



# Hall Life News

## Hall Life Education 2022/23, Semester 1

(If you do not have an Instagram account or unable to access to the hyperlinks below, click [HERE](#))

### Live and Learn Together

Over 2,600 students participated in 70 hall life education programmes in the 1st semester of 2022/23. A wide spectrum of thematic programmes brought our participants to understand oneself through exploring happiness and [immersing in arts](#), to show their support to [fellow residents](#) and the community at large through words and actions, and to appreciate beauty of life from the perspectives of local and overseas urban planners, educators, explorers etc. Revisit our hall life programmes from our [Video](#).

### Promote Wellness



Over 30 hall life activities promoted physical, mental and environmental wellness. Among those included student-initiated [Green Questers activities](#).

Check out Instagram of [Green Questers](#) with tips on green lifestyle.

### Contribute to the Community



Our inter-generation community care campaigns brought 60 students to promote positivity to over 150 elderly in the community through [social events](#) and [regular visits](#) of the CEOs Positive Ageing Learners Programme and through the preparation of accurate and caring WhatsApp messages.

### Hall Life Awaits

36 interns from our PLUS+ Ambassador Programme and Green Quest Local Project Internship are working closely with their supervisors on promoting positivity and sustainability to the community. Stay tuned to a community service day and a self-care tool designed by the PLUS+ interns and community projects by the Green Quest interns.



22 students from PUNCH For Your Health Programme are punching their way to bring health awareness to underprivileged teenagers. The [Thai-boxing sessions](#) and health management workshop led by the students would bring lasting memory and experience to all participants.



**And many more hall life education programmes await.**  
Follow our [Instagram](#) and [website](#) to discover more about Hall Life Education from the Undergraduate Halls.



### Hall Life Team

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