

Embrace your “highs and lows”

Painting & Photo Competition

Organized by

Psychological Wellness Ambassador, Caring League,
Counselling Service, Student Development Services (SDS), City University of Hong Kong

Information Sheet

Introduction:

Due to widespread of COVID-19, we may have difficulty in maintaining social connections with others, handling emotional distress and anxiety without the support from our peers. It is normal to have mixed feelings, such as anxiety, sadness, relief or gratitude. We might try to suppress our negative emotion and crave the positive. In this competition, we hope to advocate the message that positive and negative emotions are equally important.

Objective of the Event:

To explore both our positive and negative emotions by capturing the moments of life through photography or painting and learn to embrace both our positive and negative emotions for our psychological wellness and living a balanced life.

Eligibility of Entrants: Current CityU Students

Entry Requirements:



both value the same.

Sample for reference

1. The work could be a piece with 2 combined photos or painting. The two photos featuring positive and negative emotions respectively should be in 1:1 proportion. The arrangement of the piece is not restricted.
2. Please attach a title for the work in the filename.
3. The size for the painting should not exceed A3 size, and a scanned version is required for submission. Please reserve your original work.

4. The photo should have at least 1772 pixels (300 pixels per inch) for both vertical and horizontal sides for a high-resolution image.
5. Participants are encouraged to add a caption or a brief description (both are optional and are not part of the judging criteria) on the photos or the paintings to convey the meaning of the work. For the brief description, it should not be more than 50 words.
6. The entries should be sent in PNG format.
7. Within the competition period, the entries will be reviewed and uploaded to the website of SDS weekly.

Work Submission Period: 1 March 2021 - 21 March 2021

Work Submission Method:

1. Email the completed Application Form and your entry (PNG format) to cityupwa2021@gmail.com
2. Link to application form :
http://www.cityu.edu.hk/sds/cs/pwa/phototaking_painting_competition_application_eg_form.docx

Awards:

Champion: HK\$1200 Gift voucher and a certificate of award

1st runner-up: HK\$900 Gift voucher and a certificate of award

2nd runner-up: HK\$700 Gift voucher and a certificate of award

5 Inspirational Entry Awards: \$100 Supermarket voucher and a certificate of award

Judging Criteria:

1. Champion, 1st runner-up and 2nd runner-up are decided by the judges. Judging criteria:
 - A. Ability to convey the message (25%)
 - B. Ability to inspire and engage audiences (25%)
 - C. Photography or painting technique (25%)
 - D. Creativity (25%)
2. Inspirational entry prize - Top 5 in Facebook “Like” election. Criteria are based on the number of “likes” given through the Facebook platform (<https://www.facebook.com/cityucl>). The voting period will start from 21 March to 26 March 2021.

Panels (in alphabetical order of surnames):

1. Dr. Larry Ng, Associate Director, Counselling Service, Student Development Services
2. Mr. Phill Shek, Instructor, School of Creative Media
3. Dr. Ting Sik Chuen, Specialist in Psychiatry, Vice-Chairman of Mental Health Foundation
4. Dr. Nancy Yu, Associate Professor, Department of Social and Behavioral Sciences