The Sunny Weekly 11th Oct 2021

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Sunny Review
The College Inauguration Assembly 2021/22 was held last Friday to welcome Sunnies back to the campus. Owing to the COVID-19 pandemic, the Assembly was held in hybrid mode, with Year 1 and 2 students joining in person, and students of Year 3 or above joining via ZOOM. The Assembly commenced with the College Anthem, with Professor Grace L.H. Wong (黃麗虹教授), Chairperson of Scholarships and Financial Aid Committee leading in vocal, accompanied by Professor Anthony T.C. Chan (陳德章教授), College Master on piano. Professor Chan then welcomed all Sunnies back in the campus life in the College Master’s address. He urged students to lead their unique university life with the College as the starting point, and shared the story of the two awardees of the Wu Yee Sun Award for the Most Distinguished Graduating Student 2020/21 as the example to all.

The Student’s sharing followed the Master’s address. Miss Cecilia S.N. Leung (梁詩雅同學 Medicine/2) represented E’vol, the student group awarded Silver Award in Sunny Passion Programme, and shared their work in public health education targeting primary students. They engaged students in a creative way to enhance their knowledge related to personal health with hands-on experience and experiments.
Professor Ming-kay Poon (潘銘基教授), College Dean of Students, then had a dialogue with two student representatives, Miss Eunice Y.C. Wong (王恩隨同學 Psychology/3), and Mr. Marcus C.L. Lee (李志朗同學 Biomedical Sciences/4) on Service-Learning experiences. They shared how they started their engagement in serving students with Special Educational Needs and elderly, and challenges they have encountered throughout the years.

After the sharing, the Sunnies shared a big smile in the group photo, which concluded the College Inauguration Assembly.

We are happy to meet with you all again on campus. Looking forward to seeing you in upcoming college activities!
Sunny Living Week is back again. This year, not only do we have exciting fencing and trendy flyball activity, the College has also invited those students supported by Self-Motivation Funds to share their learning and feelings after joining the Sunny Living activities under the pandemic! We will also have Professor Kwai-cheong Chau from Campus Environment Committee to lead us a visit to organic farm to learn more about the importance of low-carbon living. Last but not least, our Astronomy Society together with Dr. Po-kin Leung from Department of Physics will bring us an unforgettable and soothing night through moon and sky gazing. Mark your diary and join us!

**Sunny Living Week 又返嚟喇, 今個 Sunny Living Week, 我哋除咗有奧運金牌劍擊運動及新興運動旋風球，書院仲邀请咗 Self- Motivation fund 資助嘅同學，同大家分享書院係疫情下點樣支持佢哋透過參與吾同活動，持續實踐 Sunny Living 嘅精神！我哋當然唔少得校園環境委員會主席鄒桂昌教授帶我哋參觀有機農莊，話比大家知低碳生活對健康及環境嘅好處。而天文學會及物理學系梁寶建博士更會帶大家漫遊星空，帶給你一個難忘及療癒嘅秋夜。大家快啲 mark 實日子參加啦！**

<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 Oct (Mon)</td>
<td>壓力解鎖之旅 Unlock Your Stress (<a href="#">Details</a>)</td>
</tr>
<tr>
<td>6:30 pm – 8:00 pm</td>
<td></td>
</tr>
<tr>
<td>19 Oct (Tue)</td>
<td>創擊體驗夜 Fencing Night (<a href="#">Details</a>) - <strong>FULL</strong></td>
</tr>
<tr>
<td>6:30 pm – 8:30 pm</td>
<td></td>
</tr>
<tr>
<td>20 Oct (Wed)</td>
<td>花草絮語 Whispers of Plants (<a href="#">Details</a>)</td>
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<tr>
<td>7:00 pm – 9:00 pm</td>
<td></td>
</tr>
<tr>
<td>21 Oct (Thu)</td>
<td>秋月星空巡禮 Moon Gazing (<a href="#">Details</a>)</td>
</tr>
<tr>
<td>7:30 pm – 9:00 pm</td>
<td></td>
</tr>
<tr>
<td>22 Oct (Fri)</td>
<td>旋風球同樂日 Let’s Play Flyball (<a href="#">Details</a>) - <strong>FULL</strong></td>
</tr>
<tr>
<td>1:00 pm – 3:00 pm</td>
<td></td>
</tr>
<tr>
<td>23 Oct (Sat)</td>
<td>有機種植－健康飲食之外 Organic Farming – Healthy Food and Beyond (<a href="#">Details</a>)</td>
</tr>
<tr>
<td>9:15 am – 2:00 pm</td>
<td></td>
</tr>
</tbody>
</table>
2. Unlock Your Stress 壓力解鎖之旅

