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4. Friends of the Arts Scheme (FTA) 2022-23
5. ILC Promotion
6. New features in Sunshine@CUHK Mobile App!
7. UrHeard is launched!
8. Multicultural Counselling Service for Non-local Students
9. Community Resources for Emotional Support
After suspended for 3 years, CUHK Info Day 2022 was successfully held in physical format on 15th Oct (Sat). Welcoming by the sunny weather and enthusiastic staff and students, over 45,000 secondary students, teachers and parents visited to know more about the learning environment of CUHK. Admission talks, booths and workshops offered the visitors useful information of the admission requirements of different programmes as well as the unique collegiate system.

The College booth located at the University Mall was well received with our student ambassadors highlighting College’s core values and sharing of their College life to interested visitors. More than 40 participants joined our guided tours to get a glimpse of the key learning and recreational facilities on our campus. A creative workshop led by c!ab convenors gave our visitors an opportunity to showcase their creativity by making their own shrink plastic key chain. What an enjoyable experience!

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2. Team challenge Activity in Ma Wan
6 College students joined the Team Challenge Activity organized by the Boys & Girls’ Clubs Association of Hong Kong (BGCA) on 16 October (Sun) in Ma Wan. They experienced the activity of abseiling, High Rope Climbing and City Hunt on that day. Students were formed into teams to take part in the activities, given chances to demonstrate their team spirits and move out from their comfort zone.

3. War Game

A group of Sunnies joined “War Game” organized by College Sports Association on 8 October 2022 (Sat). For some students, it was the first time for them to participate in the war game activity, which can improve their physical
health and relieve their stress, as well as by working as a team, they learnt the importance of cooperation among teammates as well. Everyone had a great enjoyment.

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College Activities

1. Organic Farm & Sunny Market @ Sunny Living Week

Organic Farm

Date: 17 – 21 Oct 2022 (Mon - Fri)
Time: 10am – 5pm
Venue: Wu Yee Sun College Cafe in Gallery (G/F)

Sunny Market

Date: 21 Oct 2022 (Fri)
Time: 11am – 2pm
Venue: College Gallery (G/F)

DIY Potted Plants (Green Team) [Duration: 15mins]
Darts Game and other mini sports game (Sports Association)
Bulk Buy Shop (Green Team)
No registration is required for the above booths!

Scented Wax Tablet Making Workshop [Duration: 1 hour]
(Please register here)

Each participant will receive a cooling towel or foldable mealbox after joining the activity booths (while stock lasts, first-come, first-served).

Enquiries: queeniechu@cuhk.edu.hk / 3943 9768

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Resident Tutors and Resident Association jointly present Halloween Activity with treats and decorations to celebrate the spooky season.

Date: 26 October 2022 (Wednesday)
Time: 20:00-22:00
Venue: College Gallery and Central Courtyard

All are welcome!

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導師簡介：中大中文系畢業，現全職寫作。已出版《織》、《步》、《翔：雀陸香港》、《一》四本書，專欄見《明報》。

日期：2022年11月19日(星期六)
時間：下午1:00至5:30
地點：中上環
語言：粵語/普通話
人數：上限15人
按金：港幣$100 (只收現金，完成活動後退回)
截止日期：2022年11月3日
名額有限，先到先得。（報名次序以遞交按金先後次序為準，請於辦公時間內將按金交至書院辦公室。）
查詢：Miss Jacqueline Lam (jacquelinelam@cuhk.edu.hk / 3943 9774)

4. 語文文化桌：老師夢和作家夢

「老師的生活，像一部黑白的電視！」他說。
我既不同意，也不想如此。我想做老師，同時渴慕色彩。從中再加一個作家夢，會不會太貪心？我想擁有豐富多彩的畫面和意義。深信這場交流，能讓我有多一段難忘而富色彩的美好回憶。

講者：蒲葦老師

講者簡介：歷任中學中史、中文、文學科主任，教育專欄作者、教參書編者。編著作品包括《總有您鼓勵》、《師生有情》、《我要做中文老師》、《寂寞非我所願》、《一本正經學成語》系列等。

