The Sunny Weekly 13th Sept 2021

College Activities 書院活動
1. Fitness Room User Introductory Course 2021-22 健身室使用者課程 2021-22 <New>
2. Fitness Consultation Sessions 健身訓練諮詢
3. Yoga Class 2021/22 Term 1
4. 莫思一步停：中文學習的世界

College Announcements 宣佈事項
1. Service-Learning Programme 服務學習計劃 - Term 1, 2021/22 <New>
2. Change of Opening Hours of College Student Canteen for Mid-Autumn Festival 中秋節書院學生飯堂更改營業時間 <New>
3. Campus Arrangement in Term 1, 2021/22
4. Vaccination and Testing Arrangement for Hostel Accommodation 2021/22 – Registration for Serial Test 1 and Serial Test 2
5. The “Sunny” Award & Admission Scholarship for Outstanding Artistic Achievements 2021/22 <New>
6. College Hostel Grant 2021/22 – Application <New>
7. Dorsett Admission Scholarship for Hospitality and Real Estate Freshman 2021/22
8. Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman
9. Rance Lee Award 李沛良獎勵計劃 – Application
10. College Team Tryout 2021-22 Term 1 書院院隊選拔(2021-22 上學期)
11. “Meet the Dean” Hours 輔導長時間
12. Student Pastoral Care
13. WYS’s Got Talents – Photography, Poster Design, MC and a lot more!
14. Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募

College Funding & Award Schemes 書院資助及獎勵計劃 (全年可供申請)
1. Self-Motivation Fund for Health and Well-being Activities
2. Self-Motivation Fund for Sports Activities
3. Self-Motivation Fund for Green Activities
4. Mingle Fund
5. Be Entrepreneurial! Funding Scheme 創出我天地！資助計劃
6. 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. No Air Con Night 2021 <New>
2. Run as CUHK Runner 2021 中大馬拉松跑手 <New>
3. New Member Recruitment for CUHK Peer Support Network (uBuddies/ uPals) 2022 中大朋輩支援網絡 (uBuddies/ uPals) 2022 年度成員招募 <New>
4. CUHK Entrepreneur Day 2021 <New>
5. CUHK Independent Learning Centre (ILC)
6. Tertiary Student Finance Scheme – Publicly-funded Programmes (TSFS) & Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2021-22
7. Info Session on Financial Aid Schemes 2021/22
8. AIESEC in CUHK | Member Recruitment
9. Student Cultural Ambassadors Scheme 2021-22
10. Calling for Application | CUHK Entrepreneurs Alliance (CUEA) Happy Hour Entrepreneurial Talk -- Voice of History
11. D&I Ambassadors Programme 2021/22
12. Community Resources for Emotional Support
College Activities

1. **Fitness Room User Introductory Course 2021-22**

   **Fitness Room User Introductory Course**

   身心室使用者課程

   **Date:** 26/10/2021 (Tuesday)
   **Time:** 7:00pm - 9:00pm
   **Venue:** College Gym
   **Quota:** 15 (first come, first served)

   The full Sea-view Fitness Room is open for use. In accordance with the University’s guidelines, only those who can present valid CUHK Fitness Room User Cards can use Fitness Rooms on University campus.

   The full Sea-view Fitness Room is open for use. In accordance with the University’s guidelines, only those who can present valid CUHK Fitness Room User Cards can use Fitness Rooms on University campus.

   Students/ members who are not CUHK Fitness Room User Card holders may attend a Fitness Room User Introductory Course organized by the College with details as follows:

   **Date:** Tuesday, 26th Oct
   **Time:** 7:00 - 9:00pm
   **Venue:** College Gym
   **Quota:** 15 (first come, first served)
   **Instructor:** Mr. John Chan

   **Application:**
   https://qrgo.page.link/oG7Pf

   **Application Deadline:** 22nd Oct

   *Year 1 students may obtain the CUHK Fitness Room User Card from PE lessons.*

   **Enquiries:**
   Ms. Elsus Yeung (elsusyeung@cuhk.edu.hk / 3943 3934)

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2. **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!

