



Mindfulness Trip in Germany



Details:

- Duration: 20 to 26 May 2026 (7 Days 6 Nights)
- Location: Plum Village, Schaumburgweg 3, D-51545 Waldbröl, Germany
- Quota: 10
- Deposit: HK\$2,000 (Refund upon completion)

(Programme, accommodation & meal expenses are covered by the College. Participants are required to arrange their own transportation.)

Remark:

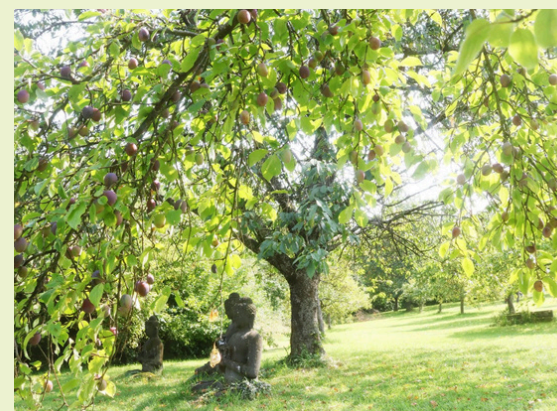
- 1) Gather time & point: 20 May 2026 pm at Schladern (Sieg) Station
- 2) Students are required to attend the preparation workshop on 6 May from 3 pm - 5 pm, and the sharing workshop on 5 Jun from 3 pm - 4:30 pm.

Application Deadline: 12 Feb 2026 (Thu)

Programme Information:



Application:



Enquiry:
Ms Tina Deng
(3943 7362 /
tinadeng@cuhk.edu.hk)