要趕走負面情緒，克服困境，原來有很多方法，於今個 Sunny Living Week，書院就邀請了幾位獲書院 Self-Motivation Fund for Health and Well-being Activities 資助的同學，跟大家分享自己於活動後的感受、得着，以及課堂上的有趣點滴。同學亦會作出簡單示範，讓你親身體驗不同的減壓及放鬆方法，包括頌缽、催眠、中醫打坐等等，學習強化自己的身心靈。

更多詳情：https://www.wys.cuhk.edu.hk/?p=17819
報名：https://qrgo.page.link/C7RDg

3. Whispers of Plants 花草絮語
“Let’s get out into nature!” – to many of us, this statement may not be as easy as it sounds. What if we bring nature home? Take your time with the plants in an alternate form - decorating your home with dried flowers and making yarns with plant fibres can help you find a sense of joy.

Successful applicants of Self-motivation Fund for Green Activities will share their experiences and insights of their participation in green activities with support of the fund. Demo session of dried floral arrangement and making yarns with plant fibres will be held. Each participant can also give a try and bring your natural art home.
21 Oct | 7:30pm – 9:00pm | 圓夢臺

於今個 Sunny Living Week，有書院天文學會，以及物理學系講師及天文學專家梁寶建博士與大家一起於書院圓夢臺，利用望遠鏡觀賞秋天的星空，讓同學透過雙眼近距離觀賞遼闊的天空，觀察月球鮮為人知的一面，以及木星、土星等行星。梁博士更會與同學分享星星月亮相關的天文知識，一起揭開宇宙星空的神秘面紗。

報名: [https://qr.go.page.link/C7RDg](https://qr.go.page.link/C7RDg)
Organic food is often tagged with labels of “healthy”, “environmental-friendly” and “pricey”. What are the benefits and drawbacks of organic farming? How does “put carbon back into soil” help combating with climate change?

Prof. Kwai-cheong Chau, Chairperson of College’s Campus Environment Committee, will guide us through the visit for a holistic picture of sustainability, climate change, environmental degradation and nutrition behind organic farming.

**Shuttle Bus**
**Meet-up:** 09:15 @ Wu Yee Sun College; 09:30 @ University Station Piazza  
**Dismissal:** 13:45 @ University Station; 14:00 @ Wu Yee Sun College
Can you understand the following conversation?

“How was your date with Sam? Are you guys going out?”
“No, afterward I sent him a text and he left me on read. Then he ghosted!”
“Oh no! Well, there are plenty of other fish in the sea.”
“Good, because I have bigger fish to fry!”

If you want to learn more about:
The Language of Friendship and Dating; Social Networking and Memes; Informal Language and Idioms; Improvisation and building Confidence; and Popular Culture,

Join our Social English Workshops!

Instructor: Ms. Jenna Lara COLLETT

Ms. Jenna COLLETT is a Lecturer at the English Language Teaching Unit. She obtained her Masters in English Literature from Rhodes University. Originally from South Africa, Ms. Collett has lived and taught in South Korea and Hong Kong. She has taught courses in English Literature, English for Academic and Specific Purposes, and Conversational English for ten years.

Date: 5 Nov, 12 Nov & 26 Nov (Fridays)
Time: 11:30am – 1:00pm
Venue: W112, Wu Yee Sun College
Deposit: $100 (Refundable upon completing at least 2 sessions)
Deadline: 28 Oct
*Please bring your laptops / tablets / mobile phones for the workshops as we will do some online games and exercises.

Enquiries: Miss Phoebe Wu (phoebewu@cuhk.edu.hk / 2843 3898)
Please submit the deposit in cash to the College Office within office hours before the application deadline for successful registration and seat reservation. Place is limited. First-come, first-served. Time of deposit payment will be the determinant.