**Date (Every Tue):**
Sep 14, 21  
Nov 2, 30  
Time: 7:00-9:00pm

**Date (Every Tue):**
Oct 5, 12, 19  
Nov 9, 16, 23  
Time: 7:00-8:00pm

**Venue:** College Gymnasium  
**Instructor:** Mr. John Chan  
No prior applications required! Kick-start your workout plan now!

**Enquiries:**  
Ms. Elsus Yeung (elsusyeung@cuhk.edu.hk/3943 3942)
Stretch your body • Increase your flexibility • Improve your mobility

Date: Sep 20, 27,
      Oct 4, 11, 25,
      Nov 1 (Mondays)
Time: Class A - 7pm to 8pm
      Class B - 8pm to 9pm
Venue: W112-114
Quota: 12 (per class)
Instructor: Ms. Mayan Chan
PE Marks: 4 (upon completion of at least 5 lessons)
Fee: $250 ($200 will be refunded upon completing at least 5 lessons)
      [College member - $150]

Interested students please fill in the webform AND submit deposit to Dean of Students’ Office on or before 5:00pm, Sep 14 (first-come-first-served. Time of deposit payment will be the determinant)

Enquiries:
Ms. Elsus Yeung (elsusyeung@cuhk.edu.hk / 3943 3934)

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課程概要：「學習中文的價值和意義」、「【中文世界】的轉變」、「中文學習的範疇」、「經、史、子、集概論」、「中文學術論文的擬題方向、設題及寫作」不同課題。透過不同情境，分享學習中文的方法，並反思學習中文過程中面對的情況，進而探討語言在現今社會的轉變和價值。課程同時會由淺入深，分析公開試中文與大學中文領域研究不同之處，從而談及學術論文等專業知識。

導師：林溢欣先生

導師簡介：中大中文系哲學碩士畢業。《藝文青》創辦人、報紙專欄作家，同時出版不同散文集、文言專書、高中教材。學術論文見於《國文天地》、《中國文化研究所學報》、《雲漢學刊》、《古籍整理研究學刊》、《九州學林》等。

日期：10月5日、12日、26日及11月2日、9日、16日
時間：晚上6:30至8:00
地點：伍宜孫書院UG/F演藝廳
語言：廣東話
按金：$200 (出席最少4堂可獲退回全部按金)

更多詳情：https://www.wys.cuhk.edu.hk/?p=17670

*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。

查詢：胡佩德小姐 (phoebewu@cuhk.edu.hk / 3943 3988)
“Nurturing students through assuming social responsibility” is one of our College’s educational goals. This semester, we offer a wide range of Service-Learning opportunities for you to engage in social services. Service activities range from direct services to public education. You will have the chance to understand the needs of various types of service user, plan and implement service-learning projects that address their needs. For details of service-learning projects, please refer to college website.

If you are interested in serving the community and learning from serving others, join us! Please fill in the online form (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638395) by 19 Sept 2021 (Sunday).

Remarks: Students who have participated in at least 1 overseas SL trip or 2 local SL programmes are eligible to apply for GEYS4010 Individual Project on Service-learning.

查詢 Enquiries:
Miss Rachel Poon (rachelpoon@cuhk.edu.hk/3943 3942)
Miss Kiki Chan (kikiwkchan@cuhk.edu.hk/3943 3935)
Kindly note the following opening hours of student canteen at Wu Yee Sun College:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>21 Sep 2021 (Tue)</td>
<td>8:15am - 4:00pm</td>
</tr>
<tr>
<td>22 Sep 2021 (Wed)</td>
<td>Closed</td>
</tr>
</tbody>
</table>

3. Campus Arrangement in Term 1, 2021/22

We are most delighted to welcome our Sunnies back to campus. We would like to take this opportunity to update you the use of campus facilities, in order to safeguard the health and well-being for every College member. Your support is the key to maintain a healthy community for living and learning together.

College Prevention and Control Measures against COVID-19

1. Please measure body temperature at the counter at College Gallery and sanitize hands upon entering into College building. If body temperature is above 37.5 °C, s/he will not be allowed to enter into College.

