



Student Initiated Event (Level II):

A2SIA001E

A2SIA002E

(Token- required)

# LinkAGE-channeling positivity while facing the pandemic



6th Cohort Student Organising Team (SOT)

SOT is launched since 2016. It is a year-long on-campus service learning and training programme. Throughout the learning journey and practical experiences, the student organisers (SOs) are able to develop and enhance their 21<sup>st</sup> Century Skills. In the 6<sup>th</sup> cohort, we have 28 SOs. They have initiated, designed and organised a series of student-initiated activities (SIA) for HKAGE student members presented as below.

HKAGE  
6thSOTCohort  
presents

2022



## Intended Learning Outcomes

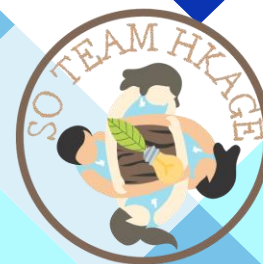
Upon completion of the programme, participants should be able to:

1. Identify at least two societal challenges under the fifth-wave pandemic.
2. Adopt at least one of the suggested ways to maintain a healthy lifestyle.
3. Be motivated to take actions in response to community needs.
4. Apply problem solving skills in facing adversity.

Application Deadline

**12 May 2022 12:00 n.n.**

First-come, first-served



## ◆ Introduction

The raging fifth-wave of COVID-19 has aggravated the problem of unhealthy lifestyle and negligence of the community needs.

On this account, the 6<sup>th</sup> Cohort Student Organising Team would like to invite all of you to join the student-initiated event named **LinkAGE-channeling positivity while facing the pandemic**. In this event, we hope to unite and link all the HKAGE student members, and contribute more to our society especially under this pandemic. Our event includes 3-session. In session one and two, participants will be engaged in FOUR different activities as listed below.

1. Self-learning and book donation
2. Zentangle drawing and mindfulness exercise
3. Handcrafts demonstrations by using recycling materials
4. Healthy cooking demonstrations

During these activities, participants can learn different approaches to cultivate healthy lifestyles and methods to identify societal challenges. In session three, participants will share their experiences and exchange ideas on the effectiveness of the methods introduced in session one and two.

Participants have to join session 3, and you can choose from joining session 1 or session 2 or applying both.

## ◆ Schedule

Session	Activities and Theme	Date	Time	Capacity	Format
1 Workshop	<ul style="list-style-type: none"><li>• Design my self-learning journey</li><li>• Create ways to reuse disposable plastic</li></ul>	21 May (Sat)	10:00 a.m. - 1:00 p.m.	30	Zoom meeting
2 Workshop	<ul style="list-style-type: none"><li>• Mental health and self-care under the pandemic</li><li>• Healthy menu DIY</li></ul>	28 May (Sat)	2:00 p.m. - 5:00 p.m.	30	
3 Sharing and Ceremony	<ul style="list-style-type: none"><li>• Sharing session by a social enterprise</li><li>• Appreciation ceremony</li></ul>	18 Aug (Thu)	2:00 p.m. - 4:00 p.m.	60	Room 105, HKAGE

### ◆ Target Participants

- P4 to S6 HKAGE student members
- First-come, first-served basis

### ◆ Application

- Session 1 + 3 (A2SIA001E) ([application link](#))
- Session 2 + 3 (A2SIA002E) ([application link](#))
- Students are welcome to apply for both workshops

### ◆ Medium of Instruction

- Cantonese with Chinese or English Handouts

### ◆ E-Certificate

- E-Certificate will be awarded to participants who have:
- Attended either session 1 or 2 and session 3;
  - Completed at least ONE challenge from any of the four introduced themes and with satisfactory performance