



香港浸會大學  
HONG KONG BAPTIST UNIVERSITY



COLLEGE OF 國際學院  
INTERNATIONAL EDUCATION



# Relaxation and Add Oil Programme x 2

## 鬆一鬆, 加油站! x 2

A series of workshops and activities are specially designed for you to boost your energy and mental wellness in order to enhance your ability and power. Relaxation art workshops will be arranged this month.

Throughout the workshops, you will learn to easily make an attractive decoupage handicraft and create your LED light with artistic letters to comfort and relax yourself with some mental health information and tips.

**Date:** 20 Oct 2020 (Tue) – Decoupage Handicraft workshop (蝶古巴特飾物工作坊)

22 Oct 2020 (Thu) – Artistic Letter Led Light Workshop (藝術字燈盒工作坊)

**Time:** 2:00pm to 3:30pm

**Venue:** 5/F, Podium Activities Room, SMC / Zoom

**Target:** All CIE students

**Fee:** Free of Charge (Included all the art materials)

**Quota:** 20@each class (First-come-first-served)

**Language:** Cantonese

**Enrolment:** <https://bit.ly/33vQNHJ>

**Deadline:** 16 Oct 2020 (Fri)

**Enquiry:** Ms. Yuen Chan (3411-3303 / [ciesdc@hkbu.edu.hk](mailto:ciesdc@hkbu.edu.hk))

**Remarks:** The workshops are sponsored by St. James' Settlement



Decoupage Handicraft  
蝶古巴特飾物



Artistic Letter Led Light  
藝術字燈盒