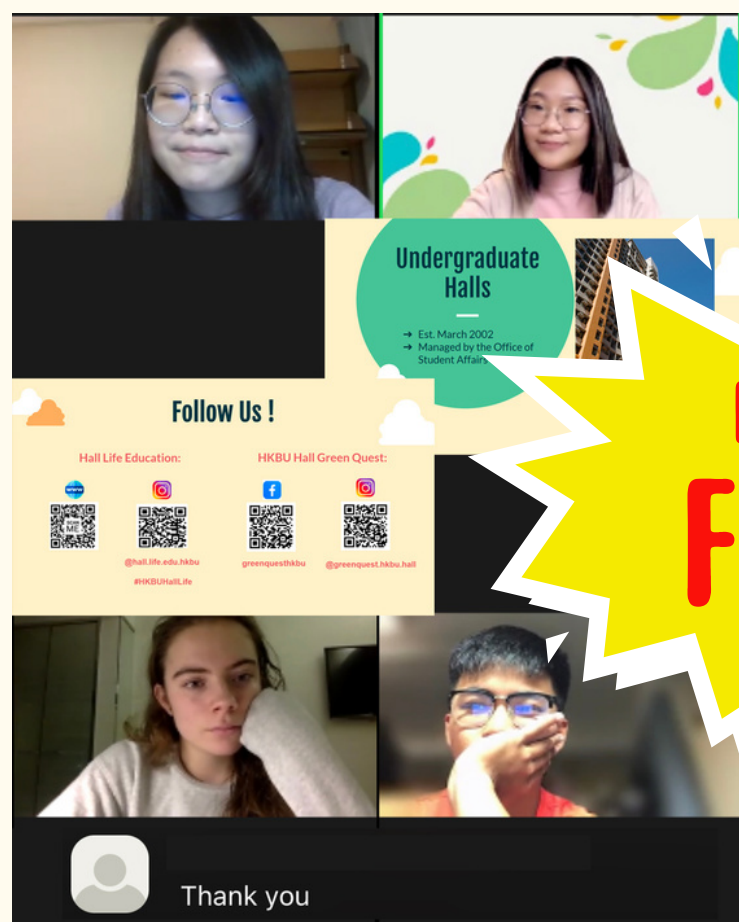
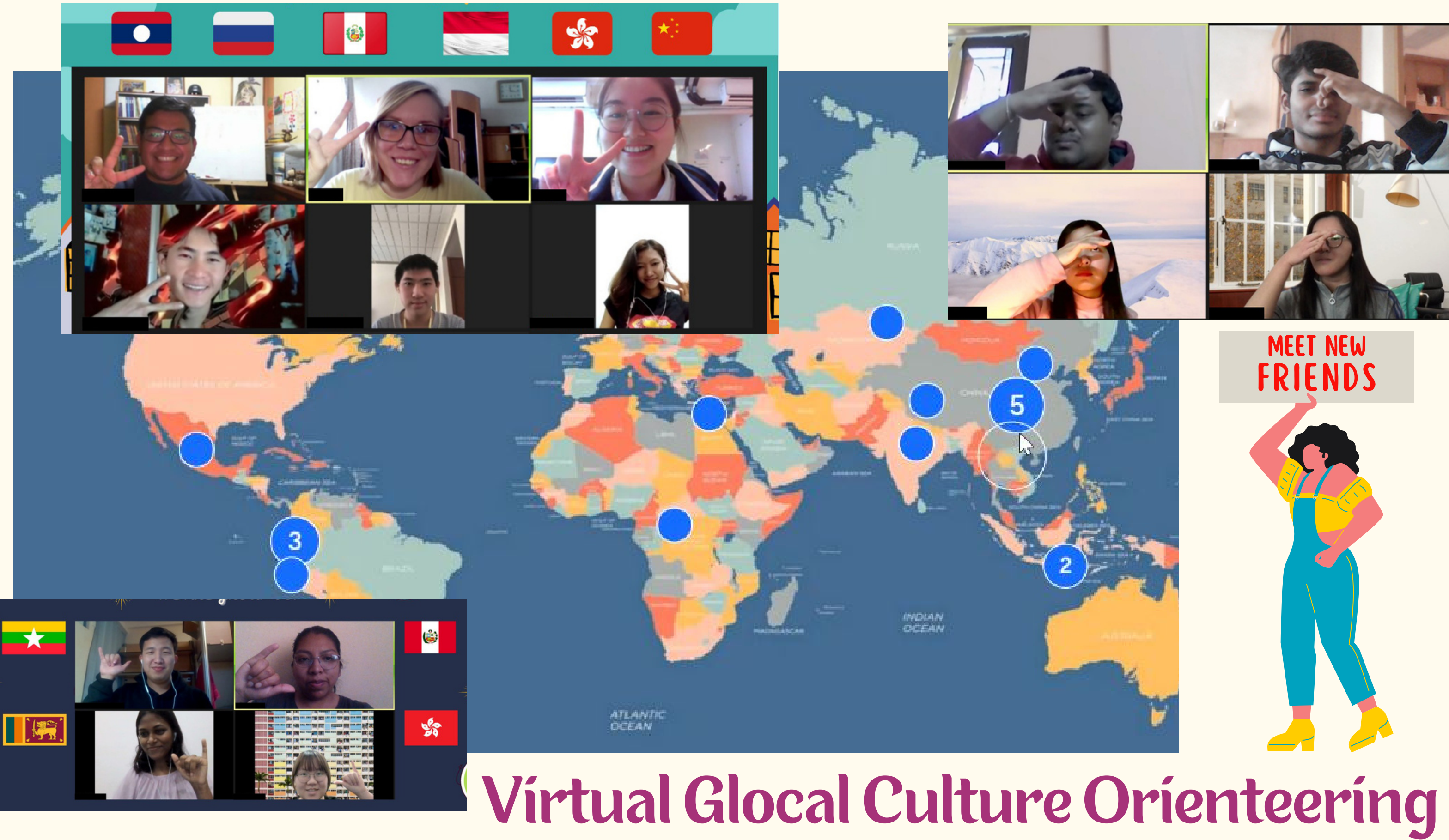


