

Hall Life Observer

April 2021

21 Green Challenges
Duration: 22nd February - 14th March (3 weeks)
Deadline: 19 Feb 2021

Instructions
Complete 1 secret Mission per day
Accumulate to get a Super prize every 7th day
Make GREEN Your Habit
Are you ready for the challenge?

GREEN COMMUNITIES AND SUSTAINABLE ARCHITECTURE IN COPENHAGEN

Guest speaker: **Mira M. Corbett**
General of Sustainability & Collaborator of Rogers Gordon Architecture in Denmark

25 February 2021
7pm - 8:30pm via Zoom
Language: English

HONG KONG BAPTIST UNIVERSITY X ELITE-THAI BOXING & FITNESS

Box Off Depression
Elite Thai-Boxing Class
Every **THU** Student can enjoy 5 Thai-Boxing Lessons For Free
(Class Size: 8-12)

VENUE: BATTALION STUDIO
1/F, 25 Tower 25, Wai Lick St, North to Shau Kei Wan MTR Exit A71

CLASS SCHEDULES:
Start in March 2021
• Class 1: Every Mon 9:00-10:00
• Class 2: Every Tue 9:00-10:00
• Class 3: Every Sun 9:00-10:00

PRICE: Free (1000 in deposit/ student)
APPLICATION BEHINDS: Google Form (9/9/21) | www.hku.edu.hk
APPLICATION BEHINDS 18 Feb 2021 (Final come, last-come)

Halls Think Tank Award

Propose innovative & practical resident-oriented ideas to improve hall life experience of residents.

- Hall life education
- Administration
- Infrastructure
- Any topics related to hall life

Awards:
Gold \$20000 | Silver \$10000 | Bronze \$5000

Deadline: 5 Mar 2021

Coming Home - Reconnecting Body, Mind & Heart Through Mindfulness

4, 11, 18 March 2021 (THU) | 7:30pm-8:30pm | English
Venue: Zoom / UGH
Deposit: \$500 (refundable upon full attendance)

Open to all HKBU UG students, priority to UGH residents.
Deadline: 18 February 2021

Speaker: Ms. Cheryl YUNG
PhD in Psychology, UCL

WORKSHOP ON BRAIN HEALTH - WITH SEMINAR AND E-SPORTS EXPERIENCE

Date: 25 Mar 2021 (Thu) | Time: 1pm-6pm
Venue: YMCA of Hong Kong, Tsim Sha Tsui

Form a 4-person teams with elderly and attend workshop on brain health. Receive a CD's: Diverse Ageing Ambassador award

HEALTH MINDFULNESS WEEK: Time for Treats!

TREAT YOURSELF WITH A PACK OF SNACKS DELIVERED TO YOUR DOOR
23.3.2021
HALL LIFE EDUCATION TEAM

ADD OIL STATION
Messages from residents

Hard work will definitely pay off! Don't give up and add oil guys!

Mid-term guys, haha

I wish you happy everyday!

Don't I want to wish you good luck? Free exams and enjoy your coming holidays with friends. See you in Spring to stay safe and well.

過三關 無難度

EARTH HOUR MEDITATION NIGHT!
27 MAR 20:30-21:30

4 STEPS:
1) FIND A QUIET SPACE
2) SIT IN A COMFORTABLE POSITION
3) BREATHE GENTLY
4) LET DISTRACTIONS COME AND GO

4 TIPS:
1) CLOSE YOUR EYES
2) APPRECIATE THE SENSATIONS OF BREATHING AND ARMS, LETTING YOUR HANDS RELAX ON YOUR LAP
3) RELAX YOUR SHOULDERS AND ARMS, LETTING YOUR HANDS RELAX ON YOUR SHOULDERS
4) KEEP YOUR FEET FLAT ON THE FLOOR AND YOUR SPINE STRAIGHT

LET'S GO AND SEE THE STARS.

SWITCH IT OFF, STEEP OUTSIDE

Give a yellow and make a difference
EARTH HOUR - 27 MARCH 20:30-21:30

Quality of Hall Life Survey 2020-2021

2 Packs of Healthy Tea to Go + Stress & Mouthwash your eyes!

Period: 12 Mar - 12 Apr

PERSONAL DEVELOPMENT | RESIDENCE SERVICES | HALL FACILITIES | HALL LIFE EDUCATION

Let's Discover English Dance

On the 29/03, 8:04, 12:04
7:00 - 8:00 PM
@UGH - room 114

WIN A TAIWAN CLOUTIER (TAIWAN TOP) CLOUTIER FROM THE WORKSHOP OF ARTS

Highly priority workshop, international, locally and materials, no direct sales required

Prize: Free (2008 as deposit/return - collection on the first class)

Health precautionary measures should be observed at all times including mask-wearing, gel hand and disinfectant.

