



COLLEGE OF NURSING, HONG KONG 香港護理學院

13/F, Hyde Centre, 223 Gloucester Road, Wanchai, Hong Kong

Tel : 2572 9255 Fax : 2838 6280

Website : www.cnhk.org.hk

Tsz Shan Monastery

Spiritual Retreat

Date	23 September 2017 (Saturday)
Time	08:45 - 17:00 [Transportation to & fro Kowloon Tong (8:45)/Tai Po Market (9:15) MTR/ The entrance of TSM (9:30)] Late comers will not be entertained
Code	MFC-17-08
Purpose	<ol style="list-style-type: none">1. Enhance spiritual wellness with a secular tone2. Understand and response to one's spiritual needs and engage in self-retrospection3. Cultivate a sense of tranquility and peacefulness
Programme	09:30 Participants entering Tsz Shan Monastery (TSM) and waiting at visitors centre 09:45 Welcoming at Dining Hall 10:00 3D video and presentation : Passion in your heart 10:30 Tranquility journey at TSM 12:00 Vegetarian lunch at Dining Hall 13:00 Rediscovering the pure heart as a healer: a time of silent 13:30 Relaxation activity 14:30 Mindful eating experience 15:30 Sharing and conclusion 16:15 Participants leaving TSM
Fee	Member: \$100 Non-member: \$150 <ul style="list-style-type: none">- The entrance fee of Tsz Shan Monastery and vegetarian meal are free and provided by TSM- Tour fee include college administration fee, coach service and group travel insurance
Vacancy	60 (on first-come-first-served basis)
Application	<ol style="list-style-type: none">1. Enrolment form can be downloaded at www.cnhk.org.hk.2. Please send the completed enrolment form and cheque to CNHK in person or by post.3. Applicants will be notified the enrolment results by email on or before 14 Spetember 2017.
Remarks	<ol style="list-style-type: none">1. All personal data collected will strictly be used for travel arrangement and registration.2. Please consider self-arranged travel insurance for safety purpose.3. The College shall not be liable for any injuries or accidents.4. The visit will be cancelled if tropical cyclone signal No. 8 or above or black rainstorm warning is issued or in force at 6:30 am or thereafter.5. The above programme is subjected to change when necessary.
Enquiry	2572 9255 Whatsapp: 6975 3991

Deadline: 11 September 2017



College of Nursing, Hong Kong
13/F, Hyde Centre, 223 Gloucester Road, Wanchai, Hong Kong
Tel : 2572 9255 Fax : 2838 6280 Website : www.cnhk.org.hk

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Date Received:

Handled by:

- Activity : Tsz Shan Monastery (TSM) Spiritual Retreat (MFC-17-08)
Date : 23 September 2017 (Saturday)
Gathering Time and point : Kowloon Tong (8:45)/Tai Po Market (9:15) MTR/The entrance of TSM (9:30)
(Late comers will not be entertained)
Application Deadline : 11 September 2017 (Monday)
Application : 1. Please visit www.cnhk.org.hk for enrollment form.
2. Please submit a completed enrollment form and a crossed cheque by post or in person
3. A Confirmation Email will be sent out on or before 14 September 2017

Activity Enrolment Form

Tsz Shan Monastery Spiritual Retreat

- Notes to Applicants :
1. The personal data of applicants are collected and kept solely for purpose of applications of this event.
 2. Provision of personal data is voluntary. However, failure to provide correct and complete personal data may result in applications being considered incomplete and thus unsuccessful.
 3. You are entitled to be informed and correct any information provided. To access and correct any of your information, please address your request in writing to the Executive Officer at College of Nursing, Hong Kong, Room A & C, 13/F, Hyde Centre, 223 Gloucester Road, Wanchai, Hong Kong.

Name (Chinese)		English (Name in BLOCK)	
Sex		Membership No (if applicable)	
Mobile No.		Email	
Address		Gathering point & time	Please select one of the following: <input type="checkbox"/> 8:45 am at Kowloon Tong MTR <input type="checkbox"/> 9:15 am at Tai Po Market MTR <input type="checkbox"/> 9:30 am at the entrance of TSM
Position		Working Organization	

Please fill in all the information

Remarks

1. All personal data collected will strictly be used for travel arrangement and registration.
2. Please consider self-arranged insurance, for safety purpose.
3. The College shall not be liable for any injuries or accidents.
4. The visit will be cancelled if tropical cyclone signal No. 8 or above is issued or in force at 6:30 a.m. or thereafter.
5. The above programme is subjected to change when necessary.
6. Official video recording or photo taking may be undertaken during the tour. These videos and photos may be used for publicity purpose.