2. If students have taken a COVID-19 test, please stay at home until the test result is available.

3. Please be reminded that NO VISITORS (including WYS non-residents) will be allowed to enter the hostel floors. Students cannot bring in unauthorized persons or allow them to follow behind you to enter the College. Unauthorized persons or illegal residents will jeopardize the accuracy of contact tracing. In order to protect your own health, violations will result in disciplinary actions.

College Facilities

1. WYS non-residents can access College until 10:30pm daily (tap CU Link for access after 9:00pm). Only residents can access College building after 10:30pm

2. The opening hours and maximum capacity of College facilities can be referred at https://www.wys.cuhk.edu.hk/about-us/campus/.

3. College Gymnasium: Only authorized users can use the gym with a maximum of 15 users using the gym in the same session. Each user can use the gym for 1 hour daily. All users must complete registration, body temperature measurement and hand sanitizing, upon presenting users’ CU Link/ Guest Card in exchange for an access card, prior to accessing the gym. Masks must be worn (including the time of doing exercises) and at least 1.5m social distancing must be maintained at all times. Users must also observe the current regulations of using the gym as well.

A detailed guideline will be sent to authorized users separately. First-time users should bring their valid (i) CU Link Card and (ii) CUHK Fitness Room User Certificate to College Office (G03) for registration.

4. Reservation of College Facilities: Only recognized College student organizations are eligible to reserve College facilities [except for Piano Rooms (Room 106 & 107) and Discussion Rooms in Learning Commons (Room 102A and Room 103A) which will be opened for individual students]. Student organizations may contact the responsible College staff to book facilities for their planning of activities until the resumption of College online booking system.

4. Vaccination and Testing Arrangement for Hostel Accommodation 2021/22 – Registration for Serial Test 1 and Serial Test 2
Students who are **NOT** fully vaccinated by upcoming Serial Tests are required to register for Serial Test 1 (14 – 15 Sep) AND Serial Test 2 (28 – 29 Sep)*

**Online Reservation:** [https://webapp.itsc.cuhk.edu.hk/ras/restricted/eventlist?id=6](https://webapp.itsc.cuhk.edu.hk/ras/restricted/eventlist?id=6)

**Reservation Period:** Immediate – 7 September 2021

**Serial Test(s) Open for Reservation:** Serial Test 1 (14 – 15 Sep) and Serial Test 2 (28 – 29 Sep)

**Testing Time:** 11:00 – 15:00; 19:30-21:30

**Testing Venue:** Registration @ W112 | Testing Area @ W112 – W114 | Result-waiting Area @ W116

**Online Booking:** Please register for Serial Test 1 (14 – 15 Sep) AND Serial Test 2 (28 – 29 Sep) before 7 Sep 2021*.  

**No. of Testing Timeslots:** Only register **ONE** timeslot per **each Serial Test**

**Duration of Each Testing Timeslot:** 30 mins

**Testing Procedures:** Self-test using testing kit purchased via College and conducting at venues designated by College under virtual supervision by hostel staff according to Testing Schedule. To ensure the accuracy, the process will be video-recorded but will be destroyed after that academic term.

*For students who WILL BE fully vaccinated, please be reminded to upload updated vaccination record to designated OneDrive URL for our verification. If you have already done so, you do not need to submit it again.

- **Students who will become fully vaccinated after Entry Test** *NO NEED to register for Serial Test*
- **Students who will become fully vaccinated after Serial Test 1 (14-15 Sep) but before Serial Test 2 (28-29 Sep)** *reserve testing timeslot for Serial Test 1 (14-15 Sep) only.

**Important Remarks:**
1. By **“fully vaccinated”**, it means **all** suggested dosage of recognized COVID-19 Vaccines has been administered in accordance with the relevant guidelines of a COVID-19 vaccination course for at least 14 days. *(For example, if your last dose of vaccination is taken on 22 August, you are considered as fully-vaccinated on 5 Sep).*
2. Please read through the Quick Guide AND instructions of using testing kit **BEFORE** Serial Test
3. Please prepare CU Link for registration and tender exact amount of HK$60 cash for purchasing the testing kit
4. Once the timeslot is reserved, no changes can be made. In case you encounter exceptionally special circumstance, please email polly@cuhk.edu.hk with justifications and provide relevant proof for further review
5. Incompliance of the testing arrangement (e.g. missing the test) will result in disciplinary actions, including cancellation of hostel residence

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5. The “Sunny” Award & Admission Scholarship for Outstanding Artistic Achievements 2021/22
The “Sunny” Award – HK$15,000 / HK$10,000 - Online Application
Recognize College freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility

Admission Scholarship for Outstanding Artistic Achievements – HK$8,000 - Online Application
Acknowledge College freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music

Both scholarships are eligible for freshmen who placed Wu Yee Sun College as their 1st College Preference.