Contact person: Yvett +852 9542 4392 (WhatsApp)
Application method: google form (QR code)
Application deadline: 27 March 2021

Memory Refresher

1) 22 FEB – 14 MAR

Green Quester: 21 Days Green Challenges



2) 1 MAR – 11 APR

Health Mindfulness Programme: 'Box Off' Depression



3) 5 MAR

Halls Think Tank Award (HTT) Winner: Silver Award – "Skillmates"
<https://sa.hkbu.edu.hk/sas/hle/page/detail/6710#winning-ideas>

4) 4, 11, 18 MAR

Halls Mindfulness Programme: Coming home - Reconnecting Body, Mind and Heart Through Mindfulness delivered by our Hall Advisor



9

10

11

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7) 29 MAR, 8 APR, 12 APR

Resident Initiative Award (RIA) - Tahitian Dance Workshop



8) 6 APR

The Green Trail Quest @ Green Quest Project

9) 13 APR

Coffee Grounds Soap Workshop 啡常皂底 @ Green Quest Project



10) 13 APR

The Making of: a Leather Art Business and Self 樂。在手縫。樂。在生活

11) 15 APR

Green Quest Seminar Series: Aesthetic wellbeing through architecture and nature in Copenhagen



Copenhagen
Denmark

5) 23 Mar – 27 Mar

Health mindfulness week : Time for Treats

1- Treat yourself (Enjoy some healthy snacks [provided by Hall Life Team])

2- Treat others as you want to be treated (Send your encouraging messages via our "Add oil Station")

3- Treat the Earth nice and it will return to you (Engage in "Earth Hour")



6) 25 Mar

CEO Workshop on Brain Health – with seminar and E-sports experience 腦朋友運動會



FEATURED STORY OF THE MONTH



21 Days Green Challenges- Aims Big through Small Steps

The Green Questers Programme: 21 Days Green Challenges were held from 22 February to 14 March 2021. In the programme, participants were challenged to complete a mission each day. The missions may look insignificant but they are baby steps towards a greener future. In 21 days, our 22 participants collectively achieved a lot, for example:



DAY 3 Mission #PLANT-BASED MILK IS YUMMY

22 bottles (5500ml) of dairy milk were substituted by plant-based milk, saving 1760L of water and reducing 8.8 kg greenhouse gas (GHG) emissions.
Facts: Dairy Milk : 0.6kg GHG emissions /bottle; 120L water used/bottle
Plant-based Milk (an average on rice, oat, soy and almond milk): 0.2kg GHG emissions/bottle; 40L water used/bottle



DAY 7 Mission # ONE SONG PER SHOWER

20 participants showered 80 minutes less (4 minutes/ person), saving 620 litres of water.

Facts: The average shower lasted for eight minutes, using as much as 62 litres of hot water.



Day 10 Mission # SMELL THE SCENT OF SUNSHINE

19 participants air dried their clothes, reducing 10 hours (0.5 hours/ person) of using a dryer, which saves 60 kilowatt hour of electricity.
Facts: Electric dryers use about 2,000 to 6,000 watts, that is about 2 to 6 kilowatt-hours of electricity.

It is never too late to join us on the Green Quest. Every small step matters. Follow us on our Instagram for some green tips. (@greenquest.hkbu.hall)

FUN FACT

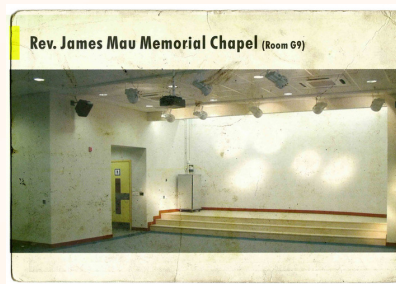
2002 VS 2020

The Undergraduate Halls has celebrated her 19th birthday this March ☺

Same as you, she grows and always strives to improve!

Let's check out the transformation of the Halls:

STUDY ROOM



REV. JAMES MAU MEMORIAL CHAPEL (69)

Living Tips



- *Exam period is approaching. No worries, you are not ALONE! Hall Life Team has delivered a pack of healthy snacks to your door on 23 March and has gathered many encouraging messages from fellow residents to support you!*



- *You can find the ADD OIL STATION posters posted in the Halls common areas. Check them out as each poster is unique and specially dedicated to you!*



- *Last but not the least, keep up with all the health precautionary measures. Protecting yourself is an important way to protect your friends and family.*

Follow us



@hall.life.edu.hkbu

S1902, South Tower,
Undergraduate Halls

Our Website



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