The Sunny Bi-Weekly 09th Mar 2020

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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
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。他也是中大敬霆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
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 / florencetsui@cuhk.edu.hk)
Ms Cassie Li (3943-3988 / cassiel@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 / florencetsui@cuhk.edu.hk)
Ms Cassie Li (3943-3988 / cassiel@cuhk.edu.hk)

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.

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](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 / florencetsui@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.

--- 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)

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](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/](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 (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.

<table>
<thead>
<tr>
<th>Programme Length (1)</th>
<th>Programme Nature</th>
<th>Maximum Award amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short-term</td>
<td>Self-initiated programme (2)</td>
<td>HK$12,000 or 100% of cost of the particular items (4) (whichever is lower)</td>
</tr>
<tr>
<td></td>
<td>Participating in organized programme (3)</td>
<td>HK$5,000 or 50% of cost of the particular items (4) (whichever is lower)</td>
</tr>
<tr>
<td>Long-term</td>
<td>Self-initiated programme</td>
<td>HK$15,000 or 100% of cost of particular items (4) (whichever is lower)</td>
</tr>
<tr>
<td></td>
<td>Participating in organized programme</td>
<td></td>
</tr>
</tbody>
</table>

(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.

<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>1 Nov – 30 Apr</td>
<td>1 May – 31 Oct</td>
</tr>
<tr>
<td>Summer</td>
<td>1 May – 31 Oct</td>
<td>1 Nov – 30 Apr</td>
</tr>
</tbody>
</table>
The College has discretion to decide the number of approved applications and respective amount of approved subsidies. The quality & purpose of the programme and the quality of the proposal will be the main considerations in evaluating applications. The better the quality is, the higher the chance applicants can be granted high award amount. Applicants would be invited to attend an interview for further assessment.

**Application**

Applicants should complete and submit the online application form ([https://www.wys.cuhk.edu.hk/exchange.php?cat=others](https://www.wys.cuhk.edu.hk/exchange.php?cat=others)) with all supporting documents by the application deadline of each round (31/10 for Winter Round; 30/4 for Summer Round). No hard copy is required.

Application can be on individual or group bases but only **self-initiated programmes are eligible for group application**. For group application, each applicant MUST submit one application form but can upload the same proposal and budget as other group members. Also, only one written report is required for the post-trip submission of group application.

Students could send their request to rachelpoon@cuhk.edu.hk and katieyu@cuhk.edu.hk with detailed proposal and budget at **least 1 month before application deadline** if they would like to seek comments from Student Exchange Committee members.

**Enquiries:**

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

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![Self-Motivation Fund for Sports Activities](image_url)
**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/](https://www.wys.cuhk.edu.hk/whole-person-development/sports-health-education/)

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

**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/](https://earthhour.wwf.org.hk/en/home/)

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)

<table>
<thead>
<tr>
<th>Project Name</th>
<th>MyCUHK and CUSIS Upgrade Project</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go Live Date</td>
<td>2020-03-11</td>
</tr>
<tr>
<td><strong>Description</strong></td>
<td>Along with the end of support of the related software, MyCUHK &amp; 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 11th Mar (Wed) 8:45AM.</td>
</tr>
<tr>
<td><strong>Serving User Groups</strong></td>
<td>Students, Staff</td>
</tr>
<tr>
<td><strong>Changes / New Features</strong></td>
<td>The following are some features available in the upgraded version:</td>
</tr>
<tr>
<td></td>
<td>1. New login page – CUHK Login (Single sign-on with Office 365 and library services)</td>
</tr>
</tbody>
</table>
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](https://www.osa.cuhk.edu.hk/services/flourishing-first-year-programme)

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

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<赛马会心导遊計劃>一站式网上自助心理支援平台

- 每日的工作都很繁忙，究竟如何可以随时随地去照顾自己的心理健康呢？
- 在香港有七分之一的成年人曾经有精神困扰的经历，但只有25%的人会寻求协助，究竟原因是什麼呢？
- 你试过情绪受困扰却不知道如何照顾自己吗？
- 你试过见到身边的人精神状态不太好，却不知道怎样去支持他們吗？

我們明白不同人會在不同时候，會有不同的精神健康状况，亦會有不同的需要。《赛马會心導遊計劃》旨在根据每个人的个别需要，並配合現今科技向大众推廣精神健康，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，平台會根據每個人的個別需要而建議合適的課程或服务。只要每日抽少少時間參與平台上的課程，就可以随时随地提升自己的心理健康！

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

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