The Sunny Weekly 14 Oct 2019

Sunny Review 上周回顾
1. The First High Table Dinner of 2019/20 Term 1: “Low carbon emission for high quality life 低碳高嘆” (Speaker: Professor Chiu-ying Lam 讲者：林超英教授)
2. College Forum: Entrepreneurship for Social Impact - A Challenge for the New Generation (Speaker: Dr. Ka-kui Tse 讲者：謝家駒博士)
3. Hop Wai Art and Cultural Programme: Chinese Painting Workshop and Talk by Visiting Artist 洽蕙訪問藝術家講座及工作坊
4. c!ab Art and Nature series – Zen Photography Workshop

College Activities 書院活動
1. c!ab Art and Nature series – Porcelain Painting Workshop 創意實驗室《藝術與自然》系列 - 《手繪陶瓷工作坊》
2. Invitation to College Sharing <New>
3. Fitness Training Workshops: Core Training and HIIT <New>
4. c!ab Art and Nature series – Sand Painting Workshop 創意實驗室《藝術與自然》系列 - 《沙畫體驗工作坊》
5. 語文文化 tá: 古人也寫錯別字
6. Cheer for College Teams in Inter-collegiate Competition! 為院隊健兒打氣!
7. “Meet the Dean” Gatherings
8. Rance Lee Award --- Application Opens Now!
9. Fitness Consultation Sessions 健身訓練諮詢

College Announcements 宣佈事項
1. WYS College Anniversary 2019 --- EC Recruitment <New>
2. New Establishment of College Café in College Gallery
3. 宜孫劇社@中大劇賽賣飛啦
4. “Meet the Dean” Hours 輔導長時間
5. Student Pastoral Care
6. Exchange and Travel Grant/Loan 2019/20
7. WYS’s Got Talents – Photography, Poster Design, MC and a lot more!
8. Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募

College Funding & Award Schemes (Year-round Application) 書院資助及獎勵計劃 (全年可供申請)
1. Care and Well-being Fund for Mental Wellness Activities
2. Mingle Fund
3. Be Entrepreneurial! Funding Scheme 創出我天地！資助計劃
4. Global Learning Award Scheme (Winter Round) 實習學習獎勵計劃 (冬季)
5. Service-learning Project Funding Scheme 服務學習項目資助計劃

Other Activities & Announcements 其他活動及宣佈事項
1. Maker Workshop Series – Make Your Own VR Tour <New>
2. Flourishing First Year Programme 心盛計劃 2019
3. Events of The Hong Kong Management Association
4. Member Recruitment for uBuddies / uPals Program
5. Student Residence Bursary Scheme 學生宿舍助學金計劃
1. The First High Table Dinner of 2019/20 Term 1: “Low carbon emission for high quality life (低「碳」· 高「嘆」)” (Speaker: Professor Chiu-ying Lam (講者：林超英教授))

The first High Table Dinner of 2019/20 Term 1, entitled “Low carbon emission for high quality life (低「碳」· 高「嘆」)”, was held last Wednesday at the College Dining Hall. Professor Chiu-ying Lam (林超英教授) shared with students how man-made carbon dioxide emission created irreversible climate change, possibly making the earth no longer suitable for the survival of human beings.

He advocated us to stop purchasing large amount of items, but buying only necessary and high-quality items. He also encouraged us to reduce the use of electricity by using energy-efficient electrical apparatus and adjusting the air-conditioners to a higher temperature. He concluded that a happy and high-quality life would not be based on the materials we bought, but our relationships with family members and friends.

We were also grateful to have Professor Kwai-cheong Chau (鄒桂昌教授), Chairperson of Campus Environment Committee and Adjunct Associate Professor at the Department of Geography and Resource Management, as the moderator of the dinner.

