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College Activities

1. [網上靜觀體驗 Online Mindfulness Practice@ZOOM](#)

透過靜觀練習，學習觀察自己的身心，和壓力好好相處，提升身心健康
Practice Mindfulness and Enjoy the Present Moment

網上靜觀體驗
Online Mindfulness Practice @ZOOM





報名：


靜觀導師：
Prof. Eric Lee & Miss Molly Chan

透過靜觀練習，學習觀察自己的身心，
和壓力好好相處，加持身心健康。

Practice Mindfulness and Enjoy the Present Moment

日期：19/3/2020 (Thu)
時間：8:30 pm - 10:00 pm
語言：粵語
截止報名日期：18/3/2020



查詢：
Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)
Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

--See you ZOOM--

近幾個月，我們每天不是撲口罩，就是搶糧搶廁紙，身心都倦透了。我們現在甚至連跟朋友來個飯聚，談談天，傾心事的時刻都被叫停。整日困在家裏，看著新聞，心情低至一個點，負能量快要爆燈！想平伏心靈，重整思緒？何不跟導師以 ZOOM 形式一起進行靜觀練習，參加者可以安在家中，在最舒適及放鬆的環境下練習，這樣你亦更容易觀察自己的身心狀況，釋放近日的憂慮，並培養自我關懷的能力。

導師：Prof. Eric Lee & Miss Molly Chan

Prof. Eric Lee 是香港家庭醫學專科醫生及中大精神健康碩士，並修畢英國牛津靜觀中心及香港靜觀中心之靜觀認知治療導師基礎課程。他也是中大敬靈靜觀研究與培訓中心研究人員之一。**Prof. Lee** 曾於中大醫學院，及不同機構擔任靜觀導師。

Molly Chan 是港大社會工作學系學士及中大家庭輔導及家庭教育碩士，並修畢英國牛津靜觀中心及香港靜觀中心合辦之靜觀認知治療導師基礎課程。**Molly** 現為自由工作者，擅於融合靜觀修習於輔導工作之中。

日期：19th Mar (Thu)

時間：8:30 pm - 10:00 pm

語言：粵語

報名：<https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=9186379>

截止報名日期：18th Mar (Wed)

查詢：

Michelle Li (3943 3933 / michelleli@cuhk.edu.hk)

Phoebe Wu (3943 3988 / phoebewu@cuhk.edu.hk)

~~See you ZOOM~~

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College Announcements

1. Cancellation of College Photo Day on 27th Mar (Fri)

In view of the rapid and unforeseeable development of the novel coronavirus (COVID-19), the College Photo Day scheduled on 27th Mar (Fri) will be cancelled. The decision was made with the aim of reducing the possible spread of COVID-19 within campus and safeguarding the health of all our students.

With the cancellation of photo day, the briefing session for student bodies that originally scheduled on 28th Feb (Fri) will be cancelled as well.

For gown borrowing, the arrangement including collection and rental period is yet to be confirmed. The gown collection which originally planned on 27th Feb (Thur) will be rescheduled. The College will inform those students who have registered for gown rental service as soon as a feasible arrangement can be worked out.

For enquiries:

Miss Florence Tsui (3943-9767 / florecetsui@cuhk.edu.hk)

Ms Cassie Li (3943-3988 / cassieli@cuhk.edu.hk)

取消於三月二十七日 (星期五) 舉行的書院畢業生拍照日

因應新型冠狀病毒迅速及不可預測的發展，原定於三月二十七日(星期五)舉行的書院畢業生拍照日將會取消，以減低病毒於校內傳播的風險，並保障學生的健康安全。

由於書院取消畢業生拍照日，原定於二月二十八日(星期五)召開的學生團體簡介會將不會舉行。

至於畢業生租借畢業袍之安排將有待確認，原定於二月二十七日 (星期四) 領取畢業袍的安排將會改期，詳情有待公佈。書院將於可行之情況下，另行通知已登記租借畢業袍的學生的有關安排，敬請留意書院稍後發放之消息。

查詢：

Miss Florence Tsui (3943-9767 / florecetsui@cuhk.edu.hk)

Ms Cassie Li (3943-3988 / cassieli@cuhk.edu.hk)

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2. Temporary Closure of College Catering Outlets 書院膳堂暫停營業

Due to the spread of the novel coronavirus, Student Canteen, Staff Dining Room and Café at Wu Yee Sun College are temporarily closed until further notice. We are sorry for the inconvenience caused.