Application Deadline: Monday, 4 October 2021
More details: http://www.wys.cuhk.edu.hk/scholarships.php
Enquiries: Ms. Karen Yiu (karenyiu@cuhk.edu.hk / 3943 3936)

6. College Hostel Grant 2021/22 – Application
College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2021/22 will be maximum $4,365 per year.

Application now opens until Monday, 18th October 2021. Students with Term 1 or whole year residence are eligible to apply.

Please download the application form and submit the completed form with supporting documents via email to Ms. Yiu (karenyiu@cuhk.edu.hk) or in person to the College Office (G03, G/F, East Block) before the deadline.

Enquiries:
Ms. Karen Yiu (karenyiu@cuhk.edu.hk / 3943 3936)
**7. Dorsett Admission Scholarship for Hospitality and Real Estate Freshman 2021/22**

Online application for Dorsett Admission Scholarship for Hospitality and Real Estate Freshman 2021/22 now opens. Award amount is HK$40,000.

Eligibility:
College outstanding freshman studying in Hospitality and Real Estate Programme based on academic performance and participation in extra-curricular activities.

This scholarship is eligible for students who placed Wu Yee Sun College as their 1st College Preference and is open to all local and non-local freshmen.

**Online Application Deadline: 19th September 2021 (Sunday)**

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

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**8. Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman**

Online application for Francis Wong Hok Bun Memorial Scholarship for Distinguished Freshman now opens. Award amount is HK$25,000 – HK$50,000 per recipient.

Eligibility:
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.
This scholarship is eligible for students who placed Wu Yee Sun College as their 1st College Preference and is open to local freshmen admitted via JUPAS stream.

**Online Application Deadline: 19th September 2021 (Sunday)**

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

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Creativity and Sunny Living are two of the College’s core values. If you’re the health-conscious and 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 one page executive summary on or before 11 October, 2021. 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/college-life-support/funding-scheme/?scheme=rance-lee-award

請瀏覽書院網頁(https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/?lang=zh&scheme=rance-lee-award)，以獲取更多詳情。

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If you are a professional sports player or are simply keen on doing sports, do not miss the College Team try-outs. The College is now recruiting athletes for the badminton, table tennis, tennis, swimming, rowing and athletic team. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

<table>
<thead>
<tr>
<th>Sports Team</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Coach/ Coordinator Tel. No.</th>
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</thead>
<tbody>
<tr>
<td>Men’s &amp; Women’s Badminton</td>
<td>Sept 17, 2021 (Fri)</td>
<td>6:00-8:00p.m.</td>
<td>Yeung Ming Biu Indoor Sports Centre</td>
<td>Mr. Nelson Lam 3943 3987 <a href="mailto:nelsonlam@cuhk.edu.hk">nelsonlam@cuhk.edu.hk</a></td>
</tr>
<tr>
<td>Men’s &amp; Women’s Table Tennis</td>
<td>Sept 21, 2021 (Tue)</td>
<td>7:00-9:00p.m.</td>
<td>Shaw College Table Tennis Room</td>
<td>Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a></td>
</tr>
<tr>
<td>Men’s &amp; Women’s Tennis</td>
<td>Sept 13, 2021 (Mon)</td>
<td>8:00-10:00p.m.</td>
<td>Tennis Court No. 6, 7 &amp; C.C. court</td>
<td>Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a></td>
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<td></td>
<td>Sept 8, 2021 (Wed)</td>
<td>6:00 - 8:00 p.m.</td>
<td>Swimming Pool</td>
<td>Mr. Nelson Lam</td>
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<td>Event</td>
<td>Date</td>
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<td>Location</td>
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<tr>
<td>Men’s &amp; Women’s Swimming</td>
<td>Sept 10, 2021</td>
<td>6:00 - 8:00 p.m.</td>
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<td>3943 3987</td>
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<td><a href="mailto:nelsonlam@cuhk.edu.hk">nelsonlam@cuhk.edu.hk</a></td>
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<tr>
<td>Men’s Rowing</td>
<td>Oct 18, 2021</td>
<td>6:30 - 9:00 p.m.</td>
<td>Grand Stand, HCF</td>
<td>Mr. Ono Lee</td>
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<td>Oct 22, 2021</td>
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<td><a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a></td>
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<tr>
<td>Women’s Rowing</td>
<td>Oct 12, 2021</td>
<td>6:30 - 9:00 p.m.</td>
<td>Grand Stand, HCF</td>
<td>Mr. Ono Lee</td>
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<td>Oct 13, 2021</td>
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<tr>
<td>Men’s &amp; Women’s Athletic</td>
<td></td>
<td>Please contact Mr. Ono Lee to arrange tryouts according to Track &amp; Field Events before 30/09/2021</td>
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<td>Mr. Ono Lee</td>
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<td><a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a></td>
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11. Open Recruitment for WYS International Team Member & Exchange Buddy

