

HKMU SERVICE ALLIANCE E-NEWSLETTER

都大服務者聯盟 - 會員通訊

SHOW ME YOUR LOVE
Service-Learning is LOVE IN MOTION!



香港都會大學
HONG KONG
METROPOLITAN
UNIVERSITY

學生事務處
Student Affairs Office

繁 | 簡 Mar & Apr 2022

Dear HKMU Service Alliance members,

We are going to highlight some impactful moments in our two service-learning programmes

“Me & U” Mental Health Ambassadors Scheme and Kids@HKMU Summer Camp.

News & Upcoming Events

Me & U: Mental Health Ambassador Scheme

【Service-Learning】Feeling stressed when you are stuck at home during the pandemic?



SAO and a group of “Me & U” Mental Health Ambassadors are holding a series of mental health workshops and activities, hoping to inject positive energy into MU students!

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SAO has launched mental health workshops in March, such as “Feelinks” Board game, Mindful Yoga and Zentangle workshop.

The Ambassadors also shared information on mental health with participants.

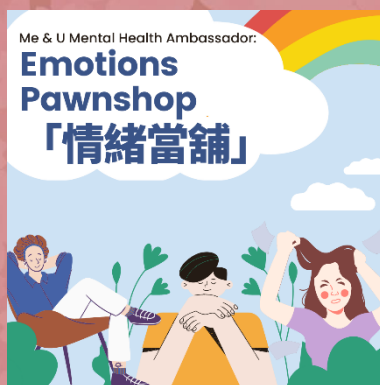
The following three mental health events will be organized by the Ambassadors in April.

Dixit journey



Participants can share their stories by playing the board game “Dixit” card.

Emotions Pawnshop



Participants can share their worries anonymously along with the wonderful music.

DIY Bath Bomb Workshop



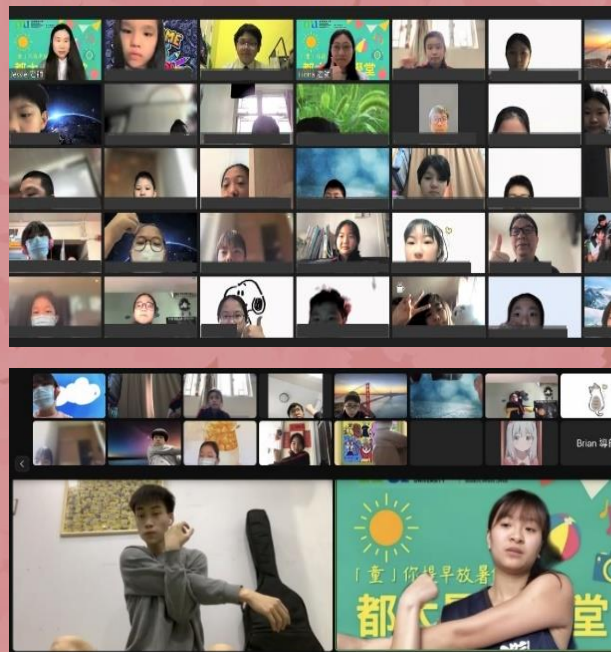
The fragrance of bath bombs can relax body and mind to let go of worries.

Kids@HKMU Summer Camp

【Service-Learning】 Given the severe epidemic situation, Hong Kong schools were closed for “special” summer holiday. Children’s learning was disrupted, and parents may feel stressed to take care of both their children and work. In response to this special situation, SAO has organized “Kids@HKMU Summer Camp” programme.

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More than 100 HKMU students from different majors were recruited and trained as tutors to serve around 1000 students from 15 primary schools from March to April. Interactive online classes in 11 topics such as Environment Protection, STEM Games, Art, Photography, Sports, English, etc. will be conducted to keep children learning outside of the classroom. With the support from HKMU members, eligible students from the Summer Camp can receive a caring pack with food and epidemic prevention items from HKMU Food Bank.



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Student Affairs Office (Experiential and Service Learning)

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