2. College Forum: Entrepreneurship for Social Impact - A Challenge for the New Generation (Speaker: Dr. Ka-kui Tse 講者：謝家駒博士)
The College Forum entitled "Entrepreneurship for Social Impact - A Challenge for the New Generation" was conducted by Dr. Ka-kui Tse (謝家駒博士), Chair and Chief Education Officer, Education for Good CIC Ltd., last Friday. Dr. Tse introduced the concept of B corporations and its local and global development. He also discussed with students how they could engage in B corps in their future career.

We were grateful to have Professor Hin-wah Wong (黃顯華教授), Senior College Tutor and Adjunct Professor at the Department of Curriculum and Instruction and Hong Kong Institute of Educational Research, as the moderator of the forum.

(Back to top)

3. Hop Wai Art and Cultural Programme: Chinese Painting Workshop and Talk by Visiting Artist
洽蕙訪問藝術家講座及工作

Thanks to the generous support of Hop Wai Tong (洽蕙堂), Wu Yee Sun College, Chung Chi College and United College have jointly invited Dr. Mei-ying Chen (陳媚音醫師) to visit the three Colleges in Autumn 2019. Two sessions of Chinese Painting Workshop (水墨畫工作坊) led by Dr. Chen were successfully held last week. Participants observed and learnt from Dr. Chen's demonstration before having the chance to have their own practice. Dr. Chen's comments and modifications also helped them realize what could be done better in their paintings.
Dr. Chen delivered a talk on 9th Oct to share with the audience her interesting life journey --- how she was admitted to CUHK but opted to study medicine in Taiwan, and how Chinese painting stimulated her mind and complemented her professional knowledge to help her become a better ophthalmologist.

Master Chang Lin (Mr Alain Yip) said, “Photography emphasizes on feeling and connecting with nature wholeheartedly. Only by blending into the surroundings, we could really enjoy the process of photography”. Creativity Laboratory (c!ab) was very honoured to have such a wise master to lead the Zen Photography Workshop on 8th Oct.

During the workshop, Master Chang Lin showcased his previous masterpieces, sharing how such images were captured. It was amazing to know that masterpieces could be taken everywhere around us in our daily life. The participants enjoyed the talk and were happy to take zen photograph under the guidance of Master Chang Lin. It was a great night for all participants and they looked forward to a re-run of similar workshops in the near future.
College Activities

1. clab Art and Nature series – Porcelain Painting Workshop

(please click here for English version and registration)

瓷器彩繪是一種在釉面瓷器 (如碗、碟、花瓶或雕像等)的繪畫裝飾，始於中國7或8世紀，及後傳到韓國和日本，並於16世紀與歐洲等地展開瓷器貿易往來。在19世紀後期，中國繪畫更備受北美和歐洲中產階級女士的愛戴，從而確立了中國在瓷器彩繪領域上的藝術地位。

clab 今次獲書院全額資助，特意請來專業導師帶領同學體驗陶瓷碟彩繪，並以動、植物作為創作主題，以回應<藝術與自然>系列。希望大家了解創作瓷器彩繪的過程，並透過專注彩繪，淨化心靈，以藝術回歸自然。在工作坊完結後，我們將會在書院藝廊短暫展出同學的作品，期望令歷史文化的結晶得以傳揚。

參加者需按此連結 bit.ly/clabppw 報名，並於 10月16日5:00pm 之前到伍宜孫書院院務處 (G/F) 繳交 $100 按金，以確認報名。

* 注意事項：
1) 作品不能於當日即時取回，需送回工作室燒焗
2) 參加者需借出瓷碟於書院大堂作數星期藝術展覽
3) 伍宜孫書院師生優先

導師簡介：Terese Chan

從小已喜歡手作，畢業於英國 University of Huddersfield 平面設計系，曾任職平面設計師及畫廊經理。她周遊列國為作品尋找題材靈感，對創作充滿熱誠和堅持，是首位可於香港頒授「日本皇家瓷器彩繪」導師牌照的導師。此外，她亦是美國認證禪繞導師, 南非 Dala 蝴蝶巴特拼貼及日本黏土專業導師，設計課課程著重多元化，堅持啟迪學員，鼓勵他們於作品注入個人風格。她深信每個人都可以成為藝術家，只是自己未能有機會發揮而已！
2. Invitation to College Sharing

