The Sunny Weekly 20th Sept 2021

Sunny Review 上周回顾
1. First Forum of 2021/22 Term 1 “Mental Wellness in CUHK”

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 <Updated>
3. Fitness Training Workshops <New>
4. GPS Career Development Facilitation Scheme 2021-2022 <New>
5. 莫思一步停：中文學習的世界

College Announcements 宣佈事項
1. 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 <This Tue & Wed>
2. Early Closure of College Office and Dean of Students' Office at Mid-Autumn Festival 中秋節書院院務室及學生輔導處提前休息事宜 <Tomorrow>
3. Temporary Closure of College Gym <New>
4. Campus Arrangement in Term 1, 2021/22
5. The “Sunny” Award & Admission Scholarship for Outstanding Artistic Achievements 2021/22
6. College Hostel Grant 2021/22 - Application
7. Rance Lee Award 李沛良獎勵計劃 – Application
8. College Team Tryout 2021-22 Term 1 書院隊隊選拔(2021-22 上學期)
9. “Meet the Dean” Hours 輔導長時間
10. Student Pastoral Care
11. WYS’s Got Talents - Photography, Poster Design, MC and a lot more!
12. 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)
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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！
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. Multicultural Counselling Service for Non-local Students <New>
2. No Air Con Night 2021
3. Run as CUHK Runner 2021 中大馬拉松跑手
4. 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
5. CUHK Entrepreneur Day 2021 <This Fri & Sat>
6. CUHK Independent Learning Centre (ILC)
Mr. Erich Kai-see Chan (陳啟思先生), Student Counsellor from Wellness and Counselling Centre, Office of Student Affairs, conducted a mental health forum entitled “Mental Wellness in CUHK” on Friday, 17th Sep. He shared with students different kinds of mental illnesses they might suffer from at University and introduced the self-help mental health materials available online and wellness promotion programmes in CUHK. Students also completed an online survey to better understand their mental wellness and gained information on how to seek support from CUHK if needed.
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, 2nd Nov  
**Time:** 7:00 - 9:00pm  
**Venue:** College Gym  
**Quota:** 15 (first come, first served)  
**Instructor:** Mr. John CHAN

**Application:**  
[https://qrgo.page.link/oG7Pf](https://qrgo.page.link/oG7Pf)

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

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

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Fitness Trainers are at our College’s Gymnasium! Need guidance for keep-fit plan or proper use of fitness equipment? Mark your calendar!

**Date (Every Tue)**:
- Sep 14, 21
- Nov 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)

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HIIT 高強度間歇訓練

A 30-minute intense full bodyweight training with minimal rest periods. This quick workout will give participants an exciting range of strengthening, cardio, and core exercises. This course is suitable for students of all levels.

Date : 5 Oct, 12 Oct, 19 Oct (Tue)
Time : 8-9pm
Deposit : $200 (refundable upon completing all lessons)

Resistance Training 阻力訓練

This course aims to teach participants how to design and implement a progressive, systematic approach resistance training program. Participants can learn how to schedule exercises for specific body parts on different days (E.g., Pull day, Push day, and Leg day) Moreover, this course also teaches the participants how to perform different types of resistance training properly and safely, including bodyweight training, free weights, and weight machines.

Date : 9 Nov, 16 Nov, 23 Nov (Tue)
Time : 8-9pm
Deposit : $200 (refundable upon completing all lessons)

Venue: College Gymnasium
Quota: 12 (per class)
Instructor: Mr. John CHAN

Fee: $200 (refundable upon completing at least 2 lessons)

Interested students please fill in the webform AND submit deposit to Dean of Students’ Office on or before 5:00pm, 28th Sep (first-come-first-served. Time of deposit payment will be the determinant)

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

4. **GPS Career Development Facilitation Scheme 2021-2022**

GPS Career Development Facilitation Scheme is jointly organized by Wu Yee Sun College and School of Continuing and Professional Studies of CUHK (CUSCS). The Scheme aims at enriching students’ self-understanding for planning or embarking on their career development through face-to-face consultation and assessment by certified career development facilitators.

**Programme Content**

**Period:** Oct 2021 - Feb 2022

**What to do:** Students will prepare questions/ issues they concern about their career and personal development. CCSP/GCDF will guide the students accordingly with professional insights.

**Matching:** 1 student will be matched with 1 CCSP/GCDF. CUSCS will match the appropriate CCSP/GCDF in accordance to your background and application information. The result will be announced in the Briefing and Kick-off Ceremony.

**Meeting:** 4 face-to-face meetings at WYS College or zoom platform (around 1 hour each time)

**Quota:** 10-12

**Briefing and Kick-off Ceremony** (MANDATORY)

**Date:** 28 Oct, 2021 (Thu)

**Time:** 7:30pm

**Venue:** College Theatre, Wu Yee Sun College (may change to zoom subject to the development of COVID-19)
Application
Complete the online application form (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638515) and submit the deposit in amount of HK$400 in person to Room UG09, Dead of Students' Office, Wu Yee Sun College, CUHK on or before 29 Sep, 2021.

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

Remarks:

1. With limited quota, it is on a first come, first served basis. The application will be completed once well received the deposit. Please be reminded to secure a place at your earliest or not later than 29 Sep, 2021
2. Deposit is refundable upon completing this scheme and fulfilling the specific criteria.

