



Hiking to Pak Shui Wun

Date:	8 October 2022
Time:	14:00 – 16:00
Location:	HKUST Pak Shui Wun
Feature spots:	- Waterfall - Beach - UST view from the beach (Please refer to the Chinese version for details)
Quota:	30
Participants:	Aged 7 to 70 healthy walker (walking time will be around 1 hour and mainly steps)
Language:	Cantonese
Fee:	Free



Please click this link for enrollment: https://ust.az1.qualtrics.com/jfe/form/SV_dilvhD3iNqtJsma

Enquiry: staff@ust.hk

Special Offers

Crowne Plaza Hong Kong Kowloon East (now to 11 Dec 2022)

https://staff.hkust.edu.hk/service_off/crowne.pdf

Campus News

Guided Forest Bathing Experiential Tour

Do you remember the last time you went into nature? Are you drained by the hectic life?

Nature holds the power of rehabilitation. The sound of the river, the warmth from the sun, the movement of wind, all elements in nature calm you down, temporarily separate from the fast-paced life. During the Forest bathing session, you need to put all things aside and just utilize your senses, open your mind and feel your body change. Various benefits are caused by Forest Bathing, including physical and mental well-being. Schedule a day to return to the origin together. You will be guided to explore and appreciate natural wonders. Spending some time in nature to take a break and refresh your mind.

Date:	20 October 2022
Time:	2.30pm – 4:00pm
Venue:	Tai Hang Tun, Clear Water Bay Country Park
Due Date for Registration:	14 October 2022
More Info & Registration:	From Diversity to Infinity Festival 2022 - Guided Forest Bathing Experiential Tour
	*Round trip transportation will be provided

Experiential Tour @ Dignity Kitchen

“We don’t look at their disability, we look at their ability,” the founder of project Dignity said.

Dignity Kitchen offers Singaporean-style hawker food which is cooked by the differently-abled and disadvantaged. One of the aims of the restaurant is to provide an opportunity for the disabled and underprivileged to be trained and employed. Differently disabled/ disadvantaged can overcome their challenges in the work environment and start developing their career.

Having a visit to Dignity Kitchen is an incredible experience. You will get a chance to make your own cookies together with the workers with diverse abilities and listen to their stories. Please do not wait and register now!

Date:	21 October 2022
-------	-----------------

Time:	2.30pm – 4:30pm
Venue:	Dignity Kitchen, Mong Kok, Kowloon
Due Date for Registration:	14 October 2022
More Info & Registration:	From Diversity to Infinity Festival 2022 - Experiential Tour @ Dignity Kitchen
	*Round trip transportation will be provided



HKUST Staff Association
香港科技大學教職員協會



會訊 2022年10月3日

白水碗行山之旅

日期:	2022年10月8日(六)
時間:	14:00 – 16:00
地點:	科大 ← → 白水碗
主要景點:	- 瀑布 - 沙灘 - 從白水碗沙灘眺望科大
名額:	30
對象:	7-70歲健步人士(步行時間約為一小時, 主要為梯級)
語言:	廣東話
費用:	免費



報名方法: https://ust.az1.qualtrics.com/jfe/form/SV_dilvhD3iNqtJsm

查詢: staff@ust.hk

優惠

九龍東皇冠假日酒店(優惠期至2022年12月11日)

https://staff.hkust.edu.hk/service_off/crowne.pdf

校園消息

森林沐浴之旅

還記得你上一次走進大自然是什麼時候嗎? 忙碌的生活, 可曾讓你感到筋疲力盡嗎?

大自然擁有復康的力量: 河水的聲音, 陽光的溫暖, 風的流動, 這一切都能讓你的心境間平靜下來, 暫時脫離步調急速的生活。在森林浴的過程中, 導師將帶領你拋開一切, 敞開心靈, 細心感受你身體的變化, 讓自己全然沐浴在森林的氣氛之中, 並感受大自然為你的身體及心靈帶來的各種好處。

日期:	2022年10月20日
時間:	2.30pm – 4:00pm
地點:	清水灣郊野公園大坑墩
報名截止日期	2022年10月14日
報名:	From Diversity to Infinity Festival 2022 - Guided Forest Bathing Experiential Tour
	*提供交通往返服務

厨尊體驗之旅

Dignity Kitchen的創始人說:“我們不看他們的殘疾, 只看他們的能力“。

Dignity Kitchen 提供由不同能力和弱勢群體烹製的新加坡風味攤販食品。餐廳的其中一個目標, 是為殘疾人士和弱勢社群提供接受培訓和就業的機會, 讓他們可以克服挑戰並發展事業。參觀 Dignity Kitchen 是一次非常寶貴的體驗, 你將有機會與具有不同能力的人一起製作曲奇, 並聆聽他們的故事。

日期:	2022年10月21日
時間:	2.30pm – 4:30pm
地點:	厨尊
報名截止日期	2022年10月14日
報名:	From Diversity to Infinity Festival 2022 - Experiential Tour @ Dignity Kitchen

*提供交通往返服務



Latest News



Join Us



Contact Us

Website 網站 : <https://staff.ust.hk/index.html>
Inquiry 查詢電郵: staff@ust.hk