College students are cordially invited to join the upcoming College Sharing. Details are as follows:

**Date:** 16th Oct (Wed)  
**Time:** 6:30 pm – 8:00 pm  
**Venue:** College Theatre, UG/F, Wu Yee Sun College

**Registration Deadline:** 15th Oct (walk-in also welcome)

**Enquiries:**  
Ms. Sonia Yu (3943 3937 / soniayu@cuhk.edu.hk) or Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk)

3. Fitness Training Workshops: Core Training and HIIT

**Core Training**  
Trainer: Mr Ryan Chan  
**Date:** 30/10, 6/11, 13/11, 20/11 (Wed)  
**Time:** 7:00 pm - 8:00 pm  
**Venue:** College Gymnasium  
**Quota:** 12 (per class)  
**PE Marks:** 4

**HIIT**  
**Burn Fat and Enhance Body Shape**  
Trainer: Ms. Vanessa Chan  
**Date:** 31/10, 7/11, 14/11, 21/11 (Thu)  
**Time:** 8:00 pm - 9:00 pm  
**Venue:** College Gymnasium  
**Application:** Interested students please complete application form at [HERE](#) AND submit deposit to College Dean of Students’ Office (UG09) on or before 5:00pm, 25th Oct. First-come first-served.

**Enquiries:**  
Miss Chillies Tam (3943-3934 / chilliestam@cuhk.edu.hk)
4. **clab Art and Nature series – Sand Painting Workshop**

**創意實驗室<藝術與自然>系列 - 沙畫體驗工作坊**

**<今晚> 創意實驗室<藝術與自然>系列 - 沙畫體驗工作坊**

10 月 14 日 | 晚上 7 時至 9 時 | 創意實驗室

沙畫是一種源遠流長、遍佈世界各地的藝術，透過撥灑幼細沙粒，繪畫出多變的畫作。

在香港，大家可能或多或少聽過、或從不同媒介見過沙畫，但卻很難親身體驗一番，故此 clab 誠意舉辦沙畫體驗工作坊，將沙畫帶入伍宜孫，讓同學嘗試創作別具個人風格的沙畫，並於創作過程中啟發思想、發揮個人創意，抒發情感於其中，排解近來積累的壓力與想法。機會難得，切勿錯過!

**導師介紹：胡藹的小姐(Edith)**

胡藹的小姐(Edith)，為全港少有的全職女沙畫藝術家。胡老師擁有護理學碩士、社會工作學碩士及心理學學士文憑，她是註冊護士兼註冊社工，畢業於香港中文大學及香港大學。胡擅长於沙畫教學過程中融入本身的專業，今仍容易透過沙畫抒發情感，訓練專注力，建立滿足感，令沙畫描寫個人的故事更具啟發性和教育性。胡老師創辦“Sand Tales 沙說”藝術教育，致力於沙藝教育，並助人以沙說出他們獨有的生命故事。

費用全免。名額有限，歡迎即場報名。

5. **語文文化桌：古人也寫錯別字**

錯別字不只是現代人的產物。即便是我們以為處身於文化氛圍較濃厚的中國古代社會，書寫錯別字應該也是普遍存在的文化現象。本講嘗試概述古代錯別字的情況，繼而舉若干書法作品為例，以見古代錯別字的具體情況，以及錯別字與特殊語境的關係。

**講者：黃偉豪教授**

2013 年獲南京大學中國古代文學博士，2014-17 年復旦大學中國語言文學博士後流動站工作，先後任教於香港浸會大學，香港科技大學（兼）、中山大學等校，現任教於樹仁大學中國語言文學系。

**日期：**10 月 28 日 (星期一)
**時間：**晚上 6:30 至 8:30
**地點：**伍宜孫書院教職員飯堂
**語言：**普通話
**按金：**$50 (準時出席可獲退回全部按金)

截止日期：10 月 21 日 (星期一)

*名額有限，先到先得。報名次序以遞交按金先後次序為準。請將按金交至書院院務室。
6. Cheer for College Teams in Inter-collegiate Competition!

