The Sunny Weekly  

8th Nov 2021

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Sunny Review
1. The Congregation and College Graduation Ceremony 2021
The 90th Congregation for the Conferment of Bachelor’s Degrees of The Chinese University of Hong Kong and the 6th Graduation Ceremony of Wu Yee Sun College was successfully held on 4 November 2021 (Thursday) at Sir Run Run Shaw Hall.

It is a great honour for the College to have invited Dr. Joseph Lee (李宗德博士), the Executive Chairman of Wofoo Group to be the guest of honour in the ceremony. Dr. Lee reminded graduates that what they had learned in University life was not just skills but also, they have to learn the importance of respect, love, understanding and honesty. Dr. Lee encouraged them to equip themselves to prepare for the future challenges.

Congratulations to all the graduates again. We hope they will always remember the slogan of “Go Green Be Sunny”. By using their creativity and passion, we believe they can light up the world and shine in the community.

香港中文大學第 90 屆大會 (頒授學士學位典禮)及伍宜孫書院第六屆畢業典禮已於 2021 年 11 月 4 日(星期四)假邵逸夫堂舉行。
書院很榮幸邀請到和富集團主席李宗德博士擔任主禮嘉賓。李博士提醒各位畢業生在大學所學的不單是技巧，亦要謹記社會所需要的尊重、關愛、包容和誠信，要好好為未來而努力。

書院在此再次恭賀所有畢業生，希望各位將來都記住書院 Go Green Be Sunny 的精神，以創意及熱誠，成為世界的光，在社會發熱發亮。

<table>
<thead>
<tr>
<th>Race</th>
<th>Rank</th>
<th>Name of Athletes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men – 800m</td>
<td>1st Runner-up</td>
<td>MA Ho Kwan (馬顥昆同學)</td>
</tr>
<tr>
<td>Men – High Jump</td>
<td>2nd Runner-up</td>
<td>YANG Wenfei (楊文飛同學)</td>
</tr>
</tbody>
</table>
3. Yoga Class

One of the key parts in establishing healthy lifestyle is doing exercises. A group of Sunnies joined a series of Yoga Class, conducted by Mayan Chan in Oct and Nov. They not only improved their flexibility and strength, they also had great fun when practicing yoga with other Sunnies. They also challenged themselves with new poses to enhance their mobility. The College will organize Yoga Class again in Term 2. Please stay tuned.

4. Three Point Shoot 轉身射個三分波

Another group of Sunnies joined “Three Point Shoot” organized by College Sports Association last Friday. The contest is divided for boy group and girl group using different size of basketball. All the players tried their best to get the score and enjoyed the contest a lot. Top 5 of each group got attractive prize for encouragement. Congratulations to the winners and hope everyone will keep doing exercises after the contest.
College Activities

1. WYS College 14th College Anniversary 伍宜孫書院 14 周年院慶

讓你走進撲朔迷離的都市夜 😊 😍
伍宜孫書院十四週年院慶 「Yeetropolis」
精彩活動等緊你 😊

千人宴 🍽️：15/11（一）
大笪地🔥：18/11（四）
環校跑🏃🏽：19/11（五）
鬼屋歷奇👀：22-24/11（一至三）

仲唔 mark 低日期？一齊嚟宜孫玩得盡興
「我好肚餓 ppppp，真係好肚餓 ppppp···」
唔使周圍望，係呢度喇！

15/11 就係宜孫院慶嘅人宴 🍽️ 今年唯一一個有野食嘅院慶！ 試唔試 ocamp re-u 食咩，又或者嘅知去邊嘅話，人宴就喺嘅你喇❤️🔥！

咩話？仲唔夠喉？我哋仲有 豐富抽獎禮物 等大家帶來！想知道你係唔係下一個幸福兒就快啲叫埋班朋友仔黎，一次過買六張飛仲有 discount 😍！

活動詳情
舉辦日期：15/11/2021（一）
舉辦時間：18:00-21:00
舉辦地點：伍宜孫書院學生飯堂
收費：
個人---$160
團購---$150（每張）
想拎到 PE 分？想鍛鍊身體？一年一度的環校跑返嚟啦！作為院慶其中一個重要活動，身為宜孫人嘅你地點可以唔參與？

活動詳情如下：
日期：11 月 19 日（星期五）
活動時間：早上 11 時 至 下午 1 時 (活動於 11 時 25 分開始)
集合時間：早上 11 時
集合地點：伍宜孫書院大堂
詳細規則及路線圖：[https://docs.google.com/document/d/1sEcXXo5a3NVZqNcFtv-Tbe4iKI5ouHBrKjmg-sOBIDY/edit](https://docs.google.com/document/d/1sEcXXo5a3NVZqNcFtv-Tbe4iKI5ouHBrKjmg-sOBIDY/edit)

