The Sunny Weekly 26th Sep 2022

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10. “Meet the Dean” 購入 this chance to join the newly revamped Rance Lee Mentorship programme
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Sunny Review

1. College Forum “Mental Wellness In CUHK” and Student Sharing for Self-Motivation Fund for Sunny Living

Ms. Harriet H. Y. CHONG (莊曉怡女士), Student Development Counsellor from Wellness and Counselling Centre, Office of Student Affairs, conducted a forum entitled “Mental Wellness in CUHK” on 23rd Sep 2022 (Friday). She shared with students about different kinds of mental illnesses they might suffer from and introduced the self-help mental health materials available online, as well as wellness promotion programmes in CUHK. Students also completed an online survey to better understand their mental wellness and gained better knowledge on how to seek support from CUHK whenever needed.
At the Forum, we also invited successful applicants of Self-Motivation Fund for Sunny Living, Eunice Y. C WONG 王恩隨同學 (Year 4 / Psychology), Kin-shun TONG 湯堅信同學 (Year 4 / Physical Education, Exercise Science and Health) and Sara CHAK 翟韡珊同學 (Year 3 / M.B., Ch.B.) to share their insights and experiences with fellow students. Students are encouraged to exercise their potential through different learning opportunities.

We are grateful to have Professor Ming-kay POON (潘銘基教授), College Associate Master and Dean of General Education for moderating the sharing.

2. CUHK Art Fair

In order to let freshmen to gain a better understanding about different student bodies in the University, CUHK Art Fair was held at the University Mall from 21 September 2022 to 23 September 2022. Some of the College student bodies (including Dessert Society, Rotaract Club and Drama Society) also organized booths to promote themselves and provide chances for freshmen to get to know them more. College Associate Master Professor Kam-fai WONG (黃錦輝教授) and Professor Ming-kay POON (潘銘基教授) and also College Dean of Students Professor Kelvin K.F. TSOI (蔡錦輝教授) visited the booths to show support to College students and also shared the joy with them. We look forward to seeing more students to join our College student bodies!
The College will organize fitness training workshops this semester to help you to get rid of excess body fat and firm your muscles. JOIN us now!!

<table>
<thead>
<tr>
<th>High Intensity Interval Training (HIIT) [For Beginners]</th>
<th>Core Training [For Beginners]</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date:</strong> 11, 18, 25 Oct 2022</td>
<td><strong>Date:</strong> 8, 15, 22 Nov 2022</td>
</tr>
<tr>
<td><strong>Time:</strong> 8:00 – 9:00 pm</td>
<td><strong>Time:</strong> 8:00 – 9:00 pm</td>
</tr>
<tr>
<td>✅ Strengthen cardiopulmonary function</td>
<td>✅ Protect spine</td>
</tr>
<tr>
<td>✅ Improve athletic performance</td>
<td>✅ Maintain trunk stability</td>
</tr>
<tr>
<td>✅ Stimulate metabolism</td>
<td>✅ Maintain the posture</td>
</tr>
<tr>
<td>✅ Burn fat</td>
<td>✅ Improve athletic performance</td>
</tr>
<tr>
<td>✅ After burn effect</td>
<td>✅ Reduce the chance of injury</td>
</tr>
</tbody>
</table>

**Venue:** College Gymnasium  
**Quota:** 12 / workshop  
**Instructor:** Mr. Ryan CHAN  
**Deposit:** $200 / workshop (refundable upon completing all lessons)


Interested students please fill in the webform AND submit deposit to College Office on or before 5:00pm, 5 Oct (First-come-first-served. Time of deposit payment will be the determinant)
2. Sports Association Presents: Free-throw Shoot 罰系籃球

锺意自我挑戰
锺意打籃球
咁就留意下我哋呢個活動啦

罰系籃球
日期: 27/9/2022 (星期二)
時間: 17:00 - 20:00
地點: 逸夫體育館
人數: 60 名 (宜孫同學優先)
費用: $20 订金
報名連結: https://forms.gle/D3sRGTXCYceEEeth6