HALL LIFE OBSERVER

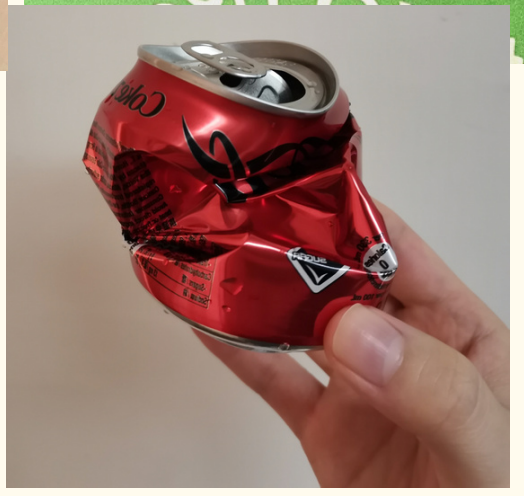
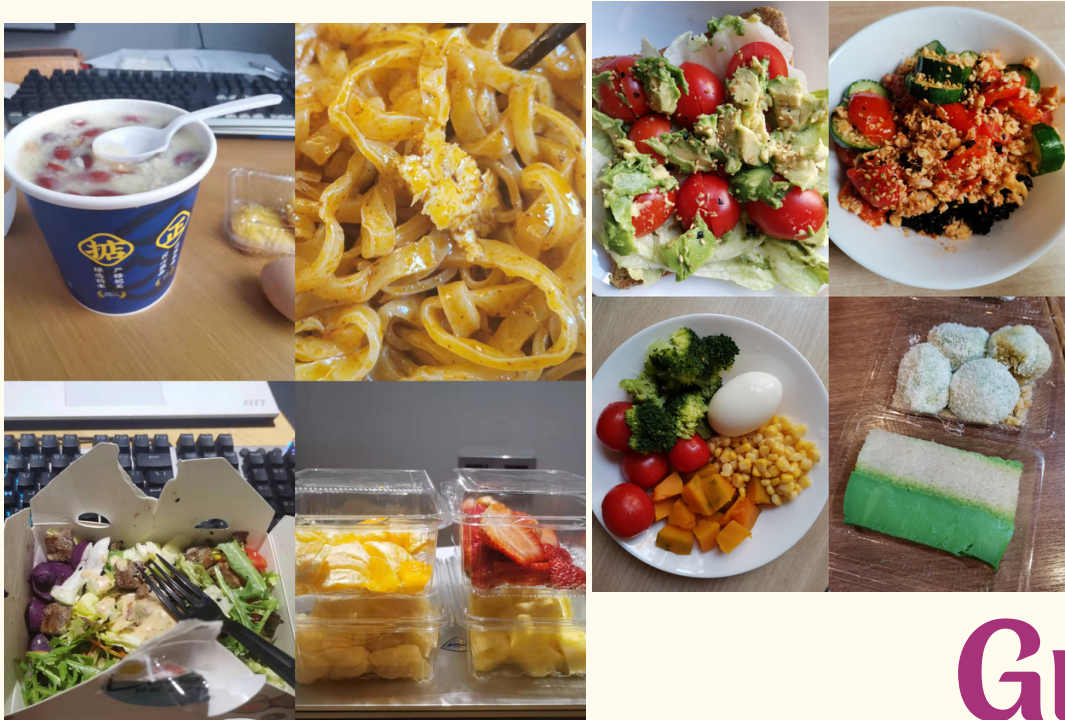
March 2022



