

## **Board Game Moment 桌遊時刻 (5/4/2024)**

Are you seeking an effective way to reduce stress and ease your emotions amidst the heavy workload of studies? We invite you to join our board game activities to take a breather from your busy school life and enjoy the happiness brought by the board games.

面對繁重的功課壓力，你是否正在尋找一些方法來減壓？邀請大家參與我們的桌遊活動，在忙碌的課業裡喘息一下，並享受桌遊帶來的愉快感。

By playing board games, you can let go of the pressure of your studies for a while and enjoy the moment of interaction with other students. We hope that you will learn how to relieve stress and balance your life.

透過玩桌遊，讓你能暫時放下學業的壓力，享受與其他同學互動的時刻。我們希望讓你們學會如何紓緩壓力，平衡生活。

### **Event Details 活動詳情**

Date 日期：	5/4/2024 (Friday 星期五)
Time 時間：	3:00 pm to 4:30 pm
Place 地點：	3-I Activity Room (K1011), 10/F, Kwai Hing Campus (KHC) 葵興校園 10 樓 K1011 室 (3-I 活動室)
Target 對象：	Full-time Students 全日制學生
Quota 活動名額：	8

Registration Link 報名連結：[https://hkmu.qualtrics.com/jfe/form/SV\\_esyYLw7OqoU1yR0](https://hkmu.qualtrics.com/jfe/form/SV_esyYLw7OqoU1yR0)

Deadline 截止報名日期：**26/3/2024 (Tuesday, 星期二)**

Remarks 備註：

1. 如報名人數眾多，將以抽籤形式決定參加者。  
If the number of applicants is large, selection will be made by drawing lots
2. 活動主要語言為廣東話。  
The main language of the event is Cantonese.
3. 報名結果會於 2024 年 3 月 27 日以電郵方式通知。  
Registration result will be announced via email by 27/3/2024.

### **Enquiry 查詢**

Email: [tcwcho@hkmu.edu.hk](mailto:tcwcho@hkmu.edu.hk)

Tel: 3120 9770 ( Tony - Monday, Wednesday, Friday 星期一、三、五 )

HKMU LiPACE Counselling and Development Services

香港都會大學李嘉誠專業進修學院學生輔導及發展服務

# Board game 桌遊 Moment 時刻

Date 日期: 5/4/2024 (Friday)

Time 時間: 15:00-16:30

Venue 地點: K1011 (3-1 room)

Quota 人數: 8

Board game 桌遊: 驚爆倫敦、瞎掰王



Contact Counsellor Tony  
for more information

歡迎向輔導員 Tony 查詢活動詳情  
Tel: 3120 9770



Please fill-in the form for registration  
請填寫表格報名

