

HALL LIFE EDUCATION TEAM

HALL LIFE OBSERVER

OCTOBER
2021



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@hall.life.edu.hkbu



<https://sa.hkbu.edu.hk/sas/hle>

S1902, South Tower, Undergraduate Halls

MEMORY REFRESHER!

1

Resident Initiative Award (RIA)

2

Resident-as-Partner (RaP) Scheme

3

Community Engagement Organisers :
Positive Ageing Learners Programme
(CEOs-PAL)



Aug

- Box Off Depression (Phase 2)
- Orientation on Hall Life



Sep



- Virtual Orientation Night

- Development of a new cognitive testing apps (EC screen) and understanding the needs of people with cognitive impairment in HK

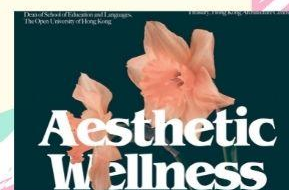
- Self-Compassion: Relating to Oneself and Others through Kindness

- Amazing Moon-Festival: Storybox - Playback Theatre Performance

- Green Quester: Kowloon Park Quest

- Yoga and Meditation for Beginners

- Aesthetic Wellbeing through Everyday Life Practices



FEATURED STORY OF THE MONTH

What is Green Quest (城林綠影)

The Undergraduate Halls believes **GREEN** is a living style in striving for balance and aiming for economic, social, and environmental sustainability. Green Quest is an annual programme organised by the Undergraduate Halls since 2014/15. It aims to **enhance green awareness of HKBU students** through different projects and activities. Green Quest in Chinese is 城林綠影, which literally means a quest for green shadows through the city jungle.



What is Green Quest Local Project Internship

A student-initiated project internship supervised by World Wild Fund-Hong Kong and the Halls. Under the internship, students will work in small teams to brainstorm, prototype, test and implement green community projects at their own choice. Workshops on sustainability and project management will be provided.



Apply NOW till 22 Oct!

What is Green Quester: Green Lifestyle Workshops

Green Questers, former participants of Undergraduate Hall's Green Quest, **devote to promote green and sustainable lifestyle in the Halls**. Green Quester Programme includes fun and educational activities, in the hope of bringing residents a new definition of green living!



Join our DIY workshops, outings and more!



LIVING TIPS:

FIRE SAFETY



If you are in the Halls (including BU Fiesta or common/ outdoor areas), when the fire alarm rings or flashes continuously, you should act immediately according to the instructions below:



Stay calm. Evacuate from the building via the nearest stairway in an orderly manner.
DO NOT USE THE LIFT!



Bring along your room key card, student ID card and LOCK YOUR DOOR. Do not bring any luggage.



Urge other hall-mates to leave the hall building under safe condition. Provide assistance to those in need.



Queue up according to your floor number. Report your attendance to your Tutor/ Mentor and wait patiently for announcement to dismiss.



While dismiss, please return to the hall building ORDERLY under the direction of Hall Tutors.



FUN FACT

You may not be able to explore the Halls completely yet as some rooms are not available under the pandemic. Check out these photos for our hidden gems in Halls

Roof-top BBQ Site
with beautiful scenic views



19/F

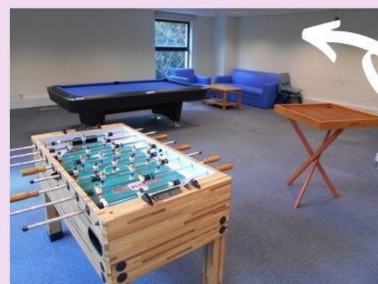


Quite Room
for praying, meditation and self-reflection

Fitness Room
areas for stretching, cardiovascular training and strength training



1/F



Games Room
with dart board, American pool, Chinese chess table and soccer game