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3. 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 Feb-May 2020, application is now open until 17th Apr 2020.**

For programmes/activities held in Jun 2020 – Sep 2020, application will be open from 18th Apr – 14th Aug 2020.

Check out the following link for more information including eligibility: https://www.wys.cuhk.edu.hk/cms/wp-content/files_mf/1576638338ExchangeandTravelGrantandLoan2019202nd.pdf

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

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4. “Meet the Dean” Hours 輔導長時間

["Meet the Dean" Hour is temporarily suspended and will be resumed once the circumstances allow. If you wish to talk to Dean of Students during this period, please email soniayu@cuhk.edu.hk for arrangement.]

“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.

You talk. We listen. Even if you want to keep it to your heart, we still stand by your side.

The session is hosted by:

- Professor Ming-kay Poon (潘銘基教授), College 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
- Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Associate Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care

Every Sunnie is welcome!

Academic Year 2019/20 (Term 2)

Date: Every Monday

Time: 2:30 pm – 3:30 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)

Miss Florence Tsui (3943-9767 / florecetsui@cuhk.edu.hk)

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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 email soniayu@cuhk.edu.hk 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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6. 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>

Enquiries:

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

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7. 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.

想跟書院同學保持聯繫？想擴闊人際網絡？想回饋書院？透過伍宜孫書院校友會，你可以將學生時代的關係延續下去。終生會籍只需 500 元。現時申請，更可獲贈一套四支環保飲管（先到先得，送完即止）。

各位同學只須填妥[申請表](#)，連同會員費，交回伍宜孫書院地下院務室即可。

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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 Phoebe Wu (3943 3988 / pheobewu@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 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/>

Enquiries:

Miss Rachel Poon (3943 3942 / rachelpoon@cuhk.edu.hk)

Miss Katie Yu (3943 3935 / 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 / florencetsui@cuhk.edu.hk)

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



Introduction

The Global Learning Award Scheme (GLAS) aims to encourage students to initiate or participate in **non-local** academic or experiential learning programmes with the main purpose of **LEARNING**. Applicants will be awarded the “Global Learning Award” and receive the award amount after completing all post-trip requirements on time.

Some examples are students’ self-initiating trips or joining overseas conferences, competitions, field trips, courses, internship/major-related placement, research, voluntary service, cultural tour. **Programmes organized and subsidized by the College and Term-long Exchange Programmes are EXCLUDED.**

Eligibility

All Wu Yee Sun College students (except exchange students) are eligible for application. For final year students, the programme joined or planned must be finished by their corresponding graduation date.

Maximum Award Amount

The maximum award amount varies with the programme length and programme nature.

	Programme Length ⁽¹⁾	Programme Nature	Maximum Award amount
Short-term	Shorter than one month	Self-initiated programme ⁽²⁾	HK\$12,000 or 100% of cost of the particular items ⁽⁴⁾ <i>(whichever is lower)</i>
		Participating in organized programme ⁽³⁾	HK\$5,000 or 50% of cost of the particular items ⁽⁴⁾ <i>(whichever is lower)</i>
Long-term	One to six months	Self-initiated programme	HK\$15,000 or 100% of cost of particular items ⁽⁴⁾ <i>(whichever is lower)</i>
		Participating in organized programme	

(1) Programme Length:

Exclude transportation time; only count from start date of the first activity to the end date of the last activity.

(2) Self-initiated programme:

A programme that is not organized by any units. Students need to plan the whole programme itinerary and daily activities.

(3) Participating in an organized programme:

Participate in an overseas tour, course, research work, internship program or major-related placement organized by other units.