* 所有參加者都可以獲得 4 分 PE 分
* 頭三名仲會有大獎❗
* 有興趣參加嘅同學記得填 Google form 喲

有任何疑問歡迎大家搵返我地
IG inbox: @wys.sports.asso
聯絡人: Julia Yung (98658149)

Are you interested in basketball?
Or do you want to challenge yourself?
If so, you must join our event!
Free-throw Shoot
Date: 27/9/2022 (Tuesday)
Time: 17:00 - 20:00
Venue: Shaw GYM
Quota: 60 participants
Fee: $20 deposit
Application Link: https://forms.gle/D3sRGTXCYceEEeth6

*A gift would be presented to the top 3 scorers
*You would be rewarded 4 marks in the PE course if you join.
*Please fill in the Google Form if you want to join

Feel free to contact us for any inquiry
IG inbox: @wys.sports.asso
Contact person: Julia Yung (98658149)

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4. CUHK Blood Donation Campaign 2022

All WYS members aged between 16 and 66, weighing 41KG or above and in good health are welcome to join. A blood donation station will operate at WYS College on 5th October 2022 (Wed).

Please drink sufficient water, consume food within four hours before donation, get adequate rest the night before and do not wear clothing with tight sleeves for blood donation.

Date: 5th October 2022 (Wed)
Time: 11:30 am – 6:30 pm
Venue: College Gallery, G/F, WYS College

Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13655506

Information on pre-donation health screening
(Blood Donation Registration Form sample – ( English Version | Chinese Version )

For every donation, donors (new or repeated) have to fill in Blood Donation Registration Form and respond to health history enquiry, which consists of a questionnaire followed by a private interview with our nurse. The purpose is to assess your current and past health conditions for donation eligibility.

**Please note that the following Precautionary Measures in Response to COVID-19 are now in force:**

- Member of public who had contracted COVID-19 and was symptomatic, should be deferred for 14 days after complete recovery;
- Member of public who had contracted COVID-19 and was asymptomatic, should be deferred for 14 days after the date of the last positive test result;
● Member of public who had close contact with a confirmed / suspected COVID-19 case, should be deferred for 14 days. 
   English Version | Chinese Version

● Member of public who has receive COVID-19 vaccine should be deferred from blood donation for 7 days. 
   English Version | Chinese Version

Enclosed please also find the Info to Donors and Info on Travelling History, Residence Abroad.

Handy tips are also available at Facebook Page of Hong Kong Red Cross Blood Transfusion Service: https://www.facebook.com/BloodForLifeHKCBTS/posts/3194015213961229

There will be various donation spots set up across CUHK campus from 3rd to 26th October 2022. For more details, please refer to www.osa.cuhk.edu.hk/news.

5. Sunny Living Week 2022

Sunny Living Week 又返嚟喇! 打響頭炮我哋有 Sunny Rowing Race，讓你與 Buddy 一起參與挑戰，贏取豐富獎品! Café Mabel 會教大家用全素材料整無花果撻，一起實踐低碳及健康生活。獲 Self-Motivation Fund 資助嘅同學亦會教大家整土耳其馬賽克燈，帶給你一個療癒的晚上。環保達人 Kiki 仲會利用咖啡店回收嘅咖啡渣教大家整磨沙皂。陽光市集當日更會雲集心靈手作、綠色及體育攤位，大家絕對不容錯過! 壓軸活動當然唔少得校園環境委員會主席鄒桂昌教授帶領嘅生態文化遊。

活動有動又有靜，實有一款會啱你，快啲 mark 低日子參加啦!

Sunny Living Week is back again. We will have Sunny Rowing Race to kick start the week! Pair up with your buddy to participate in the rowing challenge and win the grand prizes. Café Caterer, Mabel, will teach us how to make Vegan Fig Tart to allow us to stay healthy and fit. We will also have Turkish Mosaic Lamp Workshop to calm your mind and Coffee Scrubbing Soap Workshop to support sustainability. Don’t miss the activity booths and organic farm at Sunny Market! Last but not least, Prof. CHAU, Kwai-cheong from Campus Environmental Committee will lead us an eco-cultural tour at Kuk Po.