We are pleased to let you know that there are more than 30 incoming exchange students joining us this semester. Want to meet friends from different regions? Interested in understanding different cultures? Join the College International Team! The team are required to organize 1-2 activities per semester to foster interaction between local and international students.
If you are keen on interacting with students from regions that are different from yours, come join the International team or become exchange buddy. Register [HERE](#) by 19th Sept 2021. All local and international students are most welcome to be a team member!

Enquiries:
Miss Rachel Poon (3943 3942/ rachelpoon@cuhk.edu.hk)
Miss Kiki Chan (3934 3935/ kikiwkchan@cuhk.edu.hk)

12. “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 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 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 (sammykwan@cuhk.edu.hk / 3943 9775)
Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)
Miss KiKi Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

13. 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.
14. 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:
Ms. Sammy Kwan (sammykwan@cuhk.edu.hk) / 3943 9775

15. 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.

College Funding & Awards Schemes

1. Self-Motivation Fund for Health and Well-being Activities
**Self-Motivation Fund for Health and Well-being Activities** encourages students to participate in various kinds of health and well-being activities in order to strengthen your **physical health** and **mental wellness**.

**Eligibility:**
For Wu Yee Sun College students who participate in health and well-being activities organized by organization(s) other than the College.

**There are two categories of activities you can apply:**

(i) **Health and Well-being Activities**

**Examples:**
Healthy Cooking Class, Trial Course on Musical Instruments, Course about Nutrition or Chinese Medicine, Mindfulness Workshop, Mental Health First Aid Course

**Funding amount:** Maximum $1500 or Up to 60% of application fee and course fee (whichever is lower)

(ii) **Qualification Courses for Health and Well-being Instructors**

**Examples:**
Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art or Music Therapy Instructor Course

**Funding amount:** Maximum $3000 or Up to 60% of course fee (whichever is lower)

Take a look at the [guidelines](#) and the [reflection template](#) to start your healthy life now!!!


**Enquiries:**
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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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”.

**Funding Amount:**
Sports Activities: Maximum $1500 or Up to 60% of application fee and course fee (whichever is lower)
Qualification courses for sports coach: Maximum $3000 or Up to 60% of course fee (whichever is lower)

Take a look on the guidelines and report template, and challenge yourself with different activities.


**Enquiries:**
Ms. Elsus Yeung ([elsusyeung@cuhk.edu.hk](mailto:elsusyeung@cuhk.edu.hk)) / 3943 3934

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### 3. Self-Motivation Fund for Green Activities
Self-Motivation Fund for Green Activities encourages students to participate in various kinds of green activities and qualification courses for instructors of green activities that promote sustainability and environmental consciousness.

**Funding Amount:**
- Green Activities: Maximum $1500 or Up to 60% of application fee and course fee (whichever is lower)
- Qualification courses for instructors of green activities: Maximum $3000 or Up to 60% of course fee (whichever is lower)

Take a look on the guidelines and reflection template, and challenge yourself with different activities.