日期：2022年11月1日(星期二)
時間：晚上6:30至8:30
地點：伍宜孫書院教職員飯堂
語言：粵語
人數：上限20人
按金：港幣$50 (只收現金，完成活動後退回)
截止日期：2022年10月18日
名額有限，先到先得。（報名次序以遞交按金先後次序為準，請於辦公時間內將按金交至書院辦公室。）
查詢：Miss Jacqueline Lam (jacquelinelam@cuhk.edu.hk / 3943 9774)

5. 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 1, 29
Time: 7:00 pm - 9:00 pm

**Date (Every Tue):**
Oct 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)

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6. 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/1FAIpQLSecs0w3ANTvJChbdLbrtzocD3B7JI2kUzE_2fDX5ZN-4wUHg/viewform](https://docs.google.com/forms/d/e/1FAIpQLSecs0w3ANTvJChbdLbrtzocD3B7JI2kUzE_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. **Enlistment of Wu Yee Sun College MALE Resident Tutors 2022-23**

Wu Yee Sun College now enlist a male volunteer to serve as a Resident Tutors 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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2. **Fire Drill at Wu Yee Sun College**

To familiarize staff and students with the fire alarm system and evacuation procedures, the College and the Security Unit will jointly conduct a fire drill on **Thursday, 27 October 2022 at 9:00pm**. The fire drill will take about 30 minutes.

Please take note of the following during the exercise:

- The fire alarm will sound for about 5 minutes.
• Students, staff and visitors in the College Building are requested to leave immediately using the nearest staircase and evacuate to the Assembly Point (Outdoor Area of Residence 3).
• DO NOT use lifts.
• Lock your hostel room doors.
• Resident Tutors and College staff will conduct a headcount and confirm when the drill is complete.

All staff and students are invited to join and learn more about fire safety.

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3. Acting Appointment 署理職務

College Master Professor Anthony T.C. Chan (陳德章教授) will be on leave from 20th to 30th Oct 2022. Professor Ming-kay Poon (潘銘基教授), Associate College Master, has been appointed as the Acting Master of Wu Yee Sun College during this period.

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4. Rance Lee Award

Creativity and Sunny Living are two of the College’s core values. If you’re the health-conscious and green living supporter, grab this chance to promote your creative idea!

Rance Lee Award encourages the integration of creativity and Sunny living in the following 3 areas:
• Rance Lee Award for creativity in promoting health and well-being
• Rance Lee Award for creativity in promoting lifetime sports
• Rance Lee Award for creativity in promoting green life

The objective of the award is:
• To enhance the overall well-being of WYS students through development of their body, mind and spirit of our students
• To encourage WYS students to think and act creatively in the above mentioned 3 areas - health, sports and green life
• To generate innovative ideas to benefit oneself, the environment and the society
Submit your application with one page executive summary on or before 18 Oct (Tue) by 5:00pm. Express your ideas into a proposal with your ingenious creativity, and make a better life! Programme Structure as below:

Eligibility: All WYS students can apply individually or in group (A group MUST comprise of at least 50% WYS students and the other 50% may be students from other colleges.)

Enquiries:
Miss Julia Liu (julialiu@cuhk.edu.hk / 3943 9767)
Miss Elsus Yeung (elsusyeung@cuhk.edu.hk / 3943 3934)

5. Temporary Closure of College Gym

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

<table>
<thead>
<tr>
<th>Oct</th>
<th>Nov</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 18, 25 (Tue)</td>
<td>8 pm - 9 pm</td>
</tr>
<tr>
<td>Nov 8, 15, 22 (Tue)</td>
<td>8 pm - 9 pm</td>
</tr>
</tbody>
</table>

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

7. Revised 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 ONLY CUHK Student Visitor (i.e. CUHK current undergraduate and postgraduate students who do not have a hostel place at Wu Yee Sun College) will be allowed to enter the hostel floors during visiting hour 10:00am – 11:00pm daily. Overnight visitors will remain suspended.

Residents and hostel visitors should observe the Student Hostel Regulations, all College precautionary measures against COVID-19 and latest government regulations on physical distancing including the limit on group gathering; as well as following the instructions of Wardens, Resident Tutors and hostel/ security staff on duty. If necessary, residents and hostel visitors should present their CU Link Card and/or other identification document. If residents witness suspicious persons in hostel floors, please report to Wardens, Resident Tutors or hostel/ security staff on duty immediately.