(4) Maximum award amount:

Only the cost of the following **particular items** are taken into consideration when deciding the maximum award amount:

(a) Round-trip transportation cost

(b) Local accommodation cost

(c) Registration fee / Programme fee for students participating in organized programmes

Visa application fee or insurance cost is **NOT included

Application Timeline

Application is opened twice a year - Winter and Summer Rounds. Students can submit only one application for each round (regardless of programme nature / programme length / individual or group application). However, students could apply for unlimited rounds throughout their years of study.

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

Selection Criteria

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

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Other Activities & Announcements

1. Earth Hour 2020 地球一小時2020

Pledge now to support Earth Hour by turning off all non-essential lights for one hour on **28th Mar (Sat) at 8:30 pm!** Wu Yee Sun College, together with other Colleges and Units of CUHK, will support to this global campaign to show our commitment to combat climate change and reduce our ecological footprint.

During Earth Hour, all non-essential lighting on UG/F Podium and 5/F Sky Garden will be switched off as a gesture of support. Every one of you, especially hostel residents, is invited to take action by switching off your lights!

More details of the campaign can be found at <https://earthhour.wwf.org.hk/en/home/>

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2. MyCUHK and CUSIS Upgrade Project

Please note that MyCUHK and CUSIS will be **temporarily unavailable from 6:00 pm on 28th Feb until 8:45am on 11th Mar** for the Upgrade Project.

(Extract from ITSC website)

Project Name	MyCUHK and CUSIS Upgrade Project
Go Live Date	2020-03-11
Description	Along with the end of support of the related software, MyCUHK & CUSIS were planned to be upgraded in Feb 2020 originally. Due to the class and work arrangement of the University in response to novel coronavirus, the upgrade will be rescheduled to go live on 11 th Mar (Wed) 8:45AM.
Serving User Groups	Students, Staff
Changes / New Features	The following are some features available in the upgraded version: <ol style="list-style-type: none">1. New login page – CUHK Login (Single sign-on with Office 365 and library services)

	<ol style="list-style-type: none"> 2. Precise layout 3. Function search available 4. Mobile responsive 5. Easy course / class search by keywords 6. 2-factor authentication (2FA) <p>Details can be found at ITSC eNewsletter – issue 181.</p>
Upgrade Schedule	<ul style="list-style-type: none"> • Launch Preparation, Data Migration and System Checking (Details) – 28th Feb (Fri) 6:00 pm – 11th Mar (Wed) • Launch of Upgraded MyCUHK & CUSIS – 11 Mar 2020 (Wed) 8:45AM
Reference	<ul style="list-style-type: none"> • Suspension of MyCUHK / CUSIS: https://www.itsc.cuhk.edu.hk/newsdetails/cusis-20200311 • CUSIS Information Page: http://www.cuhk.edu.hk/cusis/ > CUSIS Upgrade Project Summary • Introduction of Upgraded MyCUHK / CUSIS: <ul style="list-style-type: none"> ○ ITSC eNewsletter – Issue 180 ○ ITSC eNewsletter – Issue 181
Enquiry	<p>ITSC Service Desk</p> <ul style="list-style-type: none"> • http://servicedesk.itsc.cuhk.edu.hk • 3943 8845

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3. Flourishing First Year Programme 心盛計劃 2019-20



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>

Enquiries:

Office of Student Affairs (3943 8652 / osa@cuhk.edu.hk)

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4. Community Resources for Emotional Support and Mental Health Promotion

<Samaritan Befrienders HK>

Samaritan Befrienders Hong Kong is a voluntary agency giving support and rendering emotional counselling to those in need.

24-hour Hotline: 2389-2222

Emotional Support provided by a group of passionate volunteers who are willing to listen, care, and walk with the help seekers to face their problems and finally regain their hope for the future and confidence in facing the challenges ahead

Suicide Crisis Intervention Centre: 2341-7227 for appointment

Professional social workers providing services such as risk assessment, emergency crisis intervention, 6-8 weeks intensive counselling and small group services

Family Helpline: 2319-1177

Professional social workers providing consultation to people whose relatives or friends are suffering from suicide crisis

<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 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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