**Enquiries:**
Ms. Sonia Yu (soniayu@cuhk.edu.hk / 39433937)

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4. 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 (rachelpoon@cuhk.edu.hk / 3943 3942)

5. 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!

Online application is now available, simply submit your application through one click - https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638278

Check out the details through this link.

Enquiries:
Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)
Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)
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 KiKi Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)
Miss Rachel Poon (rachelpoon@cuhk.edu.hk / 3943 3942)
CUHK will support the ‘No Air Con Night 2021’ scheduled on 8 October (Friday) which is the energy saving campaign to promote the wise use of air conditioning. Let’s join together to go green.

2. Run as CUHK Runner 2021 中大馬拉松跑手

中大馬拉松跑手 2021 開始報名啦！Let’s join the Run as CUHK Runner 2021!

香港渣打馬拉松將於 2021 年 10 月 24 日 (星期日) 舉行，歡迎所有已成功報名的中大人，一同出戰渣打馬拉松！

報名二步曲:

步驟一

所有中大跑手*必須先成功登記渣打香港馬拉松賽事。

* 包括中大及中大專業進修學院學生、教職員、校友及其家人或友好

步驟二

成功報名參與任何一項渣打香港馬拉松賽事的中大人，即可於中大馬拉松網頁登記成為中大跑手，截止報名日期為 2021 年 9 月 27 日。每位中大跑手可獲贈由安翹有限公司贊助之跑步 T 恤或背心乙件。

有關詳情，請按此細閱。如有任何查詢，歡迎電郵至 marathon@cuhk.edu.hk，或致電 3943 3173。

中大人出戰，實力盡顯現！

The Standard Chartered Hong Kong Marathon will be held on 24 October 2021 (Sunday). All successful registrants are welcome to join as CUHK runners to take up the challenge together!

Two simple steps to join us:
Step 1:
To be a CUHK runner, you must be a successful registrant* of the Standard Chartered Hong Kong Marathon 2021.

*all CUHK/CUSCS students, staff, alumni and their relatives and friends

Step 2:
Successful registrant of the Standard Chartered Hong Kong Marathon can register as CUHK runner on the CUHK Marathon website. Registration will be closed on 27 September 2021. A 2021 CUHK running tee-shirt or singlet specially designed for CUHK runners, sponsored by Antonhill Co. Ltd will be given.

You may click here to check out more at our website. For enquiries, please email to marathon@cuhk.edu.hk, or call 3943 3173.

Run for CUHK, show our Spirits!

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3. New Member Recruitment for CUHK Peer Support Network (uBuddies/ uPals) 2022

中大朋輩支援網絡(uBuddies/ uPals) 2022 年度成員招募

你希望構建一個健康、正向的中大校園嗎？如果你樂意接受助人訓練、支援身邊的同學，同時有興趣籌辦活動或推廣心理健康，歡迎你報名參加學生事務處心理健康及輔導中心所舉辦的「uBuddies 朋輩輔導聯網」或「uPals 心理健康推廣團隊」！截止日期為2021年10月15日（五）。

New Member Recruitment for CUHK Peer Support Network (uBuddies/ uPals) 2022
Do you wish to contribute to the wellness of CUHK students? If you wish to equip yourselves with helping skills so that you can better support other students around you, and have an interest in organizing activities or promoting mental wellness, you are most welcome to join the “uBuddies Peer Counselling Network” or “uPals Wellness Promotion Team” organized by Wellness and Counselling Centre, Office of Student Affairs. The application deadline is 15 Oct 2021 (Fri).

Follow us on:

Instagram: cuhk_ubuddies / treehole_cuhk / cuhk_upals

uBuddies Service Project: Treehole / uBuddies 服務計劃: 山城樹窿
https://youtu.be/VBWQZnecJCE

uBuddies Program highlight video
https://www.youtube.com/embed/G9cHozRgVRE?form=MY01SV&OCID=MY01SV

uPals Program highlight video
https://www.youtube.com/watch?v=4edSrGmIoTM

CUHK Entrepreneur Day will be held on 24th -25th September, 2021. Should you be keen on pursuing opportunities in startup or interested in getting to know more? Pencil your schedule in for the day and check out the website for details - http://www.alumni.cuhk.edu.hk/cuhkeday/

Scan QR code for registration or simply click the following link -
5. CUHK Independent Learning Centre (ILC)

Independent Learning Centre (ILC) has in store to support student learning in the First Semester of 2021-2022 via our face-to-face and Zoom sessions.

