The Sunny Weekly 25th Oct 2021

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Sunny Review
1. Sunny Living Week 2021
Following the success from previous years, the well-received Sunny Living Week was held again from 18th to 23rd Oct this year, offering different new activities to train students’ body, mind and spirit, and encourage them to contribute to the environment and society.

This Year, the College has invited successful applicants of Self-Motivation Fund for Health and Well-being / Health activities to share their experiences and insights after joining the Sunny Living activities under the pandemic with support from the College.

During Unlock Your Stress 壓力解鎖之旅, Mr. Tim T. H. Wong (王子皓同學 IBBAC/2) first shared with participants his experience in joining the Mental Health First Aid and Breakaway Training and other counselling courses, followed by Mr. Felix C. T. Lau (劉卓浚同學 SOWKN/2) who helped calm everyone’s mind through playing singing bowl and hypnosis. All participants put down their negative thoughts and enjoyed a peaceful, silent and soothing moment together. Miss Linda Y. L. Guo (郭揚玲同學 BCMEN/4) concluded the session by leading participants to further relieve their stress through sitting in meditation (打坐) and feeling the flow of Qi (氣). We were also grateful to have Professor Kelvin K.F. Tsoi (蔡錦輝教授), College Fellow and Associate Deans of Students to moderate the sharing.

During Whispers of Plants 花草絮語, successful applicants of Self-motivation Fund for Green Activities encouraged participants to explore a sustainable way to pursue aesthetics, inner peace and fun.

Miss M. Y. Chung (鍾敏瑤同學) shared her experiences in learning and creating dried flower décor and how it has brought her joy. Miss K. Y. Wong (王景蓉同學) showed the participants her collection of yarns including those made of plants. The process of knitting yarns takes a lot of time but also brings her a strong sense of satisfaction. Miss S. N. Wong (王倩雅同學), after her learning of horticultural therapy, shared how these activities actually facilitated our expressions of feelings and reflections of ourselves.

Creating natural art at home is not as difficult as you imagined. It even has a lot of benefits. While focusing on making your own pot of dried flower décor and feeling the texture of kapok fibre, we distracted ourselves from the hectic work. Planting, drinking floral tea, joining a farm visit can in fact become a healing process. Connect yourself with nature and take a break!
Doing physical exercises not only can keep us fit, but also boost our mood and improve our overall well-being. During Fencing Night 剣擊體驗夜, students got a chance to have this amazing fencing experience! They learnt the rules and safety of fencing as well as the basic steps of moving forward and backward. They also put on the gears and fought with each other using fencing foils.

We love sports and enjoy sweating! Another group of students joined Let’s Play Flyball 旋風球同樂日. Flyball is a new sport game, integrating the fascination of badminton, baseball and tennis to train students’ coordination,
muscle strength and reaction. To most of them, it is the first time to try these sports. However, under the guidance of trainers, students picked up the sports skills in just two hours and had great enjoyment.

Originally, the College planned to organize a moon gazing activity for College students to explore the mysterious sky. Although we could not see the moon under the unpredictable weather, it did not hinder the group to explore the universe by joining a scientific talk entitled 尋找新世界：系外行星探索 delivered by Dr. Po-kin Leung (梁寶建博士), Associate Dean of Students and Lecturer from Department of Physics. Dr. Leung shared with students the planets beyond our well-known solar system and introduced different telescopes for better observation of different distant objects.
What’s better than a visit to organic farm for weekend getaway, *During Organic Farming – Healthy Food and Beyond*, participants tasted the locally made bean custard, while shopped for freshly harvested veggies. More importantly they learnt more about what organic farming is and how it works.

Thanks to the sharing of Professor Kwai-cheong Chau, Chairperson of Campus Environment Committee, participants get to know more about the differences between organic farming and conventional farming, as well as the benefits and challenges of organic farming in Hong Kong.

With the spirit of *Sunny Living* in mind, we will always be able to relax, recharge and revitalize, hence be ready for different challenges in life!
Congratulations to our College Swimming Team attaining good results with three Silver medals and one Bronze medal in CUHK Aquatic Meet 2021 (中大游泳精英比賽 2021) held on 22nd Oct. Our hearty appreciation to each and every one of them!

