The Sunny Weekly

7th Sep 2020

Sunny Review 上周四顧

1. Warmest Welcome to New Sunnies! --- College Orientation Day

College Activities 書院活動

1. Sunny Living Week <New>
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   -- Music Sharing by College Master 院長音樂分享
   -- Yoga at Home 家居瑜伽
   -- Beeswax Food Wrap Workshop 蜂蠟保鮮布製作
   -- Virtual Forest Bath 虛擬森林浴
   -- Boost Your Immunity : Light Food Making Workshop 抗疫有營輕食製作

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Other Activities & Announcements 其他活動及宣佈事項

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6. AIESEC in CUHK | Members Recruitment Talk <New>
College Orientation Day 2020 was successfully held on 31st Aug (Mon). The theme of this year is Reborn (涅槃), which aimed at cultivating freshmen’s sense of belonging to the College through a series of activities and togetherness. Due to COVID-19, the activities were conducted online in order to avoid large crowd gatherings. We were glad that over 250 participants joining on that day.

Professor Anthony T.C. Chan (陳德章教授), College Master and Professor Poon Ming-kay (潘銘基教授), College Dean of Students delivered speeches to welcome our freshmen and encouraged them to participate in College activities. Dr. Lancelot W. H. Mui (梅維浩博士), Associate Dean of General Education, briefly talked about College General Education. There was also a session for student organizations to introduce themselves and let the freshmen get to know them. A Q& A session was arranged afterwards to provide more information to the freshmen. Last but not least, the freshmen were divided into three groups to have some ice-breaking activities and get to know each other. We wish all freshmen a fruitful University life ahead!

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College Activities

1. Sunny Living Week
Feeling soooooo dull staying at home, watching TV dramas and playing video games all day? Want to live a sunny, healthy and meaningful life like before? Don’t miss the chance to join the online activities during Sunny Living Week from 5-9 Oct. The Week aims to strengthen your body, mind and spirit and instill positive energy by complimenting three dimensions of “Health and Spiritual Well-being”, “Sports for Life” and “Go Green and Lead the Society”. It hopes that students can stay strong and positive to overcome unexpected difficulties at all times and get started the journey of Sunny Living for different challenges in the future.

<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Activity</th>
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| 5 – 9 Oct (Mon – Fri) | Virtual Eco-Cultural Tour 虛擬生態文化遊  
Stay tuned at College YouTube Channel! |
| 5 Oct (Mon) 12:30pm – 1:00pm | Music Sharing by College Master 院長音樂分享  
Live streaming at College Facebook Live, don't Miss it!! |
| 6 Oct (Tue) 7:00pm – 8:00pm | Yoga at Home 家居瑜伽 |
| 7 Oct (Wed) 6:30pm – 8:00pm | Beeswax Food Wrap Workshop 蜂蠟保鮮布製作 (Details) |
| 8 Oct (Thu) 3:00pm – 5:00pm | Virtual Forest Bath 虛擬森林浴 (Details) |
| 9 Oct (Fri) 11:45am – 1:15pm | Boost Your Immunity: Light Food Making Workshop  
抗疫有營輕食製作 (Details) |


Enquiries:  
Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)

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**College Announcements**

1. **New College Member** 新增書院成員
Lecturer LEE Shing Fong
MSSc(CUHK), BEd(CUHK)

Mr Lee is a Lecturer at the Physical Education Unit. He teaches PE required courses including soccer, basketball, handball and physical conditioning. He is the CUHK Men’s Soccer team coach. Mr Lee is a fan of various kinds of sports, especially soccer.

2. Online College Inauguration Assembly for Term 1, 2020/21

The College Inauguration Assembly for Term 1, 2020/21 is scheduled on Friday, 11th Sep. Owing to the COVID-19 pandemic, the Assembly will be conducted online via ZOOM. Details are as below:

Date: 11th Sep (Fri)
Time: 11:30 am (please join the session before 11:25 am)
Format: Online via ZOOM

Please refer to the reminder email regarding the College Assembly for the ZOOM link and details.

All College students are required to attend Inauguration Assembly and Closing Assembly in order to fulfil the course requirement. Your attendance at College Assemblies will be recorded.

Enquiries: Evelyn Chong (evelynchong@cuhk.edu.hk / 3943 1882)

3. Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman 2020/21
Acknowledge local freshmen of respective faculty with Level 5** in 2 subjects or above in HKDSE and proven leadership in social services or shown talents in creativity or innovation.

