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Sunny Review

1. WYS College Rotaract Club Inauguration Ceremony
Sunscala (宜伴群青), the 9th Wu Yee Sun College Rotaract Club was inaugurated on 21st July 2022 (Thu). Honorable guests including College Dean of Students, Professor Ming-kay Poon (潘銘基教授), representatives from Youth Service Committee, District 3450 and also Rotary Club of Tai Po, presented to share with joy with the new cabinet. The outgoing President John shared his ups and downs in the ceremony and he wished the incoming President Yves will work together with his members to organize more meaningful activities to contribute to the community and help people in need. Congratulations to Sunscala!

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2. Sharing with students of Chan Chun Ha Secondary School

Professor Sunny K.S. Kwong (鄺啟新教授) and Professor Ming-kay Poon (潘銘基教授) were invited to have sharing with students of CUHKFAA Chan Chun Ha Secondary School to provide them with more information about CUHK
on 14th July 2022 and 19th July 2022 respectively. They shared different topics like University life, College life and the way of studying with the students. Students were inspired by their sharing and had good interaction with them.

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**College Activities**

1. **clab 2022 呈獻：「電子版手寫信活動」**

The following message is drafted by the student conveners of clab.

> 我哋手寫信箱活動繼續進行呀！！最近完 sem 大家可能又有另一方面嘅煩惱，不如今次又分享下啦

> 我哋會有專員回信，以朋輩輔導員身份回覆，仲會喺解答之書送一句說話俾你☺️

> 細細聲話你聽，我哋仲會因應你既分享，送出不同禮物為你打打氣，呢啲禮物都係我哋 c!ab 莊員為大家準備。如果鐘意睇書，你可以參加埋我哋嘅抽獎環節，有機會得到心理學書籍一本📚

> 礼物數量有限，大家快啲去 google form 分享你嘅煩惱啦，俾一個機會自己抒發下積積埋埋嘅感受～

Google Form 連結：[https://forms.gle/a952UFSG7vm6i4YC6](https://forms.gle/a952UFSG7vm6i4YC6)

*活動只限 *伍宜孫書院學生* 參加
*只有回信的莊員可查看同學的煩惱，而聯絡方式等只作郵寄禮物之用
*同學可在 google form 寫下筆名，並留下 email 或 telegram username 方便回信
*同學可選擇公開煩惱與否，即使公開亦會保持匿名，也不會透露過多細節，只作整合大多同學的煩惱/ 鼓勵同路人之用
*我們會根據同學留下的分享送出禮物，而 clab 擁有最終決定權，恕不回覆不認真留言
*我們會盡力回覆大家的分享，如果來信分享累計超過 30 人，恕我們未能及時一一回覆處理，敬請原諒

“Handwritten Postcard Online Activity” organized by clab is still underway!

As we approach the summer holiday, new sources of stress may emerge.

We have patient listeners here in clab to talk about your worries in a form of handwritten postcard. Also, we will include a sentence from “Book of Answers” to provide another perspective on your trouble!

As you share your recent troubles with us, you will also receive gifts prepared by our committee members that echo the nature of your troubles🎉🎁 You may also join our giveaway in winning a psychology book about life (Chinese version).
Please don’t hesitate and share your worries with us in the google form (link in bio!) It’s a great chance for you to spill it all out!

Google Form Link: [https://forms.gle/a952UFSG7vm6i4YC6](https://forms.gle/a952UFSG7vm6i4YC6)

*This event is only limited to students of Wu Yee Sun College
*Only c!ab committee members who are in charge of this event can view your response in google form. Your contact information will only be used for mailing gifts.
*Please leave your pen name in the google form, along with your email or telegram username for us to send you back the postcard
*You can choose to have your stories shared to c!ab IG stories and CLAB website or not. We will make sure that they stay anonymous and will only be used for encouraging other followers who may have encountered similar issues.
*We will send out gifts according to the nature of your troubles. CLAB owns the final decision and does not accept any incomprehensible or frivolous responses.
*We will try our best to reply to the responses in the google form. We apologize for the inability to respond when the sets of responses in the google form exceed 30.

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**College Announcements**

1. **Acting Appointment 署理職務**

College Master Professor Anthony T.C. Chan (陳德章教授) is currently on leave till 9th August 2022. Professor Mingkay Poon (潘鉦基教授), Associate College Master, has been appointed as the Acting Master of Wu Yee Sun College during this period.

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2. **Enlistment of Wu Yee Sun College MALE Resident Tutor 2022-23**

Wu Yee Sun College now enlist a male volunteer to serve as a Resident Tutor for the academic year 2022-23. Full-time degree-holding CUHK staff members, full-time postgraduate students and final-year undergraduate students admitting to full-time postgraduate studies in CUHK commencing in the academic year of 2022-23 are welcome to apply.


*Details: [https://www.wys.cuhk.edu.hk/college-life-support/wardens-and-resident-tutors/](https://www.wys.cuhk.edu.hk/college-life-support/wardens-and-resident-tutors/)

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3. **Latest Campus Arrangement (Effective on 25th April 2022)**

We would like to update you the gradual resumption of campus facilities. We will closely monitor the situation and make necessary adjustment accordingly. Your support is the key to maintain a healthy community for living and learning together.