<table>
<thead>
<tr>
<th>Category</th>
<th>Name</th>
<th>Event</th>
<th>Ranking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>Mak Yiu Chun (麥曜津)</td>
<td>50M Backstroke</td>
<td>1st runner-up</td>
</tr>
<tr>
<td></td>
<td></td>
<td>50M Breaststroke</td>
<td>2nd runner-up</td>
</tr>
<tr>
<td>Women</td>
<td>Yung Tin Yan (容天欣)</td>
<td>50M Backstroke</td>
<td>1st runner-up</td>
</tr>
<tr>
<td></td>
<td>Lo Yuen Chong (羅苑莊)</td>
<td>200M Breaststroke</td>
<td>1st runner-up</td>
</tr>
</tbody>
</table>

College Activities

1. Chinese Seal Engraving Workshop
Interested in knowing more about traditional handicrafts? Want to interact with students from different regions?

The College is organizing a Chinese Seal Engraving Workshop for all local, non-local and exchange students. In this workshop, you will have the chance to interact with experienced craftsman, understand the history of traditional Chinese stamp seal and design your own stamp seal. Please see below for workshop details:

Date: 28 October 2021 (Thu)
Time: 6:30pm – 8:30pm
Venue: W112-114, Wu Yee Sun College
Quota: 20 (10 local, 10 international students)
Fee: $50 + $200 deposit (refundable upon completion of the activity)
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13640103
Deadline: 25th October 2021 (Monday)

Please submit the workshop fee and deposit in cash to the Dean of Students’ Office (UG09) within office hours after filling in the form for seat reservation. Place is limited. First-come, first-served. Time of deposit payment will be the determinant.

Enquiries: Miss Kiki Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

2. WYS Term-long Exchange Programme 2022/23 Introduction Session

Application for WYS Term-long Exchange Programme 2022/23 will begin on 21st October 2021. If you want to know more about the College exchange programme, join the Term-long Exchange Programme Introduction Session.

Below list the event details:

Date: 27 Oct 2020 (Wed)
Time: 6:45pm - 8:30pm
Format: Online via Zoom
Registration (A Zoom meeting link will be provided to registered participants):
Registration deadline: 25th October 2021 (Monday)

Enquiries: Miss Kiki Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

3. Social English Workshop 2021-2022
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: 28th Oct

Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13638224
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)

4. Introductory Workshop on Mindfulness

透過靜觀練習，學習觀察自己的身心，和壓力好好相處，提升身心健康
Practice Mindfulness and Enjoy the Present Moment

靜觀經驗工作坊
Introductory Workshop on Mindfulness

靜觀導師：Prof. Eric Lee & Miss Molly Chan

Date 日期：8 Nov 2021 (Mon)
Time 時間：7:00pm – 8:30pm
Venue 地點：The Lounge in WYS House of Sunny Living
Deposit 按金：$50 (refundable after completion of the activity)
Language 語言：Cantonese (supplemented with English)
Registration deadline 截止報名日期：4/11/2021

靜觀是指有意識、不加批判的態度去覺察此時此刻。靜觀練習有助認識和接納當下的情緒、思想和身體感覺，告別負面思緒。在活動中，導師會帶領同學於輕鬆及舒適的環境下，透過練習觀察身心狀況，培養自我關懷的能力。

靜觀導師：Professor Eric Lee & Miss Molly Chan

Professor Eric Lee 是香港家庭醫學專科醫生及中大精神健康碩士，並修畢英國牛津靜觀中心及香港靜觀中心之靜觀認知治療導師基礎課程。他也是中大敬霆靜觀研究與培訓中心研究人員之一。Professor Lee 曾於中大醫學院，及不同機構擔任靜觀導師。
Molly is a graduate of the Social Work and Family Counselling Program at the Chinese University of Hong Kong, and has completed the Mindfulness-based Cognitive Therapy Training at the Mindfulness Centre in Oxford and Hong Kong.