What is CCSP / GCDF?
Certified Career Services Provider (CCSP) and Global Career Development Facilitator (GCDF) are experienced professionals from various fields including education, administration and management, human resources and training, social work and helping professions. CCSP is certified by the National Career Development Association (NCDA); while the GCDF credential is certified by the Center for Credentialing and Education (CCE) of the National Board for Certified Counselors (NBCC), USA. For details, please check out this website : www.cuscs.hk/careerdevelopment

5.

莫思一步停：中文學習的世界

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（逢星期二，共六堂）
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
報名: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13637955

截止日期: 9月28日
*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)

College Announcements

1. 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

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>

2. Early Closure of College Office and Dean of Students' Office at Mid-Autumn Festival
中秋節書院院務室及學生輔導處提前休息事宜

The College Office and the Dean of Students’ Office will be closed earlier at 4:00 p.m. on 21st Sept 2021 (Tuesday) and will resume normal office hours on 23rd Sept 2021 (Thursday).

3. Temporary Closure of College Gym

College Gym will be closed at the following timeslots for fitness courses.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sep 28 (Tue)</td>
<td>7 pm – 9 pm</td>
<td>Fitness Room Introductory Course</td>
</tr>
<tr>
<td>Oct</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oct 5, 12, 19 (Tue)</td>
<td>8 pm – 9 pm</td>
<td>Fitness Class</td>
</tr>
</tbody>
</table>
Oct 26 (Tue) | 7 pm – 9 pm | Fitness Room Introductory Course

Nov

Nov 2 (Tue) | 7 pm – 9 pm | Fitness Room Introductory Course
Nov 9, 16, 23 (Tue) | 8 pm – 9 pm | Fitness Class

We are sorry for the inconvenience caused.

4. 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.

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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
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](http://www.wys.cuhk.edu.hk) 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. Rance Lee Award 李沛良獎勵計劃 – Application

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

8. College Team Tryout 2021-22 Term 1 院隊選拔 (2021-22 上學期)
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 **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>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men’s Rowing</strong></td>
<td>Oct 18, 2021 (Mon)</td>
<td>6:30 - 9:00 p.m.</td>
<td>Grand Stand, HCF</td>
<td>Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a></td>
</tr>
<tr>
<td></td>
<td>Oct 22, 2021 (Fri)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Women’s Rowing</strong></td>
<td>Oct 12, 2021 (Tue)</td>
<td>6:30 - 9:00 p.m.</td>
<td>Grand Stand, HCF</td>
<td>Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a></td>
</tr>
<tr>
<td></td>
<td>Oct 13, 2021 (Wed)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Men’s &amp; Women’s Athletic</strong></td>
<td>Please contact Mr. Ono Lee to arrange tryouts according to Track &amp; Field Events before 30/09/2021</td>
<td></td>
<td></td>
<td>Mr. Ono Lee 3943 3986 <a href="mailto:onolee@cuhk.edu.hk">onolee@cuhk.edu.hk</a></td>
</tr>
</tbody>
</table>

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9. “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)

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10. 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.

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11. 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:**
Ms. Sammy Kwan (sammykwan@cuhk.edu.hk) / 3943 9775

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12. **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.

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College Funding & Awards Schemes

1. **Self-Motivation Fund for Health and Well-being Activities**

   - **Max. funding amount:** $1500
   - **Qualification Courses for Health and Well-being Activities:**
     - Healthy Cooking Class
     - Nutrition / Chinese Medicine Course
     - Meditation Workshop
     - Mental Health First Aid Course

   - **Qualification Courses for Health and Well-being Instructors:**
     - Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course
     - Art/Music Therapy Instructor Course
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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2. Self-Motivation Fund for Sports Activities

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 / 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)
To strengthen counselling support to non-local students, Wellness and Counselling Centre is launching a pilot programme to provide multicultural counselling service to non-local students. The service will be provided by native Putonghua or English speaking counsellors from an external counselling service provider, St. John's Cathedral Counselling Service (https://www.sjcshk.com/). Subject to the availability of their counsellors, counselling sessions might also be conducted in other languages such as Dutch, French, Spanish, Japanese, Korean, Hindi and Sindhi. For more details, please visit: https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service for more information.

2. No Air Con Night 2021
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.

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

You hope to build a healthy, positive and supportive campus? Are you willing to accept peer training, support your peers, and be interested in planning activities or promoting mental health? Welcome to join the Counselling Centre under the Office of Student Affairs to apply for the "uBuddies peer support network" or "uPals mental health promotion team"! Application deadline is 2021 Oct 15 (Wednesday).

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 Program highlights video [link]
uPals Program highlights video [link]

CUHK Entrepreneur Day 2021

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 - [link]

Scan QR code for registration or simply click the following link - [link]
6. 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

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**7. 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.

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**8. 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:** 14 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 on our website at http://admission.cuhk.edu.hk (Financing Your Studies — Events).

2. Confirmation on registration will be sent to students’ CUHK 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 7265 / 3943 1108.

August 2021
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

[Open Registration] 2020-21 Student Cultural Ambassadors Scheme

2020-21 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

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10. 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.