**College Main Entrance** will be opened from 9:00am to 9:00pm daily. Only residents can access College building after 9:00pm. All residents must collect parcels on their own. **Courier will NOT be allowed to leave the parcels and food unattended outside College main entrance.** Otherwise the goods will be disposed.

The resumption of service is summarized below:

<table>
<thead>
<tr>
<th>Location</th>
<th>Opening Hour</th>
<th>Eligible User</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>

2022.07.25
<table>
<thead>
<tr>
<th><strong>College Office (G03) and Dean of Students’ Office (UG09)</strong></th>
<th><strong>Monday – Thursday</strong></th>
<th><strong>Friday</strong></th>
<th><strong>All</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>8:45am – 1:00pm; 2:00pm – 5:30pm</strong></td>
<td><strong>8:45am – 1:00pm; 2:00pm – 5:45pm</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Learning Commons (Partial Area)</strong></th>
<th><strong>Monday – Sunday</strong></th>
<th><strong>Residents</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9:00am – 10:30pm</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Piano Rooms</strong></th>
<th><strong>Monday – Sunday</strong></th>
<th><strong>Residents</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9:00am – 10:30pm</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>College Gymnasium</strong></th>
<th><strong>Monday to Saturday (EXCEPT Sundays and Public holidays)</strong></th>
<th><strong>Authorized Residents (Max. 15 users per session)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>9:00am – 10:30pm</strong></td>
<td></td>
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</tr>
</tbody>
</table>

* Remarks:
1. In accordance with the Prevention and Control of Disease (Vaccine Pass) Regulation (Cap. 599L) and relevant requirements of administrative instructions, all persons entering sport premises are required to scan “LeaveHomeSafe” and “Vaccine Pass” / medical exemption certificate QR code. Please be reminded not to bring in unauthorized persons or open up the gym door for anyone. Random checking would be conducted and follow up actions would be taken for any violation.

2. Only authorized users are allowed to access and use the College Gymnasium in compliance with its rules and regulations, including hostel regulations and precautionary measures of COVID-19.

3. 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.

**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. If students have taken a COVID-19 test, please stay at home until the test result is available.

2. Please observe latest precautionary measures including social distancing measures and mask-wearing.

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 into 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.**

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4. Grab this chance to join the newly revamped Rance Lee Mentorship programme
With the initiation of our CUHK alumnus Mr. Sai-Yung Lau and the generous funding support of our CUHK alumni Mr. Albert Wu and Mr. Philip Li, this programme has been restructured.

The group-to-group mentor-mentee model, which is comprised of senior mentors, alumni mentors and student mentees, will be adopted. With the support of alumni mentors, a new element of this programme, it is believed that the bonding within a group or among WYS members will be stronger.

We are excited to share that a number of alumni mentors from various industries, namely banks, insurances, education, medical care, architecture, start-ups and so forth will join hand with senior mentor to play a role in this programme.

This programme aims to promote a multi-functional social networking for

- Providing practical advice and assistance
- Sharing information and interests
- Nurturing close friendship and emotional support

Funding support at HK$3,000 per annum for each group will be provided to facilitate the group activities. This programme offers a lifelong membership for all the participants. It is now open for all WYS students to enroll.

Should you be interested in it, please click this link to register. For details, please check out College website https://www.wys.cuhk.edu.hk/whole-person-development/mentorship/.

For enquiries, please contact Miss Alice Kam at 3943 3942 (e-mail: akam@cuhk.edu.hk) or Miss Florence Tsui at 3943 9767 (e-mail: florencetsui@cuhk.edu.hk).
“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 (kikivkchan@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)
--- Simultaneous Interpretation
--- Master of Ceremonies
--- Audio & Video Support
--- 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

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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.

想跟書院同學保持聯繫？想擴闊人際網絡？想回饋書院？透過伍宜孫書院校友會，你可以將學生時代的關係延續下去。終生會籍只需 500 元。現時申請，更可獲贈一套四支環保飲管（先到先得，送完即止）。

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:**
Ms. Queenie Chu ([queeniechu@cuhk.edu.hk](mailto:queeniechu@cuhk.edu.hk) / 3943 9768)
Ms. Michelle Li ([michelleli@cuhk.edu.hk](mailto:michelleli@cuhk.edu.hk) / 3943 3933)

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# 2. Self-Motivation Fund for Sports Activities

**Self-Motivation Fund for Sports Activities** encourages students to participate in various kinds of sports activities and qualification courses for sports coach, in order to live up the spirit “Sports for Everyone”.

**Funding Amount:**
- **Sports Activities**: Maximum $1500 or Up to 60% of application fee and course fee (whichever is lower)
- **Qualification courses for sports coach**: Maximum $3000 or Up to 60% of course fee (whichever is lower)

Take a look on the guidelines and report template, and challenge yourself with different activities.