What are you waiting for? Mark your diary and join us!

<table>
<thead>
<tr>
<th>Date &amp; Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>17/10 (Mon) 6:00pm – 8:00pm</td>
<td>Sunny Rowing Race (Details &amp; Registration)</td>
</tr>
<tr>
<td>18/10 (Tue) 6:30pm – 8:30pm</td>
<td>Vegan Fig Tart Baking Workshop (Details &amp; Registration)</td>
</tr>
<tr>
<td>19/10 (Wed) 6:30pm – 8:30pm</td>
<td>Turkish Mosaic Lamp Workshop (Details &amp; Registration)</td>
</tr>
<tr>
<td>20/10 (Thu) Class A: 5:30pm – 7:00pm Class B: 7:15pm – 8:45pm</td>
<td>Coffee Scrubbing Soap Workshop (Details &amp; Registration)</td>
</tr>
<tr>
<td>21/10 (Fri) 11:00am – 2:00pm</td>
<td>Bulk Buy Shop (Green Team) Darts Game (Sports Association) Organic Farm</td>
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</tbody>
</table>

No registration is required for the above booths!
Enquiries: 
Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)  
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Mai Po Nature Reserve is located on the north-western corner of Hong Kong, it is as known as a birdwatcher’s paradise. Late October is usually a very good time to see a wide variety of birds such as Black-faced Spoonbills and other globally endangered bird species at Mai Po. Come and join us to gain tips on identifying the birds and recognize the importance of nature conservation.

Instructor: Mr. LEWTHWAITE, Richard

LEWTHWAITE, Richard is a former English Language Teaching Unit instructor. He is also an active birdwatcher in Hong Kong and, prior to Covid, enjoyed going on regular birdwatching trips to China, especially Guangdong and Hainan. He is editor of the annual Hong Kong Bird Report, one of the co-authors of “The Avifauna of Hong Kong”, and has written papers on a variety of birds including the avifauna of Hainan, waterbirds of southwest Guangdong, forest birds of Southeast China, and owls and nightjars of Hong Kong.

Date: 27th Oct 2022 (Thu)
Activity Time: 10:00 a.m. - 3:00 p.m.
Gathering time and location: 10:00am@College Gallery / 10:15am@University MTR Station Exit A
Location: Mai Po
Language: English
Quota: 7
Fee: $100 deposit (Deposit will be refunded upon completion of the activity)
Registration: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13654643
Deadline: 13th Oct 2022 (Thu)

*Please submit the deposit in CASH to the College Office within office hours after filling in the webform for seat reservation. First-come-first-served, time of deposit payment will be the determinant.

Enquiries: Miss Jacqueline Lam (jacquelinelam@cuhk.edu.hk / 3943 9774)
It is a territory-wide energy saving event organized by Green Sense (環保觸覺) to promote the wise use of air conditioning. You are encouraged to support this event by turning off the air con at home/in the student hostels when the outdoor temperature is lower than 27°C during the aforesaid period whenever appropriate/feasible. Let’s take action together and reduce our carbon emission with the smart use of air-conditioning!

GO GREEN! BE SUNNY!

Turning off the Air Con ~ Cooling the Earth

Details: https://www.noaircon.com/

8. Yoga Class 2022/23 Term 1
Stretch your body • Increase your flexibility • Improve your mobility

Date: Sep 19, 26,
    Oct 3, 10, 24, 31
    Nov 7, 14 (Mondays) 2022

Time: Class A – 7:00pm to 8:00pm
      Class B – 8:00pm to 9:00pm

Venue: W112-114
Quota: 14 (per class)
Instructor: Ms. CHAN, Mayan
PE Marks: 4 (upon completion of at least 7 lessons)

Fee: $300 ($200 will be refunded upon completing at least 7 lessons)
     [College member - $200]


Interested students please fill in the webform AND submit course fee to College Office on or before 5:00pm, Sep 14 (first-come-first-served. Time of payment will be the determinant)

Enquiries:
Ms. Queenie Chu (queeniechu@cuhk.edu.hk / 3943 9768)
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):
Sep 6, 13, 20
Nov 1, 29
Time: 7:00 pm - 9:00 pm