Support your friends at the matches! Cheer for every athlete’s effort!
為你的朋友打氣！為每位運動員的努力喝采！

<table>
<thead>
<tr>
<th>Teams</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Against Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>2 Oct 2019</td>
<td>19:15</td>
<td>Yeung Ming Biu Indoor Sports</td>
<td>Morningside College</td>
</tr>
<tr>
<td>Men</td>
<td>8 Oct 2019</td>
<td>18:15</td>
<td>Centre (University Gymnasium)</td>
<td>S.H. Ho College</td>
</tr>
<tr>
<td>Basketball</td>
<td>30 Sep 2019</td>
<td>19:15</td>
<td>New Asia College Charles Leung Gymnasium</td>
<td>New Asia College</td>
</tr>
<tr>
<td>Women</td>
<td>3 Oct 2019</td>
<td>19:15</td>
<td>C.W. Chu College</td>
<td>Shaw College</td>
</tr>
<tr>
<td></td>
<td>10 Oct 2019</td>
<td>18:15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soccer</td>
<td>30 Sep 2019</td>
<td>18:30</td>
<td>Sir Philip Haddon-Cave Sports Field</td>
<td>Lee Woo Sing College</td>
</tr>
<tr>
<td></td>
<td>2 Oct 2019</td>
<td>18:30</td>
<td></td>
<td>Shaw College</td>
</tr>
<tr>
<td>Volleyball</td>
<td>3 Oct 2019</td>
<td>18:30</td>
<td>United College Thomas Cheung Gymnasium</td>
<td>Lee Woo Sing College</td>
</tr>
<tr>
<td>Men</td>
<td>9 Oct 2019</td>
<td>18:30</td>
<td></td>
<td>Shaw College</td>
</tr>
<tr>
<td></td>
<td>2 Oct 2019</td>
<td>19:30</td>
<td>United College Thomas Cheung Gymnasium</td>
<td>C.W. Chu College</td>
</tr>
<tr>
<td>Volleyball</td>
<td>8 Oct 2019</td>
<td>19:30</td>
<td>United College Thomas Cheung Gymnasium</td>
<td>Chung Chi College</td>
</tr>
<tr>
<td>Women</td>
<td>11 Oct 2019</td>
<td>19:30</td>
<td></td>
<td>S.H. Ho College</td>
</tr>
<tr>
<td>CUHK Aquatic</td>
<td>4 Oct 2019</td>
<td>18:30</td>
<td>University Swimming Pool</td>
<td>---</td>
</tr>
<tr>
<td>Meet</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CUHK Athletic</td>
<td>6 Nov 2019</td>
<td>18:30</td>
<td>Sir Philip Haddon-Cave Sports Field</td>
<td>---</td>
</tr>
</tbody>
</table>

7. “Meet the Dean” Gatherings

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Language</th>
<th>Hosted by</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th Oct</td>
<td>4:30 pm</td>
<td>Staff Dining Room</td>
<td>Putonghua</td>
<td>Prof. Poon Ming Kay (Associate Dean of Students)</td>
</tr>
<tr>
<td>23rd Oct</td>
<td>6:30 pm</td>
<td>Staff Dining Room</td>
<td>Cantonese</td>
<td>Prof. Lai Man Hong (Dean of Students)</td>
</tr>
<tr>
<td>30th Oct</td>
<td>4:30 pm</td>
<td>Staff Dining Room</td>
<td>English</td>
<td>Dr. Leung Po Kin (Associate Dean of Students)</td>
</tr>
</tbody>
</table>

Quota for Each Session: 10 (first-come-first-served)
8. Rance Lee Award — Application Opens Now!

Creativity (創意) and Sunny Living (陽光生活) 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** aims at encouraging 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*

Unleash your creativity and submit your application with a one-page executive summary **on or before 31st Oct**. Tell us your ideas in proposal format and make a better life together!