- Distinguished Arts Freshman
- Distinguished Business Freshman
- Distinguished Education Freshman
- Distinguished Engineering Freshman
- Distinguished Law Freshman
- Distinguished Medical Freshman
- Distinguished Science Freshman
- Distinguished Social Science Freshman

**Award Amount:** HK$25,000 – HK$50,000 per recipient

**Eligibility:** Local freshmen admitted via JUPAS stream who placed Wu Yee Sun College as their 1st College Preference

**Online Application:** [https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10042692](https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=10042692)

**Deadline:** 20th Sep (Sun)

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

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<table>
<thead>
<tr>
<th>Sports Team</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Coach/ Coordinator Tel. No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s &amp; Women’s Badminton</td>
<td>11th Sep (Fri)</td>
<td>6:00 pm - 8:00 pm</td>
<td>Yeung Ming Biu Indoor Sports Centre</td>
<td>Mr. Nelson LAM 3943 3987</td>
</tr>
<tr>
<td>Men’s &amp; Women’s Table Tennis</td>
<td>23rd Sep (Wed)</td>
<td>7:00 pm - 9:00 pm</td>
<td>Shaw College Multi-purpose Sports Hall</td>
<td>Mr. Ono Lee 3943 3986</td>
</tr>
<tr>
<td>Men’s &amp; Women’s Tennis</td>
<td>16th Sep (Wed)</td>
<td>6:00 pm - 8:00pm</td>
<td>Tennis Court No. 3, 4, 5</td>
<td>Mr. Ono Lee 3943 3986</td>
</tr>
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5. Call for enrollment of Rance Lee Award
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 **27th Oct (Tue) by 5:00 pm**. Grab the chance to win **HK$10,000** to promote Sunny Living!

Check out the details through this [link](#).

**Eligibility:** All WYS students can apply individually or in group comprising at least 50% of WYS students

**Enquiries:**
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943-3988)
Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943-9767)

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**6. Temporary Closure of College Catering Outlets**

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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**7. “Meet the Dean” Hours**

"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 [sammykwan@cuhk.edu.hk](mailto:sammykwan@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!

Enquiries:
Ms. Sammy Kwan (3943 9775 / sammykwan@cuhk.edu.hk)
Miss Katie Yu (3943 3935 / katieyu@cuhk.edu.hk)
Miss Florence Tsui (3943 9767 / florencetui@cuhk.edu.hk)

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 email sammykwan@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.

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

10. 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？想回讀書院？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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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)

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3. Be Entrepreneurial! Funding Scheme 創出我天地! 資助計劃

Grab the chance, be creative!

**Be Entrepreneurial! Funding Scheme** supports students to implement various short-term projects fulfilling college’s core values of **creativity**, **entrepreneurial spirit**, and **social responsibility**.

All undergraduate students, regardless of discipline and year of study, are welcome to submit application all year round. The **maximum funding amount is up to HK$20,000!**

Check out the details through this [link](https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/).

Enquiries:
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943-3988)
Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943-9767)

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4. 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 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. Tertiary Student Finance Scheme – Publicly-funded Programmes (TSFS) 2020-21
   Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2020-21

Please note that the application forms for the captioned Schemes from new students should be submitted to the Government Student Finance Office of the Working Family and Student Financial Assistance Agency (SFO) through “SFO E-link – My Applications” online platform at http://ess.wfsfaa.gov.hk on or before 25th Sep. After submission of the online form, applicants will be required to submit the declaration and supporting documents by online uploading, by post or in person to SFO’s office. Applicants may also submit the documents to the collection box at Room 1206, 12/F, Yasumoto International Academic Park form 8:45 am to 1:00 pm and 2:00 pm to 5:30 pm, Monday to Friday (except public holidays) during 14th Sep to 5th Oct 2020. Students can visit the website at http://admission.cuhk.edu.hk for application details.

2. CUHK Independent Learning Centre (ILC)
Here are some workshop highlights for academic year 2020/21 which is organized by CUHK Independent Learning Centre (ILC). You are welcome to visit the ILC website (https://www.ilc.cuhk.edu.hk/EN/) for a short ILC video for their major work and services or check out their new link on “Tips for Successful Online Learning @ CUHK”. You may also go to: https://bit.ly/32MAMvF to see the workshop series posters.

1. **University Study Skills Series** – this series is particularly useful for incoming UG students
   - Study Skills in English at University Level
   - Academic Reading: Strategies for Success
   - Ace Your Oral Presentations
   - Discussion Skills and Current Affairs
   - Saying What you Mean: English Pronunciation for Cantonese and Mandarin Speakers
   - Listening to Learn: Academic Listening and Note-Taking Skills
   - Building a Bigger and Better Vocabulary

2. **Writing Series**
   - Academic Essays
   - Research Papers
   - Reflective Journals
   - Personal Essays

3. **Job Preparation Series** – this series is particularly useful for graduating students and students who are interested in applying for exchange/ internship opportunities
   - Writing Impressive Resumes
   - Writing Impressive Application Letters
   - Ace Your In-person and Video Job Interviews
   - Standing Out in a Group Interview
   - Interview Practice and Self Reflection

4. **CRE/ JRE Series**
   - Preparing for the CRE – Use of English
   - Tips and Strategies in Tackling the JRE
   - JRE Writing Practice (Practice writing for the JRE under exam conditions)
   - Feedback on JRE Writing Practice (Discuss exam strategy and student writing)

5. **Exam Preparation Series**
   - Taking the IELTS Challenge: Reading & Writing
   - Taking the IELTS Challenge: Speaking & Listening
   - Mastering the TOEFL: Reading and Listening
   - Mastering the TOEFL: Speaking and Writing

Students who think they will benefit from having a one-to-one meeting with the teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session. The schedule can be found at: https://www.ilc.cuhk.edu.hk/EN/consultation.aspx. Besides, the ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support students. Details are available at: https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx.