Date (Every Tue):
Oct 11, 18, 25
Nov 8, 15, 22
Time: 7:00 pm - 8:00 pm

Venue: College Gymnasium
Instructor: Mr. CHAN, Ryan

Target: Wu Yee Sun College students and staff (no prior application is required)

Enquiries: Ms. Queenie Chu (queeniechu@cuhk.edu.hk/ 3943 9768)

10. Fitness Room User Introductory Course 2022-23 健身室使用者課程 2022-23
The full Sea-view Fitness Room is open for use. In accordance with the University’s guidelines, only those who can present valid CUHK Fitness Room User Cards can use Fitness Rooms on University campus.

Students/members who are not CUHK Fitness Room User Card holders may attend a Fitness Room User Introductory Course organized by the College with details as follows:

**Date:** 27th Sep 2022 (Tue)
**Time:** 7:00 pm - 9:00 pm
**Venue:** College Gym
**Quota:** 15 (first come, first served)
**Instructor:** Mr. CHAN, Ryan

**Application:** [http://bitly.ws/t7mP](http://bitly.ws/t7mP)

**Application Deadline:** 20th Sep 2022 (Tue)

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

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

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**11. Mini-pupillage Scheme for students from Faculty of Law**
The College is collaborating with Pantheon Chambers to offer a Mini-pupillage Scheme which is designed for students from Faculty of Law. During the 3-month period, students will be asked to conduct practical tasks, such as case summaries, legal research, shadow barristers, meet with clients, and attend court hearings (observation, taking notes). This could be both in person and remotely.

If students impress during the 3-month period, and Pantheon wish to retain students as mini-pupils within the pool (and students wish to stay on), students may be contacted beyond the end of the 3-month period for additional work. Following completion of the scheme, feedback and reference letter (upon request) will be provided for all students.

- **Application:**
  https://docs.google.com/forms/d/e/1FAIpQLSecs0w3ANTvJChbdlbtrzocD3B7JLi2kUzF_2fDX5ZN-4wUHg/viewform

- **Application Deadline:** 4th Nov 2022 (Fri) at 11:59pm (HKT)

Enquiries: Ms. Sukie Cheung (sukie@pantheonchambers.com/ 2105 8000)

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### College Announcements

#### 1. Application for Deferment of Tuition and Hostel Fees of Term 1, 2022/23

Please be reminded that the deadline for the fee payment of Term 1, 2022/23 is 30th Sep (Fri). A late charge of $200 will be levied upon belated payment.

College students who wish to defer tuition and/or hostel fees of Term 1, 2022/23 due to financial difficulties must complete the application form and submit it together with supporting documents by email to reginacheung@cuhk.edu.hk or in person to College Office (G03, East Block) by 27th Sep (Tue).

Late applications and incomplete forms will not be processed.

Enquiries: Miss Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)
2. Temporary Closure of College Gym

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

<table>
<thead>
<tr>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sep 27 (Tue)</td>
<td>Oct 11, 18, 25 (Tue)</td>
<td>Nov 8, 15, 22 (Tue)</td>
</tr>
<tr>
<td>7 pm - 8 pm</td>
<td>8 pm - 9 pm</td>
<td>8 pm - 9 pm</td>
</tr>
<tr>
<td>Fitness Room User Introductory Course</td>
<td>Fitness Training Workshop</td>
<td>Fitness Training Workshop</td>
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</tbody>
</table>

3. College Student Grant/Loan 2022/23 – Application Now Open (for Non-Freshmen ONLY)

College students who have financial difficulties may apply for College Student Grant/Loan 2022/23. There will be two rounds of applications: the September round is open to Non-Freshmen ONLY while the January round will be open to Freshmen ONLY. Students who have financial difficulties are reminded to first apply for Government financial aid (Tertiary Student Financial Scheme).

Application now opens for non-freshmen until 3rd October 2022 (Mon). Please download the application form and submit the completed form with supporting documents via email to Miss Regina Cheung (reginacheung@cuhk.edu.hk) or in person to the College Office (G03, G/F, East Block) before the deadline.

