

HALL LIFE EDUCATION TEAM

HALL LIFE OBSERVER

DECEMBER 2021

FOLLOW US!



@hall.life.edu.hkbu



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

S1902, South Tower, Undergraduate Halls

MEMORY REFRESHER

OCT

NOV

- 1) Yoga and Meditation for Beginners
- 2) Key Aesthetic Values of Future HK – From Urban Planning and Design Perspectives
- 3) Time for Treats
- 4) Minority matters: Creating a More Diverse and Inclusive Community with Experience from Singapore
- 5) Follow IG to get a Straw Set
- 6) Countryside Conservation X City
- 7) Green Quester Programme: Herbarium Workshop
- 8) Health Mindfulness Programme: Box Off Depression (Phase 3)
- 9) Aesthetic Wellbeing through Architecture and Nature in Copenhagen

- 10) Green Quest: Local Project Internship Training Workshops
- 11) Copenhagen as a Stage - Art and Performance as Catalyst for Developing Public Space
- 12) RIA Approved Programme – Conversation Night
- 13) Virtual Glocal Culture Orienteering
- 14) RIA Approved Programme – Tahitian Dance Workshop
- 15) Green Quester Programme: Lamma Island Zero Waste Hiking
- 16) Music for Your Life Workshop - create your own tune
- 17) Collaborative Art Fair in Courtyard



500 STUDENTS ATTENDED OUR PROGRAMMES.

HOW ABOUT YOU?

你的生活 你的歌



COMMUNITY ENGAGEMENT ORGANISERS POSITIVE AGEING LEARNERS PROGRAMME (CEOs-PAL)

aims to serve seniors in the neighborhood. In the programme, **student volunteers team up with socially active seniors and reach out to socially inactive seniors in the community.** Both students and senior volunteers learn about positive ageing and be a life-long learner through the well-designed learner workshops in the programme. And by reaching out to others in need, the volunteers learn to be an empathic and caring person.

In this pilot year, **we have recruited 28 seniors and 45 students.** Since our kick-off ceremony on 16 October 2021, **these senior-youth buddy teams have participated in 6 different types of workshops** and more to come before reaching-out to the socially inactive seniors.



hello



和諧粉彩 + 即席音樂會工作坊 ART AND MUSIC JAMMING WORKSHOP
探索賽馬會創意藝術中心 VISIT TO JCCAC
手工香工作坊 DIY INCENSE MAKING WORKSHOP
我們的藝術嘉年華 COLLABORATIVE ART FAIR
減壓運動工作坊 DE-STRESSING EXERCISE WORKSHOP
樂高樂人生工作坊 LEGO® SERIOUS PLAY®








FEATURED STORY

LIVING TIPS BEFORE EXAM~

A method for staying focused and mentally fresh:

POMODORO Technique

- Step 1**  **Pick a task**
- Step 2**  **Set a 25 min timer**
- Step 3**  **Work on your task until the time is up**
- Step 4**  **Take a 5 min break**
- Step 5**  **Every 4 pomodoros, take a longer 15-30 min break**



(encouraging messages from our "add oil station" in October 2021)



~FUN FACT

Our IG account [@hall.life.edu.hkbu](https://www.instagram.com/hall.life.edu.hkbu) was launched in 2017 with our first post about the Joint Hall Orientation Night at AC Hall.

Back then, we still have a face-to-face orientation that gathered freshmen from four Halls for an orientation ceremony prepared by the Hall Tutors.



Visit our IG for the throwback.