Check out the website and click “Rance Lee Award” for further details: [https://www.wys.cuhk.edu.hk/funding-scheme.php](https://www.wys.cuhk.edu.hk/funding-scheme.php)

---

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

(Back to top)

9. Fitness Consultation Sessions 健身訓練諮詢
Ever have doubts about all sorts of training techniques and effects? Ask our personal trainers at College Gymnasium!

**Mr. Ryan Chan**  
**Dates (Every Wed, Except Public Holidays):**  
Sep 11, 18, 25  
Oct 2, 9, 16, 23, 30  
Nov 6, 13, 20, 27  
**Time:** 18:00-20:00  
**Venue:** College Fitness Room

**Ms. Vanessa Chan**  
**Dates (Every Thu, Except Public Holidays):**  
Sep 12, 19, 26  
Oct 3, 10, 17, 24, 31  
Nov 7, 14, 21, 28  
**Time:** 20:00 – 22:00  
**Venue:** College Fitness Room

No prior applications required! Kick-start your workout plan now!

**Enquiries:**  
Miss Chillies Tam ([chilliestam@cuhk.edu.hk](mailto:chilliestam@cuhk.edu.hk) / 3943-3934)

---

**College Announcements**

### 1. WYS College Anniversary 2019—EC Recruitment

This following message is drafted by the “Organizing Committee of Wu Yee Sun College Anniversary”:  

(Back to top)
Time again for our college’s Birthday — Wu Yee Sun College Anniversary

Celebration Committee is now recruiting helpers for the following 5 departments: Promotion, Night Market, 523 Banquet, Haunted House and Adventure.

- The promotion department is for those who are talented in speaking, enthusiastic about dem beat or in love with arts
- Go for Night Market and Banquet if you enjoy event management or love to eat
- Want to scare others? Haunted House is your choice
- Adventure department would be a great adventure for both you and the participants

Apply for multi-department if you find yourself extraordinary. Find the platform [here](#).

---

2. New Establishment of College Café in College Gallery

Wu Yee Sun College Café located at College Gallery (Ground Floor of the College building) has had its soft opening on 9th Oct. The opening hours of the Café in October are as follows:

**Mon to Fri:** 10:00 am – 6:00 pm  
**Sat, Sun & Public Holiday:** Closed

---

3. 宜孫劇社@中大劇賽實飛飛啦

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

宜孫今年 11 月 1 號又又又又生日啦!

各位兒孫係時候盡一盡孝心，幫我地嘅宜孫賀一賀佢啦！
- 口才好得或者好想 dem beat 同學一定要去宣傳部
- 鍾意搞夜市嘅可以去大笪地部
- 成日肚餓嘅不妨去 523 人宴部幫手
- 鍾意嚇人嘅記得去鬼屋密室
- 仲有新開嘅歷奇部啊！

多才多藝嘅同學可以揀孖部嘅，想 chur 盡嘅同學仲可以申請三/四/五部添！
點樣報名？月台在此，快啲上車：<[此處](#)>

點樣報名？月台在此，快啲上車：<[此處](#)>
在我們不知曉的時空裡，有著許許多多的他和她，為著他們的，為著我們的幸福，而無名地付出著。生於動蕩的時代，是一種不幸，也是一種幸運。

“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 2019/20
Date: Every Wednesday
Time: 4:30 pm – 5:30 pm
Venue: Dean of Students Office, Room UG09, Wu Yee Sun College

Enquiries:
Ms. Sonia Yu (3943-3937 / soniayu@cuhk.edu.hk)
Miss Katie Yu (3943-3935 / katieyu@cuhk.edu.hk)
5. **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.

---

6. **Exchange and Travel Grant/Loan 2019/20**

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 - Jan 2020, application is now open until 13th Dec 2019.**

For programmes/activities held in Feb 2020 – May 2020, application will be open from 14th Dec – 17th Apr 2020.

