

Wu Yee Sun College
Self-Motivation Fund for Health and Well-being Activities

Guidelines

1. Purpose

Self-Motivation Fund for Health and Well-being Activities aims to encourage students to participate in various kinds of health and well-being activities **organized by organization(s) other than the College** that bring everyone **health, happiness** and/or **satisfaction**.

There are two categories of activities you can apply :

- (i) Activities that can improve your health and/or overall well-being
- (ii) Qualification Courses for Health and Well-being Instructors that you can enrich your relevant knowledge so to provide support to your peers.

2. Example Activities

Category (i) : Activities / Courses for enhancing both *physical health* and *emotional well-being* are eligible.

	Types	Examples
Physical Health	Activities that improve the function of your body through healthy eating or healthy lifestyles. After joining the activities, you will learn to eat more wisely or establish healthy habits.	Healthy Cooking / Baking Class, Tea Appreciation Workshop, Seminar / Course about Nutrition / Chinese Medicine
Emotional Well-being	Activities that allow you to relieve your stress, train your positive thinking skills or regulate your emotion. After joining the activities, you will feel happier or be more satisfied with your lives.	Mindfulness-Based Cognitive Therapy (MBCT), Mindfulness-Based Stress Reduction (MBSR), Meditation, Mental Health First Aid Course, Art / Music Therapy, Craft Workshop, Latte Art Workshop, Outward Bound, Trial Course on Musical Instruments / Painting

Notes :

1. Students will be provided with the fund for the trial courses on musical instruments / painting only. The fund will **not** support regular musical instrument courses / art courses.
2. Watching performances / dramas / theatres / movies are **excluded**.
3. Individual medical treatments / consultations are **excluded**.
4. Both face-to-face / online courses are welcome.

Category (ii) : Instructor courses that you will become qualified to provide trainings to others are eligible.

	Examples
Qualification Courses for Health and Well-being Instructors	Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course Art / Music Therapy Instructor Course

Notes :

1. A copy of certificate issued by the organization is required to submit to the College after completion of the course.
2. Applicants may be required to arrange free lessons for College students after completion of the course.

3. Funding Amount

Category	Funding Amount per student per activity	Maximum Funding Amount per student per academic year* (1 Aug – 31 Jul):
(1) Health and Well-being Activities	Maximum \$1500 or 80% of total application fee & course fee (whichever is lower)	\$4000
(2) Qualification Courses for Health and Well-being Instructors	80% of course fee	\$4000

Activities ended on or before 31 Jul of current academic year will be counted in the funding of current academic year.

4. Application

- All WYS undergraduate students (include exchange students) are eligible to apply.
- Applications are welcome all-year-round.
- Application together with activity details including qualifications of instructors should be submitted at least 14 days BEFORE the start date of the activity.
- Each eligible activity will be funded by one of the three Self-Motivation Funds (Health and Well-being / Sports / Green) only.
- The total amount of subsidy to be received by the applicants from all sources should not exceed the total application and course fees.
- The College will notify applicants the application results within two weeks.
- Should you be not sure if your activity is eligible or not, please free feel to send the activity details to phoebewu@cuhk.edu.hk or micheleli@cuhk.edu.hk for Committee's consideration.

5. Terms and Reimbursement

- The activities must be organized by **organization(s) other than the College**. Self-initiated activities are not accepted.
- Successful applicants should submit a brief reflection with around 100 words and 3-4 photos within two weeks after completion of the activity. The photos should be taken during the activity. The applicants should be seen in one of these photos.
- For online courses / workshops, if no photos can be provided, a valid proof of completion of the activity such as a certificate / letter of completion issued by the organization will be required.
- Reflection template can be downloaded at <https://www.wys.cuhk.edu.hk/whole-person-development/sports-health-education/>
- The subsidy will be reimbursed upon completion of the activity, and submission of reflection and original receipts.
- The successful applicants may be invited to give a sharing of their activities at College event(s) and/or co-ordinate other health and spiritual well-being activities in the College.

The College reserves the final right of approving any applications.

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