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### 3. McDonnell Academy Photo Contest

The McDonnell Academy invites photo submissions to its Photo Contest on the theme of ‘*Hope and Resilience Around the World*’ from any of the Academy’s partner universities. The aim of the contest is to share images of how people around the globe are adapting to and thriving amidst today’s challenges and crises, and what gives them strength and hope for the future. Photo submissions that speak to where people around the world are finding hope and strength in these uncertain times, how they are rebuilding their communities, and reinventing themselves in light of current global challenges such as the COVID-19 pandemic are encouraged.

**Eligibility**
• Open to any current undergraduate or graduate student, faculty, or staff member at CUHK.
• Entries must include a photo title, a brief description (max. 100 words) of what the photo depicts, and the location where it was taken. The description must include the story, moment, or concept the photo captures and how it relates to the theme.
• Photos must be in digital form.
• There is a limit of up to 3 photo submissions per participant.

Selection
• A panel of judges will assess photos based on their artistic merit as well as content relevance to the theme.
• Finalists’ photos will be displayed on global.wustl.edu, and the winners will be announced live during the Global Town Hall (an introductory virtual event of the International Symposium comprising a panel of academics and senior experts) on 8th Oct 2020.
• The prizes are:
  ➢ 1st place: US$800
  ➢ 2nd place: US$400

Interested parties should submit their work online by 15th Sep 2020, and send the details (for students: name, CUID, major, college; for faculty/staff: name, office/dept) to Ms. Yiho Lee (yiholee@cuhk.edu.hk) at the Office of Academic Links for necessary follow-up.

For more information on the competition, eligibility and submission requirements, please refer to https://global.wustl.edu/mcdonnell-academy/international-symposium-2/mcdonnell-academy-photo-contest/.

For enquiries, please contact the organizer directly at global@wustl.edu.

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4. HKMA Youth Development Scheme

HKMA has organized the following seminar for students to join in September. Under the threat of pandemic, the seminars will be conducted online and free of charge. Quota limited. Tickets will be provided on first-come-first-serve basis. Details are as below:
5. AIESEC in CUHK | Members Recruitment Talk

[AIESEC is recruiting!]

AIESEC in CUHK is going to organize five sessions of Recruitment Talk soon! By joining it, you can know more about the skills that you can learn by joining different departments in AIESEC as well as what makes our organization unique. You will also get a chance to sign up for becoming a member of AIESEC in CUHK!

心動不如行動！快啲報名參加啦！
What are you waiting for? Sign up now!
Link: https://bit.ly/CUHKrecruitment

AIESEC in CUHK Recruitment Talk
Date: 15th /17th /19th /21st /23rd Sep (choose one)
Time: 7:00 pm - 8:30 pm
Format: Zoom

6. Flourishing First Year Programme 心盛計劃 2020-21

Flourishing First Year@CUHK is a tailor-made programme for all NEW students. A series of workshops are provided for supporting you to flourish and grow from failures.

_How does Flourishing First Year@CUHK work?_

**Step 1:** All new students are eligible for receiving information about upcoming activities/workshops and have the priority in enrolling in these activities/workshops  
**Step 2:** Enroll in the workshop and get our welcoming gift in your first workshop (on a first-come-first-serve basis)  
**Step 3:** Be a flourishing learner!
Step 4: Get your reward! (coffee making workshop/pottery class; on a first-come-first-serve basis)
Step 5: Complete all workshops from PERMA (Positive Emotions, Engagement, Relationship, Meaning, Accomplishment)

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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• 定時更新 Facebook 專頁和 Instagram 帳號
• 短片製作

2. 活動統籌 - 聲音導航社區地圖
• 搜集有趣的社區故事
• 編寫故事講稿
• 統籌錄音及製作過程

詳情

招募對象：香港中文大學 1-3 年級的學生（不限學科）
計劃時間：2020 年 10 月至 2021 年 3 月
報名表格：https://forms.gle/PeL1zUBgfuNTxhG96
截止報名日期：2020 年 9 月 9 日（星期三）
聯絡：Grace（電話：6972 5383）

歡迎瀏覽我們的網頁或 Facebook 專頁了解更多。期待您的加入，支持社會創新！

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8. Community Resources for Emotional Support

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