For the new incoming students who are not familiar with the ILC, I would recommend them to visit the ILC website (https://www.ilc.cuhk.edu.hk/EN/) for a short ILC video for our major work and services.

For international students who are interested in having better communication with the CUHK staff and students of other nationalities, this Interacting Across Cultures (IAC) online learning series should be very useful (https://ilc.link/IAC).

While the ILC workshops mainly target UG students, we also offer special postgraduate workshops with the University Library collaboratively. For details, please visit the ILC website regularly: https://www.ilc.cuhk.edu.hk/EN/workshops.aspx

Here are some ILC workshop highlights for the new academic year 2021-2022:

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 Success 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
To see the workshop series posters, please go to: https://bit.ly/3Dz0zZy

Students who think they will benefit from having a one-to-one meeting with our teachers on their specific learning needs or need guidance in devising their independent learning plan can book a consultation session, and our schedule can be found here: https://www.ilc.cuhk.edu.hk/EN/consultation.aspx

The ILC also develops and recommends both print and online learning resources on various topics in both English and Chinese to support our students. Details are available at: https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx

6. Tertiary Student Finance Scheme – Publicly-funded Programmes (TSFS) & Non-means-tested Loan Scheme for Full-time Tertiary Students (NLSFT) 2021-22

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 24th September 2021. 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 from 8:45 am to 1:00 pm and 2:00 pm to 5:30 pm, Monday to Friday (except public holidays) during 13th September to 4th October 2021. Students can visit the website at http://admission.cuhk.edu.hk for application details.

7. Information Session on Financial Aid Schemes 2021/22

The Chinese University of Hong Kong
Office of Admissions and Financial Aid

Information Session on Financial Aid Schemes 2021/22

A presentation session organized by the Office of Admissions and Financial Aid will be held to provide you with information on the University and Government Financial Aid Schemes.

Details of the Information Session are as follows:

Date: 11 September 2021 (Tuesday)
Time: 6:30 p.m. – 7:30 p.m.
Mode: Mixed (Face-to-face and Zoom)
Venue: Lau Chor Tak Lecture Theatre, G/F, Yasumoto International Academic Park, CUHK
Language: Cantonese

All local undergraduate students are welcome.

Registration Procedures:

1. Students can choose the mode (Face-to-face or Zoom) during the registration, please complete and submit on or before 12 September 2021 an online registration form which is available at our website at http://admission.cuhk.edu.hk (Financial Aid – Events).

2. Confirmation on registration will be sent to students’ CUHK@link email on Monday, 13 September 2021. For students who choose Zoom, the link will also be provided in the confirmation email.

For enquiries, please contact Scholarships and Financial Aid Section, Office of Admissions and Financial Aid by email at sfas@ cuhk.edu.hk or by telephone at 3943 7205 / 3943 1606.

August 2021

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After a year of virtual lessons, are you ready to explore and connect with the world? Are you ready to meet new friends and take on new challenges? If yes, here's your chance: AIESEC in CUHK is recruiting new members!

What is AIESEC
We provide a global platform for young people to develop their leadership potential through operating international internships and volunteering. Founded in 1948, AIESEC is a not-for-profit organization entirely run by youth for youth.

AIESEC IN NUMBERS

- 2600 University Chapters
- 8000 Global Internship Partners
- 1000000 Alumni around the world
- 24000 Students Going Abroad
- 124 Countries Impacted
- 86000 AIESEC members

What can you gain by joining AIESEC?

Global exposure
Our network operates on a local, regional, and international level with a whole host of alumni. Joining international conferences enables you to interact with people from diverse backgrounds.

Life-long Connection with like-minded peers
In AIESEC, we discuss dreams, goals, struggles and personal stories. We connect and breed lifelong friendships with like-minded people.

Practical leadership experience
Unleash your potential by joining our leadership events. You can also join specific teams to explore the various practical skills, including marketing, event management, customer servicing, and public speaking.

