The Sunny Weekly

15th Nov 2021

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4. Community Resources for Emotional Support

Sunny Review
With the aim of encouraging students to learn more about themselves and step out from their comfort zone, the College launches the Resilience Programme to equip students with the ability to face upcoming challenges. The first programme “Wilderness Survival Skills Workshop” was conducted on 13 November 2021 (Saturday). The participants practised the skills of 5C “Cover”, “Cordage”, “Container”, “Combustion” and “Cutting Tools” to help survive in wilderness. The students were also divided into groups to work together to complete different tasks to enhance their team spirits and learned how to think out of the box.

2. Mindfulness Workshop 靜觀體驗工作坊
Professor Eric K. P. Lee (李錦培教授), College Member and Assistant Professor from The Jockey Club School of Public Health and Primary Care, together with Miss Molly Chan, registered social workshop and mindfulness instructor conducted a Mindfulness Workshop on 8th Nov. Participants got a chance to clear their mind through concentrating on the present moment. Students also learnt the benefits of regular mindfulness practices including relieving stress, depression and anxiety. At the end of the workshop, instructors provided information on further self-practice through downloading some mindfulness apps and joining mindfulness activities organized by other organizations. Everyone enjoyed a calm and relaxing evening.

Students who would like to join more mindfulness activities could now apply for our Self-Motivation Fund for Health and Well-being activities, please click here for details.
The student conveners of Creativity Laboratory (clabbers), William Y.N. Luk (陸耀楠同學 MEDUN/2) and Ho-ching Leung (梁浩程同學 MEDUN/2), led a Cajon DIY Workshop on 10th Nov (Wednesday). With only eight quotas, the workshop was fully booked in one day right after the promotion launched.

Participants built their own Cajon from scratch, learnt how to use those tools in Creativity Laboratory (cLab) and had a great fun night. Unique patterns will be added on the Cajon to personalize their works.

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」

2021.11.15
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！ 詣唔倒 ocamp re-u 食咩，又或者莊聚唔知去邊嘅話，人宴就啱曬你喇❤️🔥！

咩話？仲係唔夠喉？我哋仲有 豐富嘅抽獎禮物 等大家帶走！想知道你係唔係下一個幸運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）
***6 人或以上一團
報名表格：bit.ly/3k2rt42

有任何問題嘅話可以喺 IG搵 @wysanni21

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Rance Lee Mentorship Programme organized a Night Talk featuring the importance of social networking, which is multifunctional that helps for job hunting.

Mr. Jason Ma, Co-Founder/Managing Director of Motiva Consulting Ltd will share with participants his experiences and knowledge in helping job-searchers to write CV, adopt the appropriate manner at interview, get the right move of job and talk about the common HR issues in a company as well as the current salary trend in different industries.

Our College alumni will also share their personal experiences in their workplaces and how important social networking is.

Date: 25 Nov, 2021 (Thu)  
Time: 7:30pm  
Venue: College Gallery  
Language: Cantonese  
Guest: Mr. Jason Ma, Co-Founder/Managing Director of Motiva Consulting Ltd  
Host: Mr. Philip Li, Chairperson of China Chengxin (Asia Pacific) Credit Ratings Company Limited and mentor of Rance Lee Mentorship Programme  
Alumni: Mr. Ivan Jim, Assistant Investment Manager (Equities), Hang Seng Investment Management Ltd; Took part in Rance Lee Mentorship Programme in 2014-15  
Mr. Joseph Chan, Cadet Stipendiary Steward, The Hong Kong Jockey Club; Current Executive Members of Wu Yee Sun College Alumni Association
3. 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):**  
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 Facilities

Please note that some college facilities will be temporarily closed at the following timeslots for celebration events of College Anniversary.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 Nov 2021 (Mon)</td>
<td>2:00pm – 11:00pm</td>
<td>The Lounge</td>
<td>523 Banquet</td>
</tr>
<tr>
<td>18 Nov 2021 (Thu)</td>
<td>2:00pm – 11:00pm</td>
<td>The Lounge</td>
<td>Sunny Festival</td>
</tr>
<tr>
<td>18 Nov 2021 (Thu)</td>
<td>5:00pm – 10:30pm</td>
<td>College Gym</td>
<td>Sunny Festival</td>
</tr>
<tr>
<td>22-24 Nov 2021 (Mon – Wed)</td>
<td>2:00pm – 11:00pm</td>
<td>All facilities of 1/F, including corridor</td>
<td>Haunted House and Adventure</td>
</tr>
</tbody>
</table>

We are sorry for the inconvenience caused.

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2. Only Take-away Service provided during dinnertime at WYS Student Canteen on 15 Nov

伍宜孫書院學生飯堂於2021年11月15日晚市只提供外賣服務

Due to College event, only take-away service will be provided during dinnertime (5:30pm – 8:45pm) at Wu Yee Sun College Student Canteen on 15 November 2021 (Monday). We are sorry for the inconvenience caused.

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3. 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/.

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4. Temporary Closure of College Gym

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

<table>
<thead>
<tr>
<th>Nov</th>
<th>Time</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 16, 23 (Tue)</td>
<td>8 pm – 9 pm</td>
<td>Fitness Training Workshop</td>
</tr>
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We are sorry for the inconvenience caused.

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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)

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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 advice, below are the contact numbers you may wish to know.

1) You are welcome to speak with our College Dean of Students when you have problems that need resolving. Please email sammykwan@cuhk.edu.hk for arrangement.

2) You may also approach the University’s Wellness and Counselling Centre at 3943 7208 for help.

3) A 24-hour Emotional Support Hotline at 5400 2055 is available to assist all CUHK full-time students in need of emotional help. The hotline is operated by trained counsellors from Christian Family Service Centre which offers telephone counselling and crisis interventions. You are welcome to call when facing emotional distress and critical situations.

