



The Chinese University of Hong Kong



Office of Student Affairs

Student Counselling and Development Service

Mental Wellness Promotion Weeks 2016 - Embrace your life with your senses

Touching: #CUhug - Embrace your loved ones photo competition

Researches reveals that frequent hugging can improve our physical, emotional and spiritual health. There is a saying by Virginia Satir, a world-renowned family therapist, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need twelve hugs a day for growth." To promote care and connections with each other through embrace, SCDS would like to launch a campus wide photo competition themed #CUhug in 2015-2016.

Theme of entry:

- Photos capturing moments when you are embracing your friends, family and loved ones.

Procedure:

- Share an original picture capturing warmth moments when you are embracing your loved ones via Instagram; and tag it with @CUhug_cuhk and #CUhug
- Submit the snap caption, full name, year of study, department and CUHK webmail address.

Details of the competition:

- Top 20 most '❤️ Liked' photos will be shown on the CUhug Facebook page. The photos may be published in the publications of CUHK as well;
- Official judges will choose 3 winners, and the most liked photos on IG will receive a prize too.

Prize:

Champion: \$500 book coupon; First Runner-Up: \$300 book coupon; Second Runner-Up: \$200 book coupon; Most liked entry: \$100 book coupon

Target:

Full-time undergraduates and postgraduates

Submission deadline:

5pm, 31 March 2016

Regulations:

1. Each participant can submit at most three entries to the Organizer.
2. Every piece of work submitted must be original work and the participant should ensure that there is no infringement of the rights (including copyright) of others.
3. Entries should not have been submitted previously to other competitions or have been on public display.
4. The Organizer has the right to upload the entries onto its website without payment of royalty to the participants.
5. All works submitted to the competition will become the property of the Organizer who can use the artwork, including but not limited to website, publication, promotion or editing as deemed appropriate.
6. Request for exchange or return of the artwork submitted will not be entertained.
7. The Organizer reserves the right to accept or reject any application, and while every care will be taken, is not liable for any loss or damage of the submitted works.
8. The Organizer reserves the right to interpret and amend any of the Regulations of the competition, the Organizer's decision shall be final.
9. All participants agree to abide by the rules above.

Enquiry:

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