Join AIESEC Member recruitment talk!
If you are interested to know more about us, join our recruitment talk! See you there.

Date: 10, 13, 14, 15, 17th Sept 2021
Time: 7:00pm -9:00 pm
Format: Physical@cuhk (only 17th Sept is virtual@zoom)
Eligibility: All CUHK undergraduate students
Fee: Free of charge
Registration link: [https://mchongkong.typeform.com/2122CUHKRT](https://mchongkong.typeform.com/2122CUHKRT)
9. Student Cultural Ambassadors Scheme 2021-22

【招募會員】2021-2022 年度學生文化大使計劃

新一年度學生文化大使計劃現已接受報名。今年度的主題是感受藝術，我們相信藝術可帶來獨特的個人體驗及引發美學探索。不論在創作時接觸物料或欣賞不同作品都能讓我們體會藝術的開放性，並在探索藝術的過程中認識自己。

「學生文化大使計劃」分為兩個階段:
第一階段: 報名成為「藝術兵團」
第二階段: 進升為「學生文化大使」

活動內容
· 觀賞演出及展覽(大會安排的節目將有資助)
· 參與藝術文化導賞並與資深藝術家交流
· 與同好分享藝術文化心得
· 優惠價/優先報名參加藝術工作坊及觀賞演出

報名日期：1 – 30/9/2021
對象：香港中文大學全日制學生
立即報名：https://www.srrsh.cuhk.edu.hk/zh/content/student-cultural-ambassadors-scheme-application-zh
費用全免
名額有限，先到先得
2021 Student Cultural Ambassadors Scheme is now open for registration. The theme of coming year is “Experiencing Arts”. We believe that art can bring unique personal experiences and arouse aesthetic exploration. The inspiration of arts will enlighten your mind and the experience of arts will help you to discover a different and better “You”.

2 levels in the Student Cultural Ambassadors Scheme
First Level: Friends of the Arts (FTA)
Second Level: Student Cultural Ambassadors (SCA)

Programme Details
· Attend performances and exhibitions (Ticket Subsidy for selected programmes)
· Guided tour and meet the artists
· Arts sharing sessions
· Discount/Priority registration for arts workshops and performances

Registration: 1 – 30/9/2021

Target: Full-time CUHK Students
Apply Now: https://www.srrsh.cuhk.edu.hk/en/application
Free of charge
Limited quota, on a first-come-first-served basis

查詢 Enquiries
3943 1598 / 3943 7857
Email: cuoaa@cuhk.edu.hk
Website: www.srrsh.cuhk.edu.hk
Facebook: @cuoaafta
Instagram: @fta_cuhk

10. Calling for Application | CUHK Entrepreneurs Alliance (CUEA) Happy Hour Entrepreneurial Talk -- Voice of History

CUHK Entrepreneurs Alliance (CUEA) Happy Hour Entrepreneurial Talk is BACK! The theme of this round is “Think Like An Entrepreneur”.

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EPIN has invited our College alumnus Miss Kelly Lau (WYS/GLEF/2019), co-founder of The Voice of History, to do a presentation, sharing her journey of turning a FYP (Final Year Project) into a NPO (Non-Profit Organization) at the upcoming talk.

The Voice of History is founded by a group of energetic CUHK alumnus to promote inter-generational harmony by bringing youngsters and the elderly together to create radio drama based on Hong Kong stories. How can a FYP turn into a NPO, and keeps running and expanding even after all the co-founders have graduated? If you wanna know the secret behind, join the talk!

**Event Details**
Date: 17th September (Friday)
Time: 6:00pm
Venue: Innoport UGA and Live Broadcast
Language: Cantonese
Mode: The event will be conducted in hybrid mode – participants can either join online through zoom or come to InnoPort (Arrangement is subject to change depending on the situation of the pandemic)

The Voice of History Website: [https://www.thevoiceofhistory.com/](https://www.thevoiceofhistory.com/)

Participants who join on-site will receive a Inno330 Café voucher worth $25 to enjoy the drink while mingling with our guests. (Quota is limited. It will be offered on a first-come-first-served basis and is subject to terms and conditions.)

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12. 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.