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## Sunny Review

1. 2019 Summer Return Visit 2019 年度香港中文大學伍宜孫書院暑期互訪計劃



Over 30 teachers and students from Chungying College of Xi'an Jiaotong University (西安交通大學仲英書院), Kuang Yaming Honors School of Nanjing University (南京大學匡亞明學院), School of Public Affairs and Administration of University of Electronic Science and Technology of China (電子科技大學公共管理學院) and School of Ethnology and Sociology of Yunnan University (雲南大學民族學與社會學學院) visited Hong Kong and had a one-week exchange activities with our College students from 23<sup>rd</sup> to 29<sup>th</sup> Jul.

Warmly welcomed by our College Dean of Students Professor Man-Hong Lai (書院輔導長黎萬紅教授) and other College members, the four visiting universities exchanged souvenirs with our College to symbolize our long-lasting friendship.



The theme of the Summer Return Visit this year is "Social Inclusion" (社會共融), and the focus is how ethnic minority and people with disabilities integrate into the community. The delegation first attended a talk to gain some background information and current development of ethnic minority (EM). Afterwards, they visited HKTA The Yuen Yuen Institute No. 3 Secondary School (香港道教聯合會圓玄學院第三中學) to learn how the school facilitates and encourages EM students to learn Chinese and adapt to school life. The delegations also grasped the chance to interact with EM students to listen to their sharing.





The delegation also visited Kung Yung Koon (共融館) to know more about the culture of different religions and toured around Ping Lai Street to taste Southeast Asian food. They later learned the art of Henna and were given opportunities to serve EM kids. They taught the kids to make traditional Chinese knots and played team building games to highlight the importance of team spirit.



Furthermore, the delegation visited Unity Place of Hong Kong PHAB Association (香港傷健協會共融軒) to learn the work of PHAB as well as the life of the disabled. The delegation was taught the use of wheelchair and experienced travelling around the neighbourhood in wheelchair. The mainland delegates also presented the effort of the government in their city to assist the disabled to overcome barriers encountered in life.



Last but not least, they visited Equal Opportunities Commission (平等機會委員會) to gain insights on the definition of discrimination on race and disability, and heard some interesting case-sharing.

The delegation has a deeper understanding on the social inclusion of ethnic minority and the disabled after joining this programme. Cross-border communication and friendship among students from different backgrounds was also established through this meaningful journey.

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## College Announcements

### 1. New College Overseer 新增院監會成員



We are pleased to announce that the Council of the University has approved to appoint Mr. Bernard P.H. Auyang (歐陽伯康先生), CEO of Altis Zenus Group (雅迪士科技研發集團首席行政官), as Member of the College Committee of Overseers (書院院監會成員) for the period from 1<sup>st</sup> Aug 2019 to 31<sup>st</sup> Jul 2022. Warm welcome from all the Sunnies!

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## 2. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be on leave from 16<sup>th</sup> to 18<sup>th</sup> August. During this period, Professor Sunny K.S. Kwong (鄭啟新教授), Associate College Master and Director of University Planning Office, has been appointed the Acting Master of Wu Yee Sun College.

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## 3. Meeting of Personal Growth and College Life Committee - Next Meeting Date (9th Aug)

The upcoming meeting of Personal Growth and College Life Committee will be held at 11:30am on 8<sup>th</sup> Aug. College students are welcome to pass their opinions and suggestions on relevant issues, if any, to the student members of the committee (College Student Union: [wyssu1920@gmail.com](mailto:wyssu1920@gmail.com); Resident Association: [sungrazian@gmail.com](mailto:sungrazian@gmail.com); Non-Residents Association: [jaudukwys19@gmail.com](mailto:jaudukwys19@gmail.com)) prior to the meeting. Thank you for your valuable input.

