

工作坊(一): 我的團隊: 團隊建立工作坊

- 多與大自然接觸：我們的生活方式影響自然環境。為我們的下一代，選擇可持續生活。
- “觀功、念恩”：感恩別人為我們做的事，有同情心，世界會更美好。
- 不同文化是我們的資源。學習不同文化，受惠於不同文化。
- 多認識朋友，建立互信。

Workshop #1 - The Social Me: Horizontal Organization Workshop

- Be in touch with nature: our lifestyle affects the environment. Sustainable living is for the future generations too.
- “Observe Merit, Appreciate Kindness”: be grateful for what others have done for us, show compassion, and the world will be a happier place for all.
- Different cultures are our resources: We learn and benefit from other cultures.
- Make friends, and build trust.

工作坊(二): 我的身體及精神健康: 瑜伽及素食工作坊

- 不要只批評自己，要認識和接受自己。
- 要解決問題，先要理解問題，逐步逐步的處理。
- 朋友能分享你的顧慮，為你提供支援。一起努力作出改變！
- 煮食和練習瑜伽都是減壓的好方法。

Workshop #2 – My Physical and Mental Health: Yoga and Food Workshop

- Don't just criticize yourself, but get to know and accept yourself.
- To solve a problem, first understand it, and tackle it one step at a time.
- Share your concerns with friends, and they give you support. Work together to make a change!
- Cooking and practicing yoga are good ways to release your pressure.