College Facilities

1. WYS non-residents can access College until 11:00pm daily. Only residents can access College building after 11:00pm.

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.

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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 athletic team. Do not hesitate to show your talents and we are looking forward to seeing you in the tryouts!

不论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 Tel. No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s &amp; Women’s Athletic</td>
<td></td>
<td></td>
<td></td>
<td>Mr. Kakit Hui 3943 3986 <a href="mailto:kakithui@cuhk.edu.hk">kakithui@cuhk.edu.hk</a></td>
</tr>
</tbody>
</table>

Please contact Mr. Kakit Hui to arrange tryouts according to Track & Field Events before 17/10

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:
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)

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**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.

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

Are you interested in or excellent at any of the fields below?
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) / 3943 9775

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### 13. 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。

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### College Funding & Awards Schemes

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

![Self-Motivation Fund Poster](image)
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 / 3943 9768)
Ms. Michelle Li (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:**
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

4. Mingle Fund
Mingle Fund aims at encouraging interaction among local, international and incoming exchange students of Wu Yee Sun College.

The Fund mainly supports daily and social activities with the participation of both local students and international/incoming exchange students (i.e. there should be at least one local student AND at least one international/incoming exchange student.)

Successful applicants will receive subsidy on reimbursement basis. For each successful application, each participant may receive, at most, HK$100 subsidy for the activity.

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

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

Check out the details through this link.

Enquiries: Ms. Julia Liu (julialiu@cuhk.edu.hk) / 3943 9775

6. Service-learning project Funding Scheme 服務學習項目資助計劃

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

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

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

7. Global Learning Award Scheme
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 (for trips overlapping both rounds, first date of the trip shall determine the application period)</th>
<th>Application period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Winter</td>
<td>Nov 1 – Apr 30</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

Thinking of becoming a volunteer? Please do join us to be peer mentors of Form 4 and 5 Secondary students! Co-organised with Caritas St. Joseph Secondary School (CJSJS), the Student Development and Resources Section, Office of Student Affairs, organises a service project called “Shadowing Scheme for Secondary Students (SSeedS)”. SSeedS aims to:

1) help secondary students through life-to-life interaction;
2) make friends;
3) Provide an opportunity for CUHK students to serve the community as peer mentors;
4) Introduce concepts of everyday leadership;
5) Develop a service-minded set;
6) Enhance students’ generic competencies of innovative problem solving, communication and teamwork through service learning; and
7) Understand yourself, your team and help them flourishing.

SSeedS Details

<table>
<thead>
<tr>
<th>Scheme period:</th>
<th>November 2022 – May 2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eligibility:</td>
<td>CUHK full time undergraduate students</td>
</tr>
<tr>
<td>Fee:</td>
<td>Free (deposit HK$500@) – will be refunded to SSeedS teammates if they complete the scheme.</td>
</tr>
<tr>
<td>Medium:</td>
<td>Cantonese (require to speak Cantonese)</td>
</tr>
<tr>
<td>No. of teammates:</td>
<td>20</td>
</tr>
<tr>
<td>Interview:</td>
<td>Candidates will be invited to take part in an interview on 28 October 2022 (Friday). Successful candidates will receive a confirmation email before 31 October 2022 (Monday).</td>
</tr>
<tr>
<td>Enrolment method:</td>
<td>Please enroll at this application link (<a href="https://cloud.it-sc.cuhk.edu.hk/webform/view.php?id=13656376">https://cloud.it-sc.cuhk.edu.hk/webform/view.php?id=13656376</a>) by 11:59pm, 24 October 2022 (Monday). Candidates will receive an invitation email of an interview session by 26 October 2022 (Wednesday).</td>
</tr>
<tr>
<td>Enrollment deadline:</td>
<td>11:59pm, 24 October 2022 (Monday)</td>
</tr>
<tr>
<td>---------------------</td>
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</tr>
</tbody>
</table>
| Enquiries:          | Ms. Karena Mak (Tel: 39437203; Email: karenamak@cuhk.edu.hk)  
Miss Christine Lau (Tel: 39438652; Email: christinelau@cuhk.edu.hk) |

2. 心盛計劃 - 靜觀手帳工作坊

![Mindful Journal Workshop Poster](image-url)

Each participant will receive a free notebook and materials. Journal materials & stationery are provided.
We are back on campus again! Perhaps you’re busy with classes, orientation events, gatherings and hall activities to try to make the most of university life. Let’s spare some time to slow down and organize your schedule. Journaling is a great way to organize your time, and most importantly, your emotions and thoughts.