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## 4. Summer Opening Hours of College Catering Outlets 書院膳堂暑期營業時間

The summer opening hours of College catering outlets are as follows: 書院膳堂暑期營業時間如下：

### Student Canteen 學生飯堂

<b>1/8 - 25/8, 27/8 - 31/8</b>	
Mon to Sat 星期一至六	<b>1100 - 2045</b>
Sun & Public Holiday 星期日及公眾假期	Closed 暫停營業
<b>26/8</b>	
Mon 星期一	<b>1100 - 1600</b>

### Staff Dining Room 教職員飯堂

<b>1/8 - 25/8, 27/8 - 31/8</b>	
Mon to Fri 星期一至五	1200 - 1500 & 1800 - 2045
Weekend & Public Holiday 周末及公眾假期	Closed 暫停營業
<b>26/8</b>	
Mon 星期一	1200 - 1500

All College catering outlets will be temporarily closed on **10<sup>th</sup> Aug (Sat)** for statutory electricity overhaul.

Breakfast service at Student Canteen will resume from 2<sup>nd</sup> Sep.

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## 5. Renovation Work of Café at College Gallery 書院藝廊咖啡室裝修工程

The renovation work of Café is conducted from 9:00am to 6:00pm in the period of 16<sup>th</sup> May to 23<sup>rd</sup> August. Noise will be generated intermittently during the work period. Sorry for the inconvenience caused.

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## 6. Temporary Suspension of Opening Hours of Table Tennis Table in Summer

Table Tennis Table at College Gallery is temporarily closed during summer from 15<sup>th</sup> May onwards. The opening hours in the next semester will be announced in due course.

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## 7. "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!

The session will be closed during term break but you are still welcome to make appointment with us! Please feel free to contact Ms. Sonia Yu (3943 3937 / [soniayu@cuhk.edu.hk](mailto:soniayu@cuhk.edu.hk)) or Miss Katie Yu (3943 3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk)).

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## 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 Wellness and Counselling Centre** at **3943 7208** for help.
- 3) A **24-hour Emotional Support Hotline** at **5400 2055** is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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## 9. 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 June - Sep 2019, application is now open until 16<sup>th</sup> Aug 2019.**

For programmes/activities held in Oct 2019 – Jan 2020, application will be open from 17<sup>th</sup> Aug – 13<sup>th</sup> Dec 2019.

Check out the following link for more information including eligibility:  
[https://www.wys.cuhk.edu.hk/cms/wp-content/files\\_mf/1555579031ExchangeandTravelGrantandLoan2018193rd.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1555579031ExchangeandTravelGrantandLoan2018193rd.pdf)

**Enquiries:**

Ms. Karen Yiu (3943-3936 / [karenyiu@cuhk.edu.hk](mailto:karenyiu@cuhk.edu.hk))

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## 10. Book Exchange Corner at The Lounge in House of Sunny Living 如日坊—漂書閣

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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## 11. 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/0B2BjiMcr2icqWkE4V3dmMWJXVvKE>

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 (<https://www6.cuhk.edu.hk/WYS/frs/WYSLogin.aspx>).

**Enquiries:**

Miss Rachel Poon (3943-3942 / [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk))

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## 12. 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.

Guidelines: <http://www.wys.cuhk.edu.hk/downloads.php>

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=4616428>

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# College Funding & Awards Schemes

## 1. Care and Well-being Fund for Mental Wellness Activities



The College encourages students to pursue a healthy and sunny life. If you would like to join any non-College organized activities **to strengthen your own mental wellness** or **to enrich your relevant knowledge so as to provide support to your peers**, you are most welcome to apply for our **Care and Well-being Fund for Mental Wellness Activities**. The Fund now provides greater support to allow a wider choice of activities of your interest. Details can be found below:

### **Eligibility:**

For Wu Yee Sun College students who participate in mental health activities and trainings organized by organization(s) other than the College

### **Examples:**

Meditation, Mindfulness Workshop, Laughter Yoga, Art or Music Therapy Class, Peer Support Workshop, Talk or Symposium on Mental Health, Mental Health First Aid Course etc.

### **Funding Amount per student per activity:**

Maximum amount increased from \$800 to **\$1,500**, or 80% of the course / activity fee (whichever is lower)

Take a look at the [guidelines](#) and the [report template](#), and start your healthy life now!!!

Application: <https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6754853>

**Enquiries:**

Miss Carly Lau (3943-3988 / [carlylau@cuhk.edu.hk](mailto:carlylau@cuhk.edu.hk))

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## 2. 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.