Check out the following link for more information including eligibility: [https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf](https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1565948445ExchangeandTravelGrantandLoan2019201st.pdf)

**Enquiries:**
Ms. Karen Yiu (3943-3936 / karenyiu@cuhk.edu.hk)

---

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

Are you interested in or excellent at any of the fields below?
--- Photography / Video-production
--- Art & Design (e.g. posters or infographics)
--- Simultaneous Interpretation
--- Master of Ceremonies
--- Audio & Video Control
--- Writing (e.g. creative writing or student reporter in publications)

The College is recruiting all sorts of talents to contribute in various College events. Registered students may be invited to assist in different occasions. Don’t hide your talents, shine in the College!
P.S. CREATIVITY COUNTS!!

Let us know what you are interested in and excellent at: [https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838](https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838)

**Enquiries:**
Miss Chillies Tam (3943-3934 / chilliestam@cuhk.edu.hk)

(Back to top)

---

**8. Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募**

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.

(Back to top)

---

**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](https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=6754853)

**Enquiries:**
Miss Carly Lau (3943-3988 / carlylau@cuhk.edu.hk)

---

### 2. Mingle Fund

Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College.

The Fund mainly supports daily and social activities with the participation of both local students and international / incoming exchange students (i.e. there should be at least one local student AND at least one international / incoming exchange student.)

Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK$100 subsidy for the activity.

**More Details:**
[https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/](https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/)

**Enquiries:**
Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)
Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk)

---

### 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 / florencetsui@cuhk.edu.hk)
4. Global Learning Award Scheme (Winter Round) 寶宇學習獎勵計劃 (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.

<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></td>
<td></td>
</tr>
<tr>
<td>Shorter than one month</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>
<tr>
<td><strong>Long-term</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>One to six months</td>
<td>Self-initiated programmes</td>
<td>HK$15,000 or 100% of cost of particular items (whichever is lower)</td>
</tr>
<tr>
<td></td>
<td>Participating in organized programmes</td>
<td></td>
</tr>
</tbody>
</table>

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

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

**Enquiries:**
Miss Katie Yu (3943-3935 / katieyu@cuhk.edu.hk)
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)


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.wys.cuhk.edu.hk/whole-person-development/sports-health-education/

Enquiries:
Miss Chillies Tam (chilliestam@cuhk.edu.hk / 3943-3934)

Other Activities & Announcements

1. Maker Workshop Series – Make Your Own VR Tour
CUHK Entrepreneurship and Innovation (EPIN) Minor Programme is going to re-run “Make Your Own VR Tour” on **26th Oct, 2019** at **YIA 603**. **TWO** sessions conducted in English and Cantonese are available at different time slots. In this workshop, you will learn how to create a VR tour from shooting to post production and it is FREE of CHARGE.


2. **Flourishing First Year Programme 心盛計劃 2019**

Flourishing First Year@CUHK is a tailor-made programme for all NEW students. More than 20 workshops on various virtues of leaders will be provided throughout the academic year to support students to flourish as an everyday leader.

*How does Flourishing First Year@CUHK work?*

**Step 1:** Register to be a member and receive promotion of upcoming workshops/activities

**Step 2:** Choose your favourite workshops and get our welcoming gifts

**Step 3:** Complete at least 3 workshops from 3 different modules -- $50 Cafe330 Coupon

**Step 4:** Complete at least 6 workshops from all 6 modules -- Big prize! (to be announced later)

**Step 5:** Becoming an Everyday Leader

*Programme Details and List of Workshops:*
[https://www.osa.cuhk.edu.hk/services/flourishing-first-year-programme](https://www.osa.cuhk.edu.hk/services/flourishing-first-year-programme)

*Enquiries:*
**Office of Student Affairs** (3943-8652 / osa@cuhk.edu.hk)

3. **Events of The Hong Kong Management Association**

The Hong Kong Management Association (HKMA) would like to invite you to join the following events under their Youth Development Scheme. Upon satisfactory attendance to any three HKMA events during Oct-Dec 2019, students will be invited to HKMA internship program.
Kindly note that these events are provided for free for HKMA student members only, so interested students please first register for HKMA student membership online at [https://www.hkma.org.hk/free/membership/studentMember/](https://www.hkma.org.hk/free/membership/studentMember/). It is FREE to register for HKMA student membership. Afterwards, students could register for the following events at [https://forms.gle/EV35YKLxvM9sZuVe9](https://forms.gle/EV35YKLxvM9sZuVe9) directly.