Memory Refresher



Virtual Orientation on Hall Life



Green Quester Programme: 21 Days Green Challenges (Season 2)

Featured Story:



Add Oil Station Under the Pandemic

Power-up messages from residents to support you

YAY!



Everyone's life has its ups and downs,
and you are not alone. :)



That which does not kill us,
makes us stronger.

I wish that after the epidemic, we will cherish
and appreciate everyone who brings us
warmth and happiness.



願疫情早驅，人約不散，陌上花開

Life is tough but so are you.

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Reminding ourselves that this is a temporary
situation, while keeping lots of positivity,
a high energy level ... are keys
to push us through together!



Believe that you are strong, capable, independent and cannot be brought
down (I'm telling you that you are!). This pandemic shall pass and you will
come to reap the joys and rays of sunshine when this is all over.



Find something you love and
devote yourself to it. Always be
positive and energetic.

We are ALL in this TOGETHER!!
Be thankful for what you have
and keep moving forward.



Stay safe and healthy!



FRIENDS

Living tips



Exercise can make you happy, keep your muscle strong and shape your body. Here are some suggested exercises which you can do at home and on your bed.

ACT NOW!



Details:



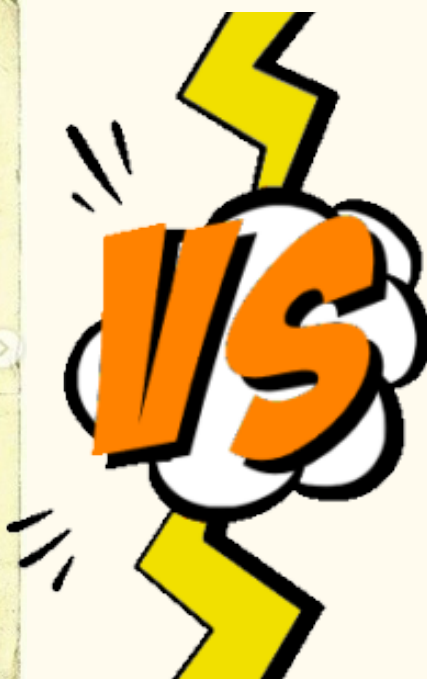
Source: Jockey Club Mus-fit Action
<https://www.facebook.com/MusFit.HK/videos/260147922093904>

Icon source: Noun Project <https://thenounproject.com/browse/collection-icon/fitness-exercises-65839/?p=1>

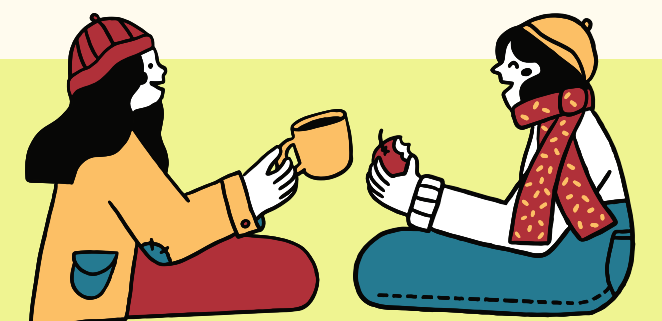


Fun fact

While you are having meals in BU-Fiesta, have you wondered how it was like in the past?



DON'T FORGET



to Follow us!



Hall Life Education Team

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

IG: [@hall.life.edu.hkbu](https://www.instagram.com/hall.life.edu.hkbu)

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