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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
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

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

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<table>
<thead>
<tr>
<th>College Funding &amp; Awards Schemes</th>
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<tbody>
<tr>
<td><strong>1. Self-Motivation Fund for Health and Well-being Activities</strong></td>
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</table>
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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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)

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 / 3943 3988)
Miss Florence Tsui (florencetsui@cuhk.edu.hk / 3943 9767)
If you have ideas of service-learning projects in mind, grasp the chance to make it come TRUE! The College’s Service-learning Project Funding Scheme supports any meaningful service-learning project to be held at anywhere of the world any time. You will definitely gain more than you give in the service-learning project.

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

**Enquiries:**
Miss KiKi Chan (<kikiwkchan@cuhk.edu.hk> / 3943 3935)
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>Nov 1 – Apr 30</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. Regaining Your Global Connection🌏✨眼球出走探索世界 @AIESEC Week
Hello 中大嘅同學仔！

疫情底下，大家係咪好耐冇接觸過外來嘅新鮮事物呢☹️考完 mid-term 後係咪想比返啲玩樂同放鬆空間比自己🤩又或者思考下嚟緊嘅方向去拓闊眼界同增值cv🌟咁依家就有一個大好機會啦！

AIESEC 係全球最大型嘅國際青年組織🌍旨在推行文化交流去鼓勵年輕人勇於突破同創新✨黎緊將會係15/11-19/11 舉辦 AIESEC Week，令同學們可以認識來自世界各地嘅朋友仔👭🏻👬🏻去擴闊自己嘅國際視野😍而當中嘅Cultural Workshop 同 Career Talk 嘅內容更加係精彩連連כר咁想錯過就要記得係截止日期前報名參加啦！詳情如下：

1. 文化探索工作坊 : Dark and Beauty - The Hidden Secret of Other Countries
   精華內容: 少數族裔語言交流、印度美食新煮意、泰式傳統公仔手工製作
   日期: 18/11/2021
   時間: 18:30 - 21:30
   形式: 實體 @i-lounge (康本國際學術園)
   * 價格: 需先支付 HKD50 按金，出席活動後會全額退回

2. 職業導覽講座: How Working Abroad Benefits your Future Career
   精華內容: Great Place To Work CEO 分享職場心得、同外國人工作的經驗、在職場脫穎而出的技巧
   日期: 19/11/2021
   時間: 18:30 - 19:30
   形式: 網上進行

3. OSA UN 網絡研討會: Serving the world - Careers at the United Nations
   精華內容: 三名 UN 機構人員分享職場經驗，以及講授如何把握在國際機構工作的機遇
   日期: 19/11/2021
   時間: 14:00 - 15:00
   形式: webinar

4. 海外交流展覽及嘉年華攤位: Join Overseas Exchanges to Discover The Unknown
   精華內容: 海外交流精彩片段展覽
   日期: 15/11/2021 - 19/11/2021
   時間: 10:00 - 15:00 (嘉年華攤位）
   形式: 實體 @康本國際學術園 地堂
Hello everyone!

Owing to the pandemic, it has probably been a while since you last did something new. 😊 Would you like to chill and relax after the midterm exam but at the same time broaden your horizons and enrich your CV? We are more than thrilled to announce: AIESEC Week is your long-awaited opportunity!

AIESEC🌍, the world’s largest international youth organization, aims to promote cultural exchanges to encourage young people to break through and innovate. 🚀 AIESEC Week will be held from 15/11 to 19/11 to let you "meet" international friends and broaden your horizons. 🧱 💡 Not only will you catch a glimpse of the Dark and Beauty of other countries, but you will also discover the unknowns of global exchanges. 🎉 If you don't want to miss a thing about exchange, sign up before it is too late! Details are as follows:

1. **Cultural Workshop: Dark and Beauty - The Hidden Secret of Other Countries**
   - Event highlights: Quick Foreign Language Lesson, Indian Food Cooking, Thai Craft Making
   - Date: 18/11/2021
   - Time: 18:30 - 21:30
   - Format: Physical @i-lounge (YIA)
   - Fee: HKD10
   - *Please pay an HKD50 deposit. We will refund HKD40 back after your participation.

2. **Career Talk: How Working Abroad Benefits your Future Career**
   - Event highlights: CEO of Great Place to Work will share some workplace experience with foreigners, and how to stand out from the crowd at work.
   - Date: 19/11/2021
   - Time: 18:30 - 19:30
   - Format: Virtual

3. **OSA UN Webinar: Serving the world - Careers at the United Nations**
   - Event highlights: Three honourable speakers who worked in UN agencies will genuinely share with you their one and only stories. You are privileged to learn about the career opportunities in international organisations from insiders.
   - Date: 19/11/2021
   - Time: 14:00 - 15:00
   - Format: Webinar

4. **Exhibition & Booth: Join Overseas Exchanges to Discover The Unknown**
   - Event highlights: Explore different cultures to have a wider perspective of the world
   - Date: 15/11/2021 - 19/11/2021
   - Time: 10:00 - 15:00 (Booth)
   - Format: Physical @YIA lobby

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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.

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
   - Study Skills in English at University Level
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2. Writing Success Series
   - Academic Essays
   - Research Papers
   - Reflective Journals
   - Personal Essays

3. Job Preparation Series – this series is particularly useful for graduating students and students who are interested in applying for exchange/ internship opportunities
   - Writing Impressive Resumes
   - Writing Impressive Application Letters
   - Ace Your In-person and Video Job Interviews
   - Standing Out in a Group Interview
   - Interview Practice and Self Reflection

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

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

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

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

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

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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.