,000 or 100% of cost of the particular items (whichever is lower)</td>
</tr>
<tr>
<td></td>
<td>Participating in organized programmes</td>
<td>HK$5,000 or 50% of cost of the particular items (whichever is lower)</td>
</tr>
</tbody>
</table>
### 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:**
Miss Katie Yu (katieyu@cuhk.edu.hk / 3943-3935)

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### 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 activities and qualification courses for sports coach, in order to live up the spirit “Sports for Everyone”.

**More Diversified and Greater Support!**

**Eligibility**
Application Fee of Sports Events → **BOTH application fee and course fee of sports activities and workshops**

**Funding Amount**
Sports Activities: Max. $500 → $1,000  
Qualification Courses for Sports Coach: Max. $800 → $2,000


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

1. 【綠色照護之森林療癒】講座及戶外體驗工作坊

園藝治療專業發展協會將於2019年1月20日舉行香港首個大型森林療法講座及工作坊，詳情如下:

目的:
1. 提升大眾對綠色照護的認識
2. 分享台灣森林療癒之科學研究經驗與推廣成果，讓更多人了解森林療癒
3. 透過專家學者經驗分享及交流，促進森林療癒議題交流，推動香港本土發展

日期：2019年1月20日（星期日）
時間：上午9:00－下午5:30
地點：香港理工大學專業進修學院（講座）、大埔滘自然教育徑（體驗工作坊）
對象：對綠色照護及森林療癒有興趣人士、自然相關領域之專家、從事教育及人本工作人士、心理衛生工作者
語言：廣東話及國語
名額：講座60個；講座及工作坊30個（註：參加工作坊者必須連講座一併參加）

報名日期：2018年11月18日至2019年1月18日
立即連結報名：https://www.htpda.com/blank-63

2. Fill in Questionnaire on Alcohol and Inconveniences Caused by Drinking & Get $20 Cash Coupon!

The Jockey Club School of Public Health and Primary Care, CUHK are currently conducting a survey about alcohol and the inconveniences caused by drinking. The information collected in our dialogue will only be used for the study. The findings from this survey can help gain understanding about alcohol drinking in student hostel settings.

URL: https://goo.gl/forms/gnmOoj6YFdE6T0tv1

This interview’s target respondents are local students living in hostel from CUHK and PolyU. Please take a little bit of time to answer some simple questions. In return, you will get HK$20 cash coupon as an incentive for filling in the online questionnaire.
3. HSBC Overseas Scholarship 2019/20

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 à Open for Applications). The application deadline is 27th Dec 2018.

**Enquiries:**
Scholarships and Financial Aid Section, Office of Admissions and Financial Aid ([sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk) / 3943-7204)

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4. Edwin S H Leong Hughes Hall Scholarship 2019/20

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 2019-20.

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 -> 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 pm, 31st Jan 2019 (Hong Kong time). Late or incomplete applications will not be processed.

**Enquiries:**
Scholarships and Financial Aid Section, Office of Admissions and Financial Aid ([sfas@cuhk.edu.hk](mailto:sfas@cuhk.edu.hk) / 3943-7204)

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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候，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！

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。

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