

# Hall Life Observer

November 2020

**“INTRODUCTORY TO FIRST AID”**  
What are CPR and AED? What should you do if you see burns, wounds, emergency etc?  
JOIN FACE-TO-FACE  
Date: 5 Nov 2020 (Thu) 7:00 pm - 9:00 pm  
Venue: Room 114  
Refundable Deposit: HK\$ 30  
Language: Cantonese  
Quota: 30 (Open to Undergraduate Hall resident only)  
Deadline: 19 Oct 2020  
\*All the participants should wear surgical masks and pay attention to personal hygiene throughout the activity.

**PASTEL NAGOMI ART EXPERIENTIAL WORKSHOP (CLASS 2)**  
HALLS MINDFULNESS PROGRAMME  
9 November 2020 (Mon) 7:00 PM to 9:00 PM  
Room 114, UCL  
Quota 12  
Early Bird Fee on / before 28 October 2020 / HK\$ 100 (all inclusive)

**MEET NEW FRIENDS - A VIRTUAL CHILL OUT**  
Open to all Halls residents.  
FREE!!! All participants will receive some snacks for the session!

**Second-Life for old T-shirt**  
Green Quarter Upecking Workshop  
Please bring an old T-shirt on your own or get a donation of T-shirt for \$10  
Date: 11 Nov 2020  
Time: 7pm-8pm  
From 12 Nov to 31 Dec 2020  
1a, Live class  
2, Fee: Free of charge  
1b, Streaming online at your own pace  
3, Souvenir: Current hall residents will receive a material pack after application (First-come first-served while stocks last)  
Deadline to join the class: 11 Dec (online streaming)

**How Travel, Yoga, Mindfulness Practices change my life**  
A Transformative Journey:  
Speaker - Ms Cheryl YUNG - HKBU graduate  
Yoga Instructor / Dance Meditation Facilitator / Traveler / Pondlife life  
19 Nov (THU) | 7:30 pm - 9:00 pm  
Zoom | English  
Deadline | 17 Nov (TUE)  
first-come first-served

**KEEP YOUR FACE AND EARS COVERED**



# MEMORY REFRESHER



- 1) Introductory to First Aid Seminar (5 Nov)
- 2) Mindfulness Programme: Pastel Nagomi Art Experiential Workshop (9 Nov)
- 3) Meet New Friend: Virtual Chill-out Session (10 Nov)
- 4) Second Life for Old T-Shirt: Green Quester Upcycling Workshop (11 Nov)
- 5) A Transformative Journey: How Travel, Yoga, Mindfulness Practices change my life (19 Nov)

# FEATURED STORY OF THE MONTH

## What is Green Quest?

The Undergraduate Halls (UGH) 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 UGH since 2014/15. It aims to enhance green awareness of HKBU students through local projects and overseas experiential tour. After the green journey, students share their experience from the programme and pass the green messages forward through student-initiated workshops/ activities.

Green Quest in Chinese is 城林綠影, which literally means a quest of green shadows through the city jungle.



**GREEN QUEST:**  
**LOCAL PROJECT INTERNSHIP**

Period: Jan - Apr 2021  
Theme Workshops on Sustainability  
Project Internship supervised by WWF- HK  
Project Showcase

Fee: HK\$ 1,000  
(HK\$ 700 refunded + a Cert. on successful completion)

Open to all UGC UG students, with priority to Halls residents.  
Deadline: 5 Jan 2021, 4 PM

## Local Project Internship Open for Application NOW!

In collaboration with World Wild Fund - Hong Kong (WWF-HK), the UGH is recruiting Green Questers who are devoted to promote green and sustainability in the Halls and in Hong Kong. Theme workshops on sustainability and project management will be provided before a student-initiated project internship supervised by WWF-HK and UGH. Under the internship, students will work in small teams to brainstorm and implement green projects at their own choice. Face-to-face meetings and field works will be arranged when circumstances allow.

21 Jan-  
22 Apr 2021

programme  
period

HK\$ 1,000  
(HK\$ 700  
refundable)

fee

5 Jan 2021,  
4 pm

application  
deadline



# Examinations are coming.

Hall Life Team would like to present to you the golden rules on maintaining a healthy lifestyle during examinations or, in fact, under all circumstances:

**EAT WELL  
SLEEP WELL  
LIVE WELL**



Also some FUN FACTS for you ;)

2002 VS 2020

Jockey Club Courtyard



BBQ Site

It will be semester break and holiday after the examinations. If you are participants of our **Virtual Glocal Culture Orienteering**, we will be meeting online with new friends coming from Japan, Korea, Taiwan, Kenya etc, if not, see you again in January 2021.

Enjoy your semester break!

**FOLLOW US**



**@HALL.LIFE.EDU.HKBU**

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our website