Date: 8 Nov 2021 (Mon)
Time: 7:00pm – 8:30pm
Venue: The Lounge in WYS House of Sunny Living
Deposit: $50 (Refundable after completion of the activity)
Language: Cantonese (supplemented with English)
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13640843
Registration deadline: 4th Nov 2021
Query: Phoebe Wu (phoebewu@cuhk.edu.hk / 3943 3988)

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):**
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!
College Announcements

1. Campus Arrangement

To further facilitate students’ learning and activity planning, the opening hour of following venues for residents will be revised to **8:00am – 2:00am** daily with immediate effect.

- Learning Commons
- Piano Rooms
- Creativity Laboratory (c!ab)

Please also note the important remarks as follows:

- College non-residents can access College facilities from 9:00am to 10:30pm. All College facilities are restricted to WYS students only unless prior approval has been sought from the College.
- Access to hostel floors is restricted to College residents only
- Please be reminded again to comply with College Prevention and Control Measures against COVID-19, including but not limited to measuring body temperature upon entering the College building. If body temperature is above 37.5 °C, s/he will not be allowed to enter into College.
- The opening hours and maximum capacity of College facilities can be referred at [https://www.wys.cuhk.edu.hk/about-us/campus/](https://www.wys.cuhk.edu.hk/about-us/campus/).

2. Temporary Closure of College Gym

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

<table>
<thead>
<tr>
<th>Oct</th>
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</thead>
<tbody>
<tr>
<td>Oct 26 (Tue)</td>
<td>7 pm – 9 pm</td>
<td>Fitness Room Introductory Course</td>
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</table>

<table>
<thead>
<tr>
<th>Nov</th>
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</thead>
<tbody>
<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. WYS Term-long Exchange Programme 2022/23
The College Term-long Exchange Programme 2022/23 is now open for application, the application deadline is **15 November 2021.** If you are interested in applying for it, please refer to the College website (https://www.wys.cuhk.edu.hk/whole-person-development/exchange/) for details and apply online (https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13640698).

**Notes for Application Form**

Kindly note that the application form **MUST be completed in English** as some interviewers may not be able to read Chinese. Make sure you press the “**submit**” button to submit your application, a confirmation email will be sent to you after successful submission. Late application will not be processed nor accepted.

**Bonus for “Interacting Across Cultures”**

“Interacting Across Cultures” is a platform developed by The Independent Learning Centre. The materials in this Platform may give students some insight especially about cultural difference and communication tactics. You are recommended to complete module 1-4, 6-7 before departure. Check it out at: https://www.ilc.cuhk.edu.hk/workshop/IAC/#c01

In the application form, you will be asked to indicate if you have completed and submitted the modules. Kindly note that it is **not compulsory**, yet **BONUS will be given** to those who have completed them. Your submission will also serve as reference material for interviewers.

If you want to know more about the College Exchange Programme, or how to better prepare for your application, attend the Term-long Exchange Programme Introduction Session on 27 Oct 2021. Our students will share about their exchange journey. Register [here](#).

Feel free to contact me at [kikiwkchan@cuhk.edu.hk](mailto:kikiwkchan@cuhk.edu.hk) or 3943 3935 should you have any enquiries.

**List of Exchange Institutes**

In 2022-23, the college is offering exchange in 23 institutes, please see below detailed list of exchange institutes. Note: 1 FTE means one full year or two terms