Enquiries:
Miss Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)

4. College Hostel Grant 2022/23 – Application Now Open

College resident students (local undergraduates of all years) with financial needs may apply for College Hostel Grant. The grant amount for 2022/23 will be maximum $4,656 per year.

Application now opens until 11th October 2022 (Tue). Students with Term 1 or whole year residence are eligible to apply.

Please download the application form and submit the completed form with supporting documents via email to Miss Regina Cheung (reginacheung@cuhk.edu.hk) or in person to the College Office (G03, G/F, East Block) before the deadline.

Enquiries:
Miss Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)

5. Opening Hour of Non-resident Hall

Opening Hour of Non-resident Hall
Commuter students, though not living on campus, can still enjoy their campus life at their second home - the full sea-view Non-Resident Hall where they interact with fellow students and participate in various hall activities. Check out the details HERE and enrich your College life.

<table>
<thead>
<tr>
<th>Opening Hour</th>
<th>Non-resident Hall (West Block)</th>
<th>Non-resident Hall (East Block)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Monday – Sunday (9:00-22:30)</td>
<td>Monday- Thursday (13:00-17:00)</td>
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<td></td>
<td></td>
<td>Friday (12:00-17:00)</td>
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<tr>
<td>Access</td>
<td>Access by Students’ CU Link</td>
<td>Committee Members of Non-</td>
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<td></td>
<td></td>
<td>resident Association will be</td>
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<tr>
<td></td>
<td></td>
<td>there to greet you!</td>
</tr>
</tbody>
</table>

6. Campus Arrangement in Term 1, 2022/23

We are most delighted to welcome our Sunnies back to campus. We would like to take this opportunity to update you the use of campus facilities, in order to safeguard the health and well-being for every College member. Your support is the key to maintain a healthy community for living and learning together.

College Prevention and Control Measures against COVID-19
1. Please measure body temperature at the counter at College Gallery and sanitize hands upon entering into College building. If body temperature is above 37.5 °C, s/he will not be allowed to enter into College.

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

3. Please be reminded that NO VISITORS (including WYS non-residents) will be allowed to enter the hostel floors. Students cannot bring in unauthorized persons or allow them to follow behind you to enter 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.

College Facilities

1. WYS non-residents can access College until 10:30pm daily (tap CU Link for access after 9:00pm). Only residents can access College building after 10:30pm

2. The opening hours and maximum capacity of College facilities can be referred at https://www.wys.cuhk.edu.hk/about-us/campus/.

3. **College Gymnasium:** Only authorized users can use the gym with a maximum of 15 users using the gym in the same session. Each user can use the gym for 1 hour daily. All users must complete registration, body temperature measurement and hand sanitizing, upon presenting users’ CU Link/ Guest Card in exchange for an access card, prior to accessing the gym. Masks must be worn (including the time of doing exercises) and at least 1.5m social distancing must be maintained at all times. Users must also observe the current regulations of using the gym as well.

Students under medical surveillance with amber code status under the government’s enhanced vaccine pass function are not permitted to use the sports facilities.

A detailed guideline will be sent to authorized users separately. First-time users should bring their valid (i) CU Link Card and (ii) CUHK Fitness Room User Certificate to College Office (G03) for registration.

4. **Reservation of College Facilities:** Only recognized College student organizations are eligible to reserve College facilities [except for Piano Rooms (Room 106 & 107) and Discussion Rooms in Learning Commons (Room 102A and
Room 103A) which will be opened for individual students]. Student organizations may contact the responsible College staff to book facilities for their planning of activities until the resumption of College online booking system.

7. Admission Scholarships 2022/23

The "Sunny" Award

Eligibility:

- College Local or Non-local freshmen with positive attitude and achievements demonstrating entrepreneurial spirit (i.e. creativity, passion and vision) or social responsibility
- Placed Wu Yee Sun College as their 1st College Preference

Award amount is HK$10,000/ $15,000.

Online Application opens until 6th October, 2022.
Admission Scholarship for Outstanding Artistic Achievements

Eligibility:
- College Local or Non-local freshmen with outstanding achievements in literary arts / performing arts / visual arts / film / media arts / music
- Placed Wu Yee Sun College as their 1st College Preference

Award amount is HK$8,000. Online Application opens until 6th October, 2022.

