

Self-Motivation Fund for Health and Well-being Activities

Students are encouraged to choose activities that support their physical, mental, or emotional well-being.

Examples of Eligible Activities

Activities can improve your health and overall well-being.

1. Mental Wellness & Counselling

- Emotional Counselling Foundation Course
- Mindfulness Workshop
- Mindfulness-Based Cognitive Therapy for Life
- Stress Management Workshop
- Music Therapy Course
- Yoga Plus Meditation
- 佛教心靈關顧課程
- 個人心理及精神輔導技巧
- 能量禪修營

2. Art and Crafts for Relaxation

- Water Painting Class
- Crochet Workshop
- Tufting Workshop
- Ceramics Workshop
- Calligraphy Workshop
- Seal Carving Workshop
- Perfume Workshop
- 陶瓷蠟筆工作坊
- 慢步調。乾花盆花工作坊

3. Music for Relaxation

- Guitar Trial Class
- Popular Piano Class

4. Healthy Living & Lifestyle

- Cooking Class
- Baking Class
- Chinese Medicine Workshop
- Diet and Nutrition Class
- Latte Art Workshop

5. Resilience Programme

- Outward Bound Programme

6. Emergency Preparedness and Life Support

- First Aid Course
- Certificate of Competency in First Aid for Tourist Guides and Tour Escorts Course
- Advanced Medical Life Support Provider Course
- Emergency Preparedness Foundation Certificate Course
- 危機介入與調解技巧證書課程
- 自動體外心臟去纖維性顫動法課程
- 院前創傷生命救援術證書課程 (PHTLS)

Examples of Eligible Qualification Courses

Courses that allow you to become a qualified instructor to support your peers.

- Alcohol Ink Art Instructor Certification Course
- CLAB Baking Candle Certificate Course
- Pastel Nagomi Art® Associate Instructor Certification Course
- 頌鉢療癒師課程
- 營地及康體活動導師培訓計劃

The above list is for reference only. Students may apply for other relevant activities that support health and well-being.