Applicants will be given chances to change their preference by mid-Jan, 2022 after term 1, 2021/22 result is released. Therefore, please base on the following details and decide your choices now.
<table>
<thead>
<tr>
<th>REGION</th>
<th>COUNTRY</th>
<th>HOST INSTITUTE</th>
<th>Quota (FTE)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>America</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Canada</td>
<td>University of Alberta</td>
<td>1.0</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mount Allison University</td>
<td>1.0</td>
</tr>
<tr>
<td></td>
<td>Mexico</td>
<td>Tecnologico de Monterrey</td>
<td>0.5</td>
</tr>
<tr>
<td></td>
<td>The United States</td>
<td>Brandeis University</td>
<td>0.5</td>
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<tr>
<td></td>
<td></td>
<td>Northeastern University</td>
<td>0.5</td>
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<tr>
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<td>University of Massachusetts Amherst</td>
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<td>University of Pittsburgh</td>
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<td>University of Rochester</td>
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<td></td>
<td>St. Edwards’ University</td>
<td>1.0</td>
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<td></td>
<td>Asia</td>
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<tr>
<td></td>
<td>China</td>
<td>Zhejiang University</td>
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<tr>
<td></td>
<td>Singapore</td>
<td>National University of Singapore</td>
<td>0.5</td>
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<td></td>
<td>Europe</td>
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<td></td>
<td>Czech Republic</td>
<td>Prague University of Economics and Business</td>
<td>1.0</td>
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<tr>
<td></td>
<td>Denmark</td>
<td>Technical University of Denmark (ERG &amp; SCI Programs)</td>
<td>0.5</td>
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<tr>
<td></td>
<td>Finland</td>
<td>Tampere University</td>
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<tr>
<td></td>
<td>Germany</td>
<td>Albert-Ludwigs-Universitat Freiburg</td>
<td>0.5</td>
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<tr>
<td></td>
<td>Italy</td>
<td>Universita Commerciale L. Bocconi</td>
<td>0.5</td>
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<tr>
<td></td>
<td>Netherlands</td>
<td>Maastricht University, School of BA &amp; Economics (UW)</td>
<td>0.5</td>
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<td></td>
<td></td>
<td>Maastricht University, University College Maastricht</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>University of Groningen</td>
<td>1.0</td>
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<tr>
<td></td>
<td>Sweden</td>
<td>Uppsala University</td>
<td>1.0</td>
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</tbody>
</table>
4. College Team Tryout 2021-22 Term 1 書院院隊選拔 (2021-22 上學期)

不論你是運動愛好者或是專業運動員，都不要錯過伍宜孫書院院隊選拔的時間！書院現正招募划艇隊員，特別要留意女子划艇選拔因颱風關係而延期，快來發揮你的運動天賦！

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 team**. Please note that the tryout of women’s rowing team has been rescheduled as follows due to typhoon. 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>Men’s Rowing</td>
<td>Oct 18, 2021</td>
<td>6:30 - 9:00 pm</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</td>
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</tr>
<tr>
<td>Women’s Rowing</td>
<td>Oct 23, 2021</td>
<td>9:30am – 12nn</td>
<td>Grand Stand,</td>
<td>Mr. Ono Lee</td>
</tr>
<tr>
<td></td>
<td>(Fri)</td>
<td></td>
<td>HCF</td>
<td></td>
</tr>
</tbody>
</table>
5. “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)

6. 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.

7. 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)
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

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8. 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
**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**

[Application for Phase I is closed as the fund has been used up. Students can submit your application for Phase II staring from 10 January 2022 for activities held on or after 1 February 2022]
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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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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### 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/](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 服務學習項目資助計劃

If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College’s Service-learning Project Funding Scheme supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project.

Learn to serve and serve to learn! Please visit the website for more info.

Enquiries:
Miss 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:

<table>
<thead>
<tr>
<th>Round</th>
<th>Applying for trips taken during</th>
<th>Application period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter</td>
<td>(for trips overlapping both rounds, first date of the trip shall determine the application period)</td>
<td>May 1 – Nov 30</td>
</tr>
</tbody>
</table>


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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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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3. 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
   o Study Skills in English at University Level
   o Academic Reading: Strategies for Success
   o Ace Your Oral Presentations
   o Discussion Skills and Current Affairs
   o Saying What You Mean: English Pronunciation for Cantonese and Mandarin Speakers
   o Listening to Learn: Academic Listening and Note-Taking Skills
   o Building a Bigger and Better Vocabulary
2. Writing Success Series
   o Academic Essays
   o Research Papers
   o Reflective Journals
   o 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
   o Writing Impressive Resumes
   o Writing Impressive Application Letters
   o Ace Your In-person and Video Job Interviews
   o Standing Out in a Group Interview
   o Interview Practice and Self Reflection

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

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

4. 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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