Enquiries:
Miss Regina Cheung (reginacheung@cuhk.edu.hk / 3943 9773)

8. College Team Tryout 2022-23 Term 1 書院隊選拔(2022-23上學期)
If you are a professional sports player or are simply keen on doing sports, do not miss the College Team tryouts. The College is now recruiting athletes for the basketball, soccer, volleyball, swimming and athletic team. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

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﹗書院現正招募籃球、足球、排球、游泳及田徑院隊隊員，快來發揮你的運動天賦！

<table>
<thead>
<tr>
<th>Sports Team</th>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Coach/ Coordinator</th>
<th>Tel. No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Basketball</td>
<td>Sept., 14 (Wed)</td>
<td>6:00 – 8:00 p.m.</td>
<td>New Asia College Charles Leung Gym.</td>
<td>Mr. Kakit Hui</td>
<td>3943 3986</td>
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<td><a href="mailto:kakithui@cuhk.edu.hk">kakithui@cuhk.edu.hk</a></td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>Sept., 14 (Wed)</td>
<td>6:00 – 8:00 p.m.</td>
<td>New Asia College Charles Leung Gym.</td>
<td>Mr. Kakit Hui</td>
<td>3943 3986</td>
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<tr>
<td>Men’s Soccer</td>
<td>Sept., 13 (Tue)</td>
<td>6:00 – 8:00 p.m.</td>
<td>Sir Philip Haddon-Cave Sports Field</td>
<td>Mr. Nelson Lam</td>
<td>3943 3987</td>
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<td><a href="mailto:nelsonlam@cuhk.edu.hk">nelsonlam@cuhk.edu.hk</a></td>
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<tr>
<td>Men’s Volleyball</td>
<td>Sept., 15 (Thur)</td>
<td>6:00 – 8:00 p.m.</td>
<td>Yeung Ming Biu Indoor Sports Center.</td>
<td>Mr. Nelson Lam</td>
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<tr>
<td>Women’s Volleyball</td>
<td>Sept., 15 (Thur)</td>
<td>6:00 – 8:00 p.m.</td>
<td>Yeung Ming Biu Indoor Sports Center.</td>
<td>Mr. Nelson Lam</td>
<td>3943 3987</td>
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<td><a href="mailto:nelsonlam@cuhk.edu.hk">nelsonlam@cuhk.edu.hk</a></td>
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<tr>
<td>Men’s Rowing</td>
<td>Sept., 20 (Tue)</td>
<td>7:00 – 8:30 p.m.</td>
<td>Grand Stand,</td>
<td>Mr. Kakit Hui</td>
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</table>
9. 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/

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

10. “Meet the Dean” Hours 輔導長時間

“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 Kelvin K.F. Tsoi (蔡錦輝教授), College Dean of Students and Associate Professor at Jockey Club School of Public Health and Primary Care
- Dr. Po-kin Leung (梁寶建博士), College Associate Dean of Students and Lecturer at the Department of Physics
- Ms. Sharon Wong (黃倩影小姐), College Associate Dean of Students and Assistant Lecturer of Independent Learning Centre

Every Sunnie is welcome, email us whenever you want to talk!

Enquiries:
Ms. Sammy Kwan (sammykwan@cuhk.edu.hk / 3943 9775)
Miss KiKi Chan (kikiwkchan@cuhk.edu.hk / 3943 3935)

11. 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.
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

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


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。

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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](https://example.com/applications)

   **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!!!
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 / 3943 9768)
Ms. Michelle Li (michelleli@cuhk.edu.hk / 3943 3933)

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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) / 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/](https://www.wys.cuhk.edu.hk/college-life-support/funding-scheme/)

Enquiries:
Miss Kiki Chan ([kikiwkchan@ cuhk.edu.hk](mailto: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**

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

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

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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 anywhere in 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)

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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>
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<tbody>
<tr>
<td>Winter</td>
<td>Nov 1 – Apr 30</td>
<td>May 1 – Oct 31</td>
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</tbody>
</table>

(for trips overlapping both rounds, first date of the trip shall determine the application period)

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. CUHK Outgoing Exchange Programmes 2023-24
Points to note for the application

- Application opens to all CUHK full-time registered undergraduate students and postgraduate students, including first year students, in this selection!
- All applicants have to invite two current full-time teaching staff at CUHK as referees for the application.
- Students who are in their first year of study at CUHK must attend an interview if they are shortlisted.
- Students can only accept one exchange offer for 2023-24 from any CUHK units in this selection.

