



Staff Association Activity

EcoPark & WEEE PARK Tour

Date:	18 March 2023 (Sat)
Time:	13:30 – 18:00
Location:	HKUST/Diamond Hill MTR > EcoPark (including visitor center and WEEE · PARK)
Quota:	40
Participants:	HKUST staff and families & friends
Language:	English
Fee:	SA Member \$50/ non-member \$60 (round-trip transportation to EcoPark by coach)
Registration Link:	https://ust.az1.qualtrics.com/jfe/form/SV_23mPYOTx44C3umy
Deadline:	Please sign up before 1 March 2023



Recruitment for SA Classes on Stretch Dance

SA is happy to introduce a new Stretchy Dance course.

The course would combine proper stretching whilst adding dance elements, so that stretching becomes dynamic and graceful. It will gradually enhance one’s muscle strength and body stability.

Course details can be found on the SA web:

https://staff.hkust.edu.hk/teamAD/Stretchy_Dance.pdf or <https://staff.hkust.edu.hk/interest.html>

Deadline for enrollment: **1 March 2023, 2pm**



Snapshots of Hiking to Little Hawaii trail

If you are a nature’s lover and enjoy hiking, you shouldn’t have missed our SA’s hiking to Little Hawaii trail on 11 February 2023. As one of the easiest route for beginners to kick start, it is located in the hill above Po Lam and makes a 2-hours trip from HKUST to Tseng Lan Shue. For those who participated, we trust you should have enjoyed the scenic waterfalls, flowing water and mountain views, etc. Let’s recall our wonderful memory via the following photos.

Please stay tuned to our next hiking event. We look forward to seeing you!





科大教職員協會<"環保園"暨"廢電器電子產品處理及回收設施"導賞團>

日期:	2023年3月18日(六)
時間:	13:30 - 18:00
地點:	科大/鑽石山 -> 環保園 (包括訪客中心及廢電器電子產品處理及回收設施)
名額:	40
對象:	科大教職員及親友
語言:	英語
費用:	會員 \$50 / 非會員 \$60 (包括旅遊巴來回接送)
報名:	https://ust.az1.qualtrics.com/jfe/form/SV_23mPYOTx44C3umy
截止日期:	2023年3月1日(三)



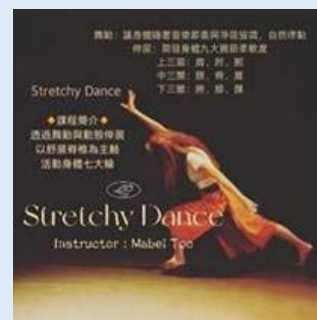
科大教職員協會新興趣班「舒展修身舞」招生

- ✓採合舞蹈元素與正確伸展法，富動感與優美
- ✓循序漸進鍛練肌力，加強身體穩定性
- ✓適合初學或任何想舒展+舞動身心的您

課程詳情見：

https://staff.hkust.edu.hk/teamAD/Stretchy_Dance.pdf 或 <https://staff.hkust.edu.hk/interest.html>

報名截止日期：2023年3月1日，下午2時



小夏威夷徑行山之旅花絮照片

若您是大自然愛好者並且喜歡遠足，應該有留意我們在2月11日舉辦的小夏威夷徑行山之旅。作為初學者最容易上手的短途路線之一，它位於寶林上方的山上，從香港科技大學到井欄樹步行約2小時的路程。當天活動獲一致好評！叫大家難忘的包括：瀑布、流水、山景以及雨後花草間散發出來的清新氣味、以及大家的歡笑聲等等。讓我們藉以下照片回味那美好的片段，亦期待下次的遠足活動，我們可以見到你。



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