報名：[https://docs.google.com/forms/d/e/1FAIpQLSeAw7jV2ak423S9-Qn-Wbyp6W6DAxqrwxrckQT2_cd5-FPgg/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSeAw7jV2ak423S9-Qn-Wbyp6W6DAxqrwxrckQT2_cd5-FPgg/viewform?usp=sf_link)

如有疑問，請聯絡體育學會主席 Alex(5978 7133)或副主席 Sammy(5931 3118)

期望見到你地！
Do you want to get participation marks for PE lessons? Do you want to keep fit? Join the Campus Run! As a key anniversary event of our college, you must not miss the opportunity!

Details are as follows:

**Date:** 19 November (Friday)
**Time:** 11:00 a.m. – 1:00 p.m. (Start at 11:25 a.m.)
**Gathering Time:** 11:00 a.m.
**Gathering Location:** Lobby, G/F, Wu Yee Sun College
**Rules and Routes:** [https://docs.google.com/document/d/1sEcXXo5a3NvZqNcFtv-Tbe4iKI5ouHBrKjmgsOBIdY/edit?usp=sharing](https://docs.google.com/document/d/1sEcXXo5a3NvZqNcFtv-Tbe4iKI5ouHBrKjmgsOBIdY/edit?usp=sharing)

**Registration:** [https://docs.google.com/forms/d/e/1FAIpQLSeAw7jV2ak423S9-Qn-Wbyp6W6DAxqrfwXrckQT2_cd5-FPgg/viewform?usp=sf_link](https://docs.google.com/forms/d/e/1FAIpQLSeAw7jV2ak423S9-Qn-Wbyp6W6DAxqrfwXrckQT2_cd5-FPgg/viewform?usp=sf_link)

Should you have any questions, please contact the President Alex (5978 7133) or the Vice President Sammy (5931 3118) of the Sports Association.

Look forward to seeing you in the Campus Run!

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### 3. Fitness Consultation Sessions

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!

Enquiries:
Ms. Else Yeung (elsuyeung@cuhk.edu.hk/ 3943 3942)

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/.

2. Temporary Closure of College Gym

College Gym will be closed at the following timeslots for College events.

<table>
<thead>
<tr>
<th>Nov</th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Nov 9, 16, 23 (Tue)</td>
<td>8 pm – 9 pm</td>
<td>Fitness Training Workshop</td>
</tr>
<tr>
<td>Nov 18 (Thu)</td>
<td>5 pm – 10:30 pm</td>
<td>College Anniversary Celebration</td>
</tr>
</tbody>
</table>

We are sorry for the inconvenience caused.

3. WYS Term-long Exchange Programme 2022/23 – Open for Application

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
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](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](https://www.wys.cuhk.edu.hk/whole-person-development/exchange/).

Feel free to contact Ms. Kiki Chan at kikiwkchan@cuhk.edu.hk or 3943 3935 should you have any enquiries.

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**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>America</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>Region</td>
<td>Country</td>
<td>University</td>
<td>Weight</td>
</tr>
<tr>
<td>--------</td>
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<td>-------------------------------------------------</td>
<td>--------</td>
</tr>
<tr>
<td>The United States</td>
<td>Brandeis University</td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Northeastern University</td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td></td>
<td>University of Massachusetts Amherst</td>
<td>0.5</td>
<td></td>
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<tr>
<td></td>
<td>University of Pittsburgh</td>
<td>0.5</td>
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<td></td>
<td>University of Rochester</td>
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<td></td>
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<tr>
<td></td>
<td>St. Edwards’ University</td>
<td>1.0</td>
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<tr>
<td>Asia</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>
</tr>
<tr>
<td>Czech Republic</td>
<td>Prague University of Economics and Business</td>
<td>1.0</td>
<td></td>
</tr>
<tr>
<td>Denmark</td>
<td>Technical University of Denmark (ERG &amp; SCI Programs)</td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td>Finland</td>
<td>Tampere University</td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td>Germany</td>
<td>Albert-Ludwigs-Universitat Freiburg</td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td>Italy</td>
<td>Universita Commerciale L. Bocconi</td>
<td>0.5</td>
<td></td>
</tr>
<tr>
<td>Netherlands</td>
<td>Maastricht University, School of BA &amp; Economics (UW)</td>
<td>0.5</td>
<td></td>
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<tr>
<td></td>
<td>Maastricht University, University College Maastricht</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>University of Groningen</td>
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<tr>
<td>Sweden</td>
<td>Uppsala University</td>
<td>1.0</td>
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<tr>
<td>United Kingdom</td>
<td>University of Aberdeen</td>
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<td></td>
</tr>
<tr>
<td>Oceania</td>
<td>Australia</td>
<td>Monash University</td>
<td>0.5</td>
</tr>
<tr>
<td></td>
<td>The University of Adelaide</td>
<td>1.0</td>
<td></td>
</tr>
</tbody>
</table>

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### 4. “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
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)

5. 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.