Highlights of the on-campus outreach activities

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Venue</th>
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<tbody>
<tr>
<td>29 Sep (Thu)</td>
<td>12:00 – 14:00</td>
<td>Global Explorer Fair</td>
<td>Foyer, G/F, YIA</td>
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<tr>
<td></td>
<td>12:30 – 13:30</td>
<td>Global Explorer Briefing I</td>
<td>LT1, G/F, YIA</td>
</tr>
</tbody>
</table>
30 Sep (Fri)  11:15 – 11:45  Global Explorer Exhibition I  Outside Lounge, Chung Chi College Chapel
15:00 – 15:30  Global Explorer Exhibition II  Entrance of Sir Run Run Shaw Hall

12 Oct (Wed)  12:00 – 13:00  Global Explorer Briefing I (Language: English)  LT2, G/F, YIA

14 Oct (Fri)  13:00 – 13:30  Global Explorer Exhibition III  Entrance of Lecture Theatre Shaw Campus

13-24 Oct (Thu – Mon)  14:00 – 17:00  Ask Us Anything  i-Centre, 1/F, YIA

**Call for action!**
Much appreciated if you could encourage your students to apply for the exchange programmes and take part in the events. Attached are the promotional materials for your easy reference and kindly share with your students as you deem appropriate.

Should you have any enquiry about the programmes, please feel free to contact us on 3943-7597 or email at iasp@cuhk.edu.hk.

Thank you very much for your kind support!

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### 2. Sunshine At CUHK x Flourishing First Year @ CUHK: Welcome Back + Welcome New – New Start, Fresh Start!

At the start of the new semester, Sunshine At CUHK x Flourishing First Year @ CUHK (FFY) from Office of Student Affairs have organized a welcoming event on campus.
Come “eat well” and start the brand-new semester with us!
3. Wellness and Counselling Centre Office of Student Affairs
Promotion of Peer Support Network 2023 (uBuddies & uPals Programme)

**uBuddies Peer Counselling Network**
- **Our Goals:**
  - Provide peer support on interpersonal relationships, studies, and unilenry adjustment
  - Create and implement on-campus service projects
- **Training Content:**
  - 12 hrs Peer Counselling Skills
  - 12 hrs Mental Health First Aid Standard Course
  - 5 Days 2 Nights Adventure-based Training Camp
  - 4 hrs Practicum & Supervision
  - (Corenese supplemented with English)
- **Qualifications:**
  - CUHK uBuddies Certificate
  - Mental Health First Aid Certificate
  - Record in Student Development portfolio

**uPals Wellness Promotion Team 2023**
- **Application Period:**
  - 29 Aug - 5 Oct 2022
- **Qualifications:**
  - CUHK uPals Certificate
  - Mental Health First Aid Certificate
  - Record in Student Development Portfolio

Visit our website: Wellness and Counselling Centre, Office of Student Affairs (CUHK)
Follow us on:
Instagram: cuhk_uBuddies / treehole_cuhk / cuhk_uPals

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**New Member Recruitment for CUHK Peer Support Network 2023 (uBuddies & uPals)**
Do you wish to contribute to the wellness of CUHK students? uBuddies Peer Counselling Network and uPals Wellness Promotion Team organized by Wellness and Counselling Centre, Office of Student Affairs are now recruiting new members! If you wish to equip yourselves with helping skills to better support your peers, and have an interest in organizing activities and promoting mental wellness, you are most welcome to join us! The application deadline is 5 Oct 2022 (Wed).

