



[Exercise Well] Hiking with Freedom

日期: 2023年1月14日 (星期六)

Date: 14 Jan 2023 (Sat)

集合地點: 大水坑港鐵站 B 出口

Meet-up venue: Exit B, Tai Shui Hang MTR Station

路線: 大水坑至西貢市中心

(路程約3小時, 途經梅子林及昂平山)

Route: Tai Shui Hang to Sai Kung

(via Mui Tsz Lam and Ngong Ping,
last around 3 hours)

集合時間: 9:00 am

Meet-up time: 9:00 am



Let's go hiking! 書院致力推動「七好減壓法」, 是次活動由專業教練帶路, 由大水坑途經梅子林及昂平山步行至西貢市中心, 一同「運動好」! 路線適合初學者, 長約**3**小時, 沿途與院長及各逸夫人欣賞景色、談天說地、亦可以打打卡, 完成後歡迎各位於西貢一同午膳。

Let's go hiking! The College is committed to promoting the '7-well approach'. This hiking activity is led by professional coach, from Tai Shui Hang via Mui Tsz Lam and Ngong Ping to Sai Kung. The route is suitable for beginners, it lasts around 3 hours. You may enjoy the scenery and mingle with Shaw members along the way. You are also welcome to enjoy lunch together in Sai Kung after the activity.

對象: 逸夫書院學生、教職員、校友

Targets: Students, Staff and Alumni, Shaw College

名額: 20

Quota: 20

按金: HKD \$50 (完成後可獲全數退款)

Deposit: HKD \$50 (Refundable upon completion)

截止日期: 2023年1月10日 (星期二)

Deadline: 10 Jan 2023 (Tue)

備註: 新生參加是次活動可獲4分PE分!

Remarks: 4 additional PE points will be given to freshmen who participated in the activity!

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