



HKU WELL-BEING SYMPOSIUM 2020

Friday 21st February, 2020

PROGRAMME [AM]

Time	Programme Rundown				
8:00am	Registration Opens				
8:10 am – 8:55 am	Morning Yoga				
	Loke Yew Hall				
9:00 am – 9:30 am	Opening Ceremony				
	- Welcome Address - Tai Chi for All - Group Photo-taking				
	Loke Yew Hall				
9:30 am – 10:30 am	<u>Keynote Speech</u>				
	The Science of Wellbeing				
	Dr. Peter TSE, Department of Psychological and Brain Sciences, Dartmouth College				
	Loke Yew Hall				
10:30 am – 11:00 am	Tea Break				
11:00 am – 11:45 am	Session 1A	Session 1B	Session 1C	Session 1D	Session 1E
	"Moment for Life: Mindful Self-Compassion for Everyday Life 「靜」渡難關：生活中的靜觀自我關懷"	Health and happiness: Things the doctor doesn’t always tell you	Managing Personal Finance: Tips and Apps	* HKU Herb Garden: Connecting with Nature	* Lung Fu Shan Shinrin Yoku (Forest Bathing)
				[Long Session] 11:00 - 12:00	[Long Session] 11:00 - 13:00
Venue	G/F, Library New Wing	Loke Yew Hall	2/F, Library New Wing	HKU Herb Garden, outside the 2/F entrance of HKU Main Library	Lung Fu Shan Country Park (Gathering Place: Pillar of Shame)
11:45 am – 12:30 pm	Session 2A		Session 2B		Session 2C
	Rhythm for Life (music and movement for wellbeing) 踏出身心快樂		* Stretch the Body and Mind		* A “Taste” of Mindfulness
Venue	Loke Yew Hall		Foyer in Front of Luk Yu Hall		G/F, Library New Wing
12:30 pm – 2:00 pm	Lunch Break				

* Limited quota for these session. Separate registration required.



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Time	Programme Rundown			
2:00 pm – 2:45 pm	Breakout Session III			
	Session 3A	Session 3B	Session 3C	Session 3D
	Mindfulness Mandala Workshop	The Road to Better Sleep	Caring for Aging Parents: Communication with Love	* HKU Herb Garden: Connecting with Nature [Long Session] 14:00 - 15:00
Venue	G/F, Library New Wing	Loke Yew Hall	2/F, Library New Wing	HKU Herb Garden, outside the 2/F entrance of HKU Main Library
2:45 pm – 3:30 pm	Breakout Session IV			
	Session 4			
	“No Health without Mental Health”			
Venue	Loke Yew Hall			
3:30 pm – 4:00 pm	Closing Ceremony			
	- Performance by Student Group: The Hong Kong University Students' Union Choir - Closing Remarks by Organizing Committee - Group Photo-taking			
	Loke Yew Hall			

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