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

OCT

MEMORY REFRESHER

NOV

- 1) Yoga and Meditation for Beginners
- 2) Key Aesthetic Values of Future HK From Urban Planning and Design Perspectives
- 3) Time for Treats
- 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)
- 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





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.











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





Don't be afraid, you can do it!

Keep it up :D

Be yourself. Everyone self is taken.

Step 3



Work on your task until the time is up

Step 4



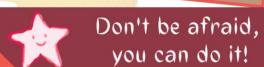
Take a 5 min break

Step 5



Every 4 pomodoros, take a longer 15-30 min break Midterms are coming but you got this!! Remember to take care of yourself, take some time off and treat yourself to a nice meal.

Add oil and enjoy~



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



View Insights



1 V

Liked by hkbaptistu and 11 others

AUGUST 22, 2017

~FUN FACT

Our IG account @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.