Name: _____

Signature : _____

Date : _____



COLLEGE OF NURSING, HONG KONG 香港護理學院

香港灣仔告士打道 223 號海聯大廈 13 字樓 A 及 C 室

電話：2572 9255 傳真：2838 6280

網址：www.cnhk.org.hk

慈山寺靜心日

- 日期**：2017 年 9 月 23 日 (星期六)
- 時間**：08:45 至 17:00
(旅遊巴士九龍塘(8:45)/大埔墟(9:15)港鐵站接送/慈山寺門前集合(9:30)，逾時不候)
- 活動編號**：MFC-17-08
- 目的**：讓參加者可以在活動的過程中：
1. 提升心靈健康 2. 觀察並善待自己的身心 3. 感受及體驗心靈的平靜
- 行程**：
09:30 參學服務處集合
09:45 在五觀堂中稍息
10:00 欣賞 3D 電影，進行短講「一切從心開始」
10:30 「導賞慈山」心靈之旅
12:00 「觀心禪食」在午觀堂享用午齋
13:00 「靜尋初心」自靜及參學體驗
13:30 靜心練習
14:30 禪食體驗
15:30 分享及總結
16:15 離開慈山寺
- 費用**：會員 \$100 非會員 \$150
- 入場費用及素食午膳由慈山寺免費提供及安排
- 學院收取之費用包括行政、旅遊巴士及團體意外保險費用
- 名額**：60 人 (先到先得)
- 報名辦法**：
1. 請瀏覽本院網頁索取報名表格。(網址: www.cnhk.org.hk)
2. 請將已填妥的報名表格及費用郵寄到本院或親臨到本院辦理報名手續。
3. 學院將於 2017 年 9 月 14 日或之前將申請結果以電郵通知會員。
- 備註**：
1. 所有個人資料僅供活動安排及登記之用。
2. 為個人安全著想，請自行購買旅遊保險。
3. 參加者必須承擔一切個人意外及損失，本院概不負責。
4. 颱風或暴雨警告期間的安排：若八號或以上颱風訊號或黑色暴雨訊號在 06:30 前發出或仍然生效，是日活動將予取消。
5. 若行程有所變動，本學院保留最終決定權。
- 查詢電話**：2572 9255 Whatsapp: 6975 3991

截止報名日期：二零一七年九月十一日



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Date Received:

Handled by:

香港護理學院

香港灣仔告士打道 223 號海聯大廈 13 樓 A 及 C 室

電話：2572 9255 傳真：2838 6280 網址：www.cnhk.org.hk

- 活動名稱：慈山寺靜心日 (MFC-17-08)
- 日期：2017 年 9 月 23 日 (星期六)
- 集合時間及地點：九龍塘(8:45)/大埔墟(9:15)港鐵站/慈山寺門前集合(9:30)，逾時不候
- 截止報名日期：2017 年 9 月 11 日 (星期一)
- 報名辦法：1. 請瀏覽本學院網址 www.cnhk.org.hk 索取報名表格。
2. 填妥下列表格後，可連同劃線支票郵寄到本院或親臨本院辦理報名手續。
3. 學院將於 2017 年 9 月 14 日或之前將報名結果以電郵通知會員。

報名表格

慈山寺靜心日

- 申請人須知：
1. 本院收集及保存個人資料的目的及用途僅供活動安排及登記之用。
 2. 申請人可自願提供個人資料，惟若未能正確提供所需資料，可能導致申請不被接納。
 3. 申請人所提供的資料均需正確無誤。申請人如欲查閱或更正個人資料，請以書面致函香港護理學院，香港灣仔告士打道 223 號海聯大廈 13 字樓 A 及 C 室，向本院的行政主任提出。

姓名(中文)		英文(正楷填寫)	
性別		會員號碼(如適用)	
聯絡電話		電郵地址	
通訊地址		集合時間及地點	請揀選以下一項： <input type="checkbox"/> 上午 8:45, 九龍塘港鐵站 <input type="checkbox"/> 上午 9:15, 大埔墟港鐵站 <input type="checkbox"/> 上午 9:30, 慈山寺門前集合
職位		工作機構	

所有資料必須填寫

備註

1. 所有個人資料僅供活動安排及登記之用。
2. 為個人安全著想，請自行購買旅遊保險。
3. 參加者必須承擔一切個人意外及損失，本院概不負責。
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5. 若行程有所變動，本學院保留最終決定權。
6. 於活動期間所拍攝之相片或影片，本學院有可能用作活動宣傳及推廣服務之用途。

姓名：_____ 簽署：_____ 日期：_____