6. WYS’s Got Talents – Photography, Poster Design, MC and a lot more!

Are you interested in or excellent at any of the fields below?
--- Photography / Video-production
--- Art & Design (e.g. posters or infographics)
--- Simultaneous Interpretation
--- Master of Ceremonies
--- Audio & Video Control
--- Writing (e.g. creative writing or student reporter in publications)

The College is recruiting all sorts of talents to contribute in various College events. Registered students may be invited to assist in different occasions. Don’t hide your talents, shine in the College!

P.S. CREATIVITY COUNTS!!!

Let us know what you are interested in and excellent at: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=2083838

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

7. Membership Recruitment – WYS Alumni Association 伍宜孫書院校友會會員招募
Want to stay in touch with your college friends? Expand your professional network? Give back to the College? WYS Alumni Association lets you take college bonds beyond student life. You can get a lifelong membership for just $500. Apply now, and you will receive a set of 4 reusable drinking straws! (While stocks last)

Simply fill in the application form, and return to the College Office (G/F, Wu Yee Sun College) with the membership fee.

College Funding & Awards Schemes

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

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

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

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

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

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

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

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

**Examples:**
Mindfulness-Based Cognitive Therapy (MBCT) Instructor Course, Art or Music Therapy Instructor Course
Funding amount: Maximum $3000 or Up to 60% of course fee (whichever is lower)
Take a look at the guidelines and the reflection template to start your healthy life now!!!

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

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 at the guidelines and report template, and challenge yourself with different activities.

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

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/

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

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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

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 / 3943 3988)
Miss Florence Tsui (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)
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.

<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>


8. Internationalization Activity Fund
If you are interested in organizing activities to promote cross-cultural integration, we support you to kick-start your plan!

The Internationalization Activity Fund aims to support students or student bodies to organize college- or hostel-level extracurricular activities which promote internationalization and inter-cultural exchange opportunities among members of the WYS community.

**Eligibility**
1. All registered WYS student associations will be eligible for applying for financial support from the Fund.
2. Local and non-local student bodies/students are also encouraged to apply for the funding to organize activities for promoting campus integration and cohesion.
3. At least 70% participants should be local undergraduate students.

**Examples**
- Experience of Clothing, Dining, Living & Transport in Hong Kong
- Hong Kong Sightseeing Tram Tour
- Thanksgiving Festival Celebration
- Korean Night

**Funding Amount**: Maximum $20,000


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**Other Activities & Announcements**

1. Recruitment of “Save Food and Plastic-free Ambassadors” 招募惜食走塑達人
Love Food Hate Waste @CUHK and Plastic-free Campus (No Straw) Campaign is now recruiting ‘Save Food and Plastic-free Ambassadors’ to promote food cherishing and no disposable plastic on the campus. Join us and say ‘No’ to food waste and disposable plastic straw! Allowance (HKD 60 per hour) will be provided to trained ambassadors who participate in canteen promotions.

Targeted Participants
- CUHK students
- Willing to participate in CUHK canteen promotions during lunch hour

Duties
- Promote food cherishing and leftover reducing in the CUHK canteens
- Promote Plastic-free Campus and no disposable plastic straw

Training

<table>
<thead>
<tr>
<th>Location</th>
<th>Date and Time</th>
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<tbody>
<tr>
<td>CUHK campus</td>
<td>12/11 (Friday)</td>
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<tr>
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<td>16:00 – 17:00</td>
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Visit & Workshop | Greeners Fusion & Slowood @Shatin | 13/11 (Saturday) 09:30 – 12:30
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Practical demonstration of food waste separation (30 minutes during the demonstration period) | CUHK campus | 15/11 (Monday) 10:00 – 16:00

Application deadline: 10/11 (Wednesday)
For enquiry, please contact Mr Yeung of Greeners Action, co-organizer of the campaign, at 34991780.

Want to stay up to date with CUHK’s social responsibility and sustainable development happenings?
- Follow us on Facebook (@CUHK.SRSD) and Instagram (@cuhk.srsd)
- Click [here](https://bit.ly/3FD38L6) to register as a ‘CU Green Buddy’
Cathedral Counselling Service ([https://www.sjcshk.com/](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](https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service) for more information.

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/](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](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](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

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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

To unsubscribe, please email us at info.wys@cuhk.edu.hk.