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4. Member Recruitment of the I CARE Hong Kong Cultural Tours Project 2022-23

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Refresh Kit & Tea Truck
Date: 29 to 30 September 2022 (Thu to Fri)
Time: 12:00 to 16:00
Venue: Cultural Square

➤ One drink per person, while supplies last. Please consume at appropriate place. ❧

Please come to get free drinks, fortune cookies and souvenirs (includes handmade soaps/ lip balms/ herbal tea bags ) from us!

Should you have any enquiries related to this event, please contact sunshine@cuhk.edu.hk.
The project aims to cultivate CUHK students to become docents for leading cultural tours to promote the history and culture of Hong Kong. Admitted students will first receive a series of professional training on content research, itinerary design and formulation, story-telling skills, and tour guiding techniques. They will then be engaged in tour route development, site visits, script writing, demonstration tours and mock tours in accordance with the designated themes. Finally, they are allowed to lead real tours serving secondary school students and CUHK members to unveil the hidden side of Hong Kong.

**Themes and Districts Covered in 2022-23**

**Tai Po Market**
- Interaction between Railway and the Formation of Market (興奮以外 —— 鐵路墟市百載互動)

**Kowloon City**
- Development of the Healthcare System in Hong Kong (疫境重生 —— 香港醫療發展再思)

**Mong Kok**
- Transformation in Hong Kong’s Popular Culture (變幻之中 —— 香港流行文化搜奇)

**Kwun Tong**
- The Revitalisation of Old Urban Districts (新舊交融 —— 老城活化再度出發)

More information of the project can be found on our Centre’s [website](#).

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5. **Friends of the Arts Scheme (FTA) 2022-23**

新一年度 Friends of the Arts 計劃現已接受報名。
「Friends of the Arts」由藝術行政主任辦公室主辦，為中文大學全日制學生提供多元藝術文化教育。除了邀約不同界別的資深藝術工作者舉辦藝術講座，工作坊及分享會外，我們更會定期為大家選取有質素的演出一同欣賞。

年度主題：ARTS Like...文化藝術打卡
**2022-23 Friends of the Arts Scheme (FTA) is now open for application.**

Presented by the Office of the Arts Administrator, the scheme provides diverse arts and cultural programmes for full-time CUHK students. FTA provides an extensive range of arts and cultural activities. We invite experienced artists from different fields regularly to give lectures, workshops and sharing sessions for our members. We will organize arts performances appreciation and activities to our members every month.

**Theme of the year:** ARTS Like…

**Target:** Full Time CUHK students

**Fee:** $250 (Discount registration before 30/9: $200)

Limited quota on a first-come-first-served basis

**Application:** [https://www.srrsh.cuhk.edu.hk/en/application](https://www.srrsh.cuhk.edu.hk/en/application)

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**6. ILC Services for Students**

**Independent Learning Centre (ILC)** provides a resource rich environment for students to reflect on and engage in their role as Independent Learners. If you are interested in improving your academic and language skills, you can visit the ILC website regularly for the latest updates. Below are some ILC workshop highlights for the academic year 2022-23:

1. **University Study Skills Series**
2. **Writing Success Series**
3. **Job Preparation Series**
4. **CRE/JRE Series**
5. **Exam Preparation Series**

If one-to-one meeting with ILC teachers is preferred, you can also book a 30-minute consultation session via [https://www.ilc.cuhk.edu.hk/EN/consultation.aspx](https://www.ilc.cuhk.edu.hk/EN/consultation.aspx)

Other learning resources on various topics in both English and Chinese are also available at [https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx](https://www.ilc.cuhk.edu.hk/EN/LearningRes.aspx)

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**7. 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.

8. 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 由香港中文大學學生事務處開發，為學生提供線上平台，
諮詢大學生活及學習上的問題，透過經驗交流建立朋輩支援網絡。
主要功能：- 搜尋相關背景及領域的朋輩聆聽者 - 線上對話 - 有用
資源 香港中文大學學生事務處網站：
https://www.osa.cuhk.edu.hk/ 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...


9. Multicultural Counselling Service for Non-local Students

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.

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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.sjshk.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.

10. 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.