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

**Enquiries:**

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

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## 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 (3943-9767 / [florecetsui@cuhk.edu.hk](mailto:florecetsui@cuhk.edu.hk))

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

**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.

	Programme Length	Programme Nature	Maximum Award amount
Short-term	Shorter than one month	Self-initiated programmes	HK\$12,000 or 100% of cost of the particular items <i>(whichever is lower)</i>
		Participating in organized programmes	HK\$5,000 or 50% of cost of the particular items <i>(whichever is lower)</i>
Long-term	One to six months	Self-initiated programmes	HK\$15,000 or 100% of cost of particular items <i>(whichever is lower)</i>
		Participating in organized programmes	

### Application

Before submitting the online application form (<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=7362342>), please read through all guidelines and samples on the webpage.

Round	Applying for trips taken during (for trips overlapping both rounds, <u>first date</u> of the trip shall determine the application period)	Application period
Winter	1 <sup>st</sup> Nov – 30 <sup>th</sup> Apr	1 <sup>st</sup> May – 31 <sup>st</sup> Oct
Summer	1 <sup>st</sup> May – 31 <sup>st</sup> Oct	1 <sup>st</sup> Nov – 30 <sup>th</sup> Apr

### Enquiries:

Miss Katie Yu (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

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## 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 (3943-3935 / [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk))

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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**

**Details:** <https://www.wyys.cuhk.edu.hk/whole-person-development/sports-health-education/>

#### Enquiries:

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

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## Other Activities & Announcements

1. New GE course in Area A “Science and Technology in China” (taught in English)



This new course will be offered in the coming term. It will satisfy GE Area A requirement, and is taught in English.

**UGEA2433 (also coded as CHES2107)**  
**Science and Technology in China**

Further information can be obtained at the following link

[https://gocuhk-my.sharepoint.com/:f/g/personal/kyoung\\_cuhk\\_edu\\_hk/En/Qv5z5g11Nok2hERUIT-0Bpp5nNoEp3i0cpYSNYbQ0aw?e=g2dCzK](https://gocuhk-my.sharepoint.com/:f/g/personal/kyoung_cuhk_edu_hk/En/Qv5z5g11Nok2hERUIT-0Bpp5nNoEp3i0cpYSNYbQ0aw?e=g2dCzK)

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



The CUHK Jockey Club School of Public Health and Primary Care (JCSPHPC) is currently conducting a final survey about university student drinking in order to inform government alcohol policy. The personal data collected will only be used by JCSPHPC for sending information related to the above research project to the survey participants.

Target respondents are those who have lived in hostel during 2018/19 or this summer holiday. 2019 graduates are also welcomed. In return, you will get HK\$20 cash coupon as an incentive for filling in the online questionnaire.

URL: <https://forms.gle/HE4HrtHZ7MDLzrD58>

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### 3. The Esther Yewpick Lee Millennium Scholarship 2020 (Tenable at the University of Oxford)

This Scholarship is EXCLUSIVELY offered to CUHK final-year students or alumni, including both undergraduates and postgraduates of degree programmes. The scholar will be FULLY sponsored for a maximum of 3 years to read for a postgraduate degree or a second Bachelor's degree at the University of Oxford, U.K. commencing October 2020.

**More information:** <http://admission.cuhk.edu.hk/assets/oafa/Scholarships/Overseas/lee-2020-poster.pdf>

**Deadline:** 2<sup>nd</sup> Sep by 5:30 p.m. (Hong Kong time)

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### 4. The Rhodes Scholarship 2020 for Hong Kong (Tenable at the University of Oxford)

The Rhodes Scholarship is a prestigious international scholarship programme in the world, enabling outstanding young people from around the world to undertake full-time postgraduate study at the University of Oxford. Rhodes Scholarships are 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.

**More information:** <http://admission.cuhk.edu.hk/assets/oafa/Scholarships/Overseas/poster-rhodes-2020.pdf>

**Deadline:** 30<sup>th</sup> Sep by 23:59 (Hong Kong time)

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### 5. <賽馬會心導遊計劃>一站式網上自助心理支援平台

- 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](http://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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