**Enquiries:**
Ms. Queenie Chu ([queeniechu@cuhk.edu.hk](mailto:queeniechu@cuhk.edu.hk) / 3943 9768)
Ms. Michelle Li ([michelleli@cuhk.edu.hk](mailto:michelleli@cuhk.edu.hk) / 3943 3933)

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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) / 3943 3937)

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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)
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)

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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](mailto: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></td>
<td>(for trips overlapping both rounds, first date of the trip shall determine the application period)</td>
<td></td>
</tr>
<tr>
<td>Winter</td>
<td>Nov 1 – Apr 31</td>
<td>May 1 – Oct 31</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


Other Activities & Announcements
1. New features in Sunshine@CUHK Mobile App!
The Sunshine@CUHK Mobile App with new features is now available to download for free!


**Three new features** have been added to assist you to relieve and relax your emotions through the senses of *touch, hearing and sight*:

**Press & Relax:**
The way of instantly expressing your sentiments available at your fingertips. By simulating the poking bubble wraps, the Press & Relax allows you to press and enter your thoughts to vent your emotions immediately.
Mix & Listen:
Healing sound is unique to everyone. The Mix & Listen is a collection of diverse sound effects that allows mixing your personal soundtrack which helps you improve concentration and relaxation.

Plant the Plant:
Plant the Plant assists you in building a habit in a more fun way. Use the “Mood Diary” to write a daily diary to provide nutrients for the seedlings to level up and complete tasks to get various gifts.
Mindfulness Exercises:

2 newly produced mindfulness clips on Breathing Space and Mindful Breathing are uploaded to bring your awareness to your current thoughts and sensations through a 5-minutes breathing exercise, and to pay attention to the sensations of our body while breathing.
Update or download the app now and use the latest features of "Sunshine@CUHK Mobile App" to get a mindful gift, "Sprout Pencil" from us*.
Apart from the welcoming gift, Sunshine At CUHK is going to launch *a series of social media challenges!* Please invite your students to stay tuned in our FB & IG to participate in the social media challenges and they may be able to win prestigious gifts from us!
FB: https://www.facebook.com/SunshineatCUHK/
IG: https://www.instagram.com/sunshineatcuhk/
*Gifts will be available while stock lasts.
# Gifts will be given out to winners with greatest efforts shown in their posts selected by Sunshine Team.

2. UrHeard is launched!

The Office of Student Affairs has newly launched the mobile app “UrHeard” to support peer networking among CUHK students. With this mobile app, students can connect with a network of peer listeners from different academic disciplines with rich U-life experience, and consult their advice on a wide range of topics including academic study, university life planning, personal wellness and future development.

Through the initiative, it is hoped that an inviting space can be created for students to interact, support and learn from each other, maintaining the proximity among students in the campus community under the new normal.

The beta version of UrHeard mobile app is now available on:

App Store (iOS users): https://apple.co/3LTLDJW
UrHeard

UrHeard is developed by the Office of Student Affairs, The Chinese University of Hong Kong. It provides students with an online platform to seek advice...


UrHeard - Apps on Google Play
A peer support network providing CUHK students with directions for solutions

Students who have any enquiries regarding the “UrHeard” mobile app, please contact the Office of Student Affairs at lces@cuhk.edu.hk for more information.

3. EPIN Internship Programme Summer 2022 is open for application now!

Every successful entrepreneur was once a beginner

EPIN Internship Programme
Summer 2022

• Learn by Practice – real work experience in an innovative startup or social enterprise by tackling the problems with founders

• Various job openings – startups and social enterprises from CUHK Alumni Entrepreneurs Association, Cyberport, HKAI Labs, Hong Kong Science and Technology Parks etc.

• Credit-bearing – earning credits under "Practices" of EPIN
EPIN Internship Programme Summer 2022 is open for application now and all CUHK UG students are welcome to join it. There are over 150 job openings in different job natures include Education, Finance, Health Care, Marketing & PR, Science and Tech. We believe the Programme will bring you valuable work experience in innovative startups or social enterprises this summer.

 WHY EPIN Internship Programme❓
1️⃣ Gaining REAL work experience
✓ You will work with founders of innovative startups or social enterprises to bring real impacts.

2️⃣ Job openings from various fields
✓ Participating companies include startups and social enterprises from CUHK Alumni Entrepreneurs Association, Cyberport, HKAI LAB, Hong Kong Science and Technology Parks and more. Over 150 job openings with different job natures include Education, Finance, Health Care, Marketing & PR, Science and Tech.

3️⃣ Earning money💰➕ CUHK credits✨
✓ You will have minimum monthly salary of HK$4,000➕ the chance to earn 3 credits!

4️⃣ Getting scholarships💖
✓ After completing the internships, you can apply for CUHK Alumni Torch Fund Entrepreneurship and Innovation Scholarship exclusively for EPIN students!

More details: https://bit.ly/3taQaPu (Please login your CUHK Student account to access it.)
Apply here: https://bit.ly/35ClBtQ

If you have any enquiries about the programme, please feel free to contact us by email epin@cuhk.edu.hk or phone (852) 3943 7152.

4. 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.

5. 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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