Below lists event details for your reference.

<table>
<thead>
<tr>
<th>Event</th>
<th>Time and Venue</th>
<th>Description</th>
<th>Flyer</th>
<th>Registration Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Company Visits: McDonald’s</td>
<td>14th Nov, Thu 15:00-17:00 @ Hunghom train station</td>
<td>Representatives from the company will be sharing their industry trend, daily operation, talent need and advice on career plan, even tips on applying their internship / graduate opportunities. Tour will be given around the office/restaurant so students will have a taste on the daily operation of the industry.</td>
<td><a href="https://www.hkma.org.hk/free/membership/studentMember/">Flyer Here</a></td>
<td>11th Nov, Mon</td>
</tr>
</tbody>
</table>

**Enquiries:**
Ms Esan Lee of HKMA ([esanlee@hkma.org.hk](mailto:esanlee@hkma.org.hk) / 2774-8575 / 9329-3393)

HKMA Digital Marketing Community - “零售科技拆解零售界「五大痛點」研討會”

HKMA Digital Marketing Community will also be organizing the seminar “零售科技拆解零售界「五大痛點」研討會”, which aims at studying retail difficulties and the advantages of retail technology. You are welcome to join the seminar and details are as follows.

**Date:** 1st Nov (Fri)
**Time:** 4:00 pm – 6:00 pm
**Venue:** Lecture Theater, HKMA Advanced Management Development Centre, 3/F, Tower 2, South Seas Centre, 75 Mody Rd, Tsim Sha Tsui East, Hong Kong
**Language:** Cantonese
**Quota:** 10 complimentary seats (free of charge and first-come-first-served)
**Application:** Please email you SID, English & Chinese full name, mobile number, major and year to [rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) and [katieyu@cuhk.edu.hk](mailto:katieyu@cuhk.edu.hk)
**Application deadline:** 27th Oct (Sun)

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

(Back to top)

4. Member Recruitment for uBuddies Program and uPals Program

<table>
<thead>
<tr>
<th>uBuddies Program</th>
<th>uPals Program</th>
</tr>
</thead>
</table>
Have you ever thought of becoming a peer counsellor so as to offer support and assistance to your peers who appear frustrated and confused?

Since 2010, Wellness and Counselling Centre of the Office of Student Affairs has launched the ‘uBuddies’ Peer Counselling Network to promote Caring Campus. Ten batches of uBuddies have completed their training and have been in active service for years. We would like to invite you to join us! Let us build together a truly caring and positive campus in CUHK!

Who are eligible to join the uBuddies program?
If you are CUHK full-time non-final year undergraduate students; and you
- are interested in developing helping profession
- wish to develop your personal potential and character strengths
- love to help peers
- want to add colours to your university lives

Training will be conducted mainly in Cantonese with English supplement.

More information: here

Application (Deadline: 18th Oct):
uBuddies On-line Application Form
uPals On-line Application Form

Enquires:
Miss Kong (3943-1804)

5. 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 2019/20, 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 Apr 2018 to 31st Mar 2019) 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 $1,420 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 $1,420 per term.
2. For eligible needy students who receive less than $1,420 per term under CCF hostel subsidy, the value of each bursary will be the difference between $1,420 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/cuis; 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 2nd Sep to 31st Oct 2019.
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)

6. ＜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，究竟是因為什麼呢？
- 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。平台會根據評價每個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 瀏覽網頁平台，會獲最佳效果。

To unsubscribe, please email us at info.wys@cuhk.edu.hk.