**Note to participants:**

Please bring your laptops / tablets / mobile phones for the workshops as we will do some online games and exercises.

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

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

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

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

8. Fitness Consultation Sessions 健身訓練諮詢

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):**
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)
College Announcements

1. Temporary Closure of College Catering Outlets for Chung Yeung Festival
重陽節書院學生飯堂暫停營業

All catering outlets at Wu Yee Sun College will be temporarily closed on Thursday, 14 October 2021 (Chung Yeung Festival). Thank you for your kind attention.

2. Temporary Closure of College Gym

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

<table>
<thead>
<tr>
<th>Oct</th>
<th>Time</th>
<th>Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 5, 12, 19 (Tue)</td>
<td>8 pm - 9 pm</td>
<td>Fitness Class</td>
</tr>
<tr>
<td>Oct 26 (Tue)</td>
<td>7 pm - 9 pm</td>
<td>Fitness Room Introductory Course</td>
</tr>
<tr>
<td>Nov 2 (Tue)</td>
<td>7 pm - 9 pm</td>
<td>Fitness Room Introductory Course</td>
</tr>
<tr>
<td>Nov 9, 16, 23 (Tue)</td>
<td>8 pm - 9 pm</td>
<td>Fitness Class</td>
</tr>
</tbody>
</table>

We are sorry for the inconvenience caused.

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. 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)

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**5. College Team Tryout 2021-22 Term 1 書院院隊選拔 (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</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Rowing</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>
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<tr>
<td></td>
<td>Oct 22, 2021 (Fri)</td>
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<tr>
<td>Women’s Rowing</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>Men’s &amp; Women’s Athletic</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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"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)

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.

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](mailto:sammykwan@cuhk.edu.hk)) / 3943 9775

9. 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](mailto:), and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

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。

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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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.
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](mailto:soniayu@cuhk.edu.hk) / 39433937)

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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 ([rachelpoon@cuhk.edu.hk](mailto:rachelpoon@cuhk.edu.hk) / 3943 3942)

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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](https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638278)

Check out the details through this [link](https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638278).

Enquiries:
Miss Phoebe Wu ([phoebewu@cuhk.edu.hk](mailto:phoebewu@cuhk.edu.hk) / 3943 3988)
Miss Florence Tsui ([florencetsui@cuhk.edu.hk](mailto:florencetsui@cuhk.edu.hk) / 3943 9767)
6. Service-learning project Funding Scheme

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)
The Global Learning Award Scheme (GLAS) aims to encourage students to initiate or participate in non-local academic or experiential learning programmes with the main purpose of LEARNING. Applicants will be awarded the “Global Learning Award” and receive the award amount after completing all post-trip requirements on time.

Students can apply funding for the self-initiating trips, overseas programmes, and virtual programmes. For further details, Please refer to college website for application guidelines.

### Application:

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<th>Round</th>
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### Other Activities & Announcements

1. Multicultural Counselling Service for Non-local Students
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.

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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).

[追蹤我們的專頁 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

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Applications for outgoing student exchanges in 2022-23 is now OPEN! Click here to learn more about the application procedures or download the application schedule here. Submit your online application via CUSIS on or before 28 October 2021!

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4. Distinguished Alumni-in-Residence Programme 2021
Distinguished Alumni-in-Residence Programme 2021 (DARP) will be held from October 20 to 23 (Wednesday to Saturday). A total of ten programmes, which is a record high, are scheduled across 4 days, including guest lectures, tutorials, field trips, workshops and the newly introduced mentorship programme.

This year, CUHK Alumni Affairs Office honorably invited three distinguished alumni in the media industry to enlarge the programme’s impact, who are

- Eric Chan Cho-biu (79/CC/Biology), Executive Director, Publisher, Group Director of Content of Hong Kong Economic Times Holdings Ltd.,
- Quince Chong Wai-yan (86/UC/Government & Public Administration), Chief Corporate Development Officer of CLP Power Hong Kong, and
- Lo Ting-fai Lofai (02/UC/Journalism & Communication), Director and General Manager, HK Television Entertainment Co Ltd. (ViuTV).

For details and programme registration, please visit the website – http://www.alumni.cuhk.edu.hk/darp/

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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
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](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](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](https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx)

6. **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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