Flourishing First Year @ CUHK invites you to join our Mindful Journal Workshop on 18 October 2022. Through this workshop, you can enjoy some mindful moments and design your new journal, by decorating journal pages with stamps and stickers.

In case you cannot sit for the whole workshop, please pick up a blank notebook and some stickers during the session and design your journal whenever and wherever you like.

Space and materials are limited, register for your spot today!

### [Flourishing First Year @ CUHK] Mindful Journal Workshop

**DATE:** 18 Oct 2022 (Tue)

<table>
<thead>
<tr>
<th>TIME:</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Please select one session only)</td>
</tr>
<tr>
<td>Session 1: 10:30-12:00</td>
</tr>
<tr>
<td>Session 2: 14:30-16:00</td>
</tr>
</tbody>
</table>
VENUE: Room LG13AB, Benjamin Franklin Centre

LANGUAGE: Cantonese and English

TARGET: All CUHK full-time students (priority is given to first year students)

REGISTRATION: https://cloud.itsc.cuhk.edu.hk/webform/view.php?id=13655810

APPLICATION DEADLINE: N/A

For enquiries, please contact Flourishing First Year @ CUHK at wacc@cuhk.edu.hk or +852 3943-9951.

3. CUHK Outgoing Exchange Programmes 2023-24

Application Period
28 September 2022 (9:00 am) - 24 October 2022 (11:59 pm)

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>
</tr>
</thead>
<tbody>
<tr>
<td>13-24 Oct</td>
<td>14:00 – 17:00</td>
<td>Ask Us Anything</td>
<td>i-Centre, 1/F, YIA</td>
</tr>
</tbody>
</table>

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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## 4. Friends of the Arts Scheme (FTA) 2022-23

New year Friends of the Arts Scheme 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/zh/content/student-cultural-ambassadors-scheme-application-zh](https://www.srrsh.cuhk.edu.hk/zh/content/student-cultural-ambassadors-scheme-application-zh)

Enquires 3943 1598 / 3943 7857
CUOAA@cuhk.edu.hk

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## 5. 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

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

6. 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.

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


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

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8. Multicultural Counselling Service for Non-local Students

To strengthen support to non-local students, WACC has extended the program to provide Multicultural Counselling Service to non-local students. Local students with extensive exposure to cultural experiences outside Hong Kong are also eligible (e.g. with international school backgrounds, or ethnic minorities born in Hong Kong).

The off-campus counselling service will be conducted by native Putonghua/English speaking counsellors from an external counselling service provider (St. John's Cathedral Counselling Service [https://www.sjcshk.com/](https://www.sjcshk.com/)).
Counselling sessions could be conducted in languages including English, Putonghua and other languages such as German, Hindi, Indonesian, Japanese, Korean, Maithili, Marwadi, Nepali, Spanish, Tagalog and Urdu.

Details of the service are as follows:

- **Target:** CUHK full-time non-local students, including exchange students
- **Service:** 6 counselling sessions (may be extended according to service needs and availability)
- **Service Period:** From October 2022 to December 2023
- **Service Provider:** St John’s Cathedral Counselling Service ([https://www.sjccs.hk/about/](https://www.sjccs.hk/about/))
- **Service Location:** Central (with easy access from Central MTR Station (Exit A1))
- **Charge:** Free of charge

For more details, please visit: [https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service](https://www.osa.cuhk.edu.hk/services/multicultural-counselling-service) and attached poster. Students’ self-referral, as well as referrals from units, are both welcome. Please visit [https://www2.osa.cuhk.edu.hk/wacc/en-GB/resources/for-staff/operational-guidelines](https://www2.osa.cuhk.edu.hk/wacc/en-GB/resources/for-staff/operational-guidelines) for referral form.

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9. 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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