



香港青年協會
the hongkong federation of youth groups

全健綜合大樓
Wellness PLUS Complex

The background of the slide is a soft-focus image of a Zen garden. It features a stack of four smooth, grey stones on a bed of white sand. A small bamboo plant with green leaves grows from the top stone. Concentric circles are drawn in the sand around the stones, creating a sense of calm and balance.

Campus Wellness Workshop

大專院校工作坊一覽

2026 – 27 WORKSHOP SELECTIONS

Programme code	Reference photo	Workshop name/details	Wellness Tag	Duration	Charge (Per Person)	Remarks
WPC-CAMPUS-HP001		斷捨離收納工作坊 Home Organization Workshop 由全健師帶領，介紹「斷捨離」以及基本收納邏輯。設有動手體驗環節，例如：宿舍收納技巧，床品及衣物收納，活用回收物品製作收納盒等。可針對特定主題設計工作坊。 Lead by wellness practitioner, introduce the basic concepts behind decluttering. The workshop includes interactive experiences.	心靈健康 Mental Wellness	1 hour	HK\$300	Max. Participants: 30 Min. Participants: 12
WPC-CAMPUS-HP002		舒緩痛症頌鉢療癒工作坊 Pain Relief Singing Bowl Healing Workshop 由頌鉢療癒師帶領，認識聲頻療癒，並透過簡單拉伸以及頌鉢聲頻浴舒緩常見痛症。 Lead by singing bowl practitioners, learn about sound healing and relief common pain issues through simple stretching and sound bath.	身體健康 心靈健康 Physical Wellness Mental Wellness	1 hour	HK\$300	Max. Participants: 20 Min. Participants: 12
WPC-CAMPUS-HP003		療癒世界樂器之旅 World Healing Instruments Music Jam 認識不同療癒樂器，了解各國文化及奏樂技巧。參加者可以試玩的樂器包括頌鉢、空靈鼓、浪聲鼓、雨聲棒，以及口琴等。 Experience various instruments from diverse cultures. Instruments include singing bowls, steel tongue drums, ocean drums, rain sticks, harmonica etc.	心靈健康 Mental Wellness	1.5 hours	HK\$380	Max. Participants: 20 Min. Participants: 12



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WPC-CAMPUS-HP004		<p>自然引路療癒體驗 Nature Healing Experience</p> <p>由全健師帶領，讓參加者體驗大自然的療癒力量，在自然環境中進行五感靜心、伸展練習、自然創作等療癒活動。 Lead by wellness practitioner, participants will experience the healing power of nature through a series of healing activities such as mindfulness through five senses, stretching and creative practices.</p>	<p>身體健康 心靈健康 環境健康</p> <p>Physical Wellness Mental Wellness Environmental Wellness</p>	2 hours	HK\$400	<p>活動於室外進行。活動地點可另外商討，活動費用不包括交通費。 This is an outdoor activity. The location can be discussed. Transportation fees are not covered. Max. Participants: 20 Min. Participants: 12</p>
WPC-CAMPUS-HP005		<p>陰瑜珈 X 茶禪體驗 Yin Yoga x Tea Zen Experience</p> <p>由瑜珈導師教導陰瑜珈練習，達至深度放鬆，其後進行靜觀品茶，在正念帶領下完全地放鬆身心。 Lead by yoga instructor, practice yin yoga stretching exercises for deep relaxation, followed by mindful tea ceremony to reach tranquillity in the body and mind.</p>	<p>身體健康 心靈健康</p> <p>Physical Wellness Mental Wellness</p>	2 hours	HK\$400	<p>Max. Participants: 20 Min. Participants: 12</p>
WPC-CAMPUS-HP006		<p>3D 咖啡拉花體驗工作坊 3D Coffee Latte Art Workshop</p> <p>由咖啡師帶領，學習操作咖啡機及打奶泡，親身體驗拉花，並運用奶泡砌出 3D 造型。 Instructed by barista, learn how to use a professional coffee machine and make latte art. You will also create 3D latte art with foam.</p>	<p>心靈健康</p> <p>Mental Wellness</p>	1.5 hours	HK\$420	<p>Max. Participants: 20 Min. Participants: 16</p>

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WPC-CAMPUS-HP007		正念素食烹飪班 Green Cooking and Mindful Eating Workshop 學習烹飪素食菜式，同時運用靜觀技巧。煮食後一同體驗正念飲食。 Learn to make a vegan dish with mindfulness. Savour the food with a relaxation session, to gain appreciation for food and find calmness in your mind.	身體健康 心靈健康 Physical Wellness Mental Wellness	1.5 hours	HK\$450	工作坊可安排於本中心廚房進行。若到校舉行，可安排無火煮食的菜式。 The workshop can be held at our center if preferred. If no appliances are available, flameless recipes can be prepared. Max. Participants: 20 Min. Participants: 12
WPC-CAMPUS-HP008		營養烘培工作坊 Nutritional Baking Class 由廚師教授烘培，同時為參加者培養團隊意識。工作坊於本中心進行，可就既定主題（價錢會按比例調整），詳情請向我們查詢。 Cooking as a team can effectively build your team spirit and enhance nutrition awareness. The workshop will be held at our center. We can offer seasonal theme and the price will be provided upon request.	身體健康 心靈健康 Physical Wellness Mental Wellness	2 hours	HK\$450	Max. Participants: 20 Min. Participants: 12
WPC-CAMPUS-HP009		舊衣改造：電話繩製作工作坊 DIY Phone Strap Workshop 認識升級再造概念，並親手用舊T-Shirt布料製作獨一無二的電話繩。 Create your own unique phone straps with unwanted clothing items, and learn about the concept of upcycling through hands-on experience!	心靈健康 環境健康 Mental Wellness Environmental Wellness	1.5 hours	HK\$300	參加者可以帶備自己的舊T-Shirt。 Participants can bring their own used T-Shirt. Max. Participants: 30 Min. Participants: 12

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WPC-CAMPUS-HP010		可持續時裝：自我有形象？ Sustainable Fashion Workshop : Your Self-image 導師將針對特定主題向參加者教授襯搭技巧，例如：了解自己的身型與外觀以及建立個人風格等等，引導參加者塑造正向自我形象。 Instructor will deliver styling tips according to theme, e.g. styling for body types, dress with confidence, guiding participants to build a positive self-image.	心靈健康 環境健康 Mental Wellness Environmental Wellness	1.5 hours	HK\$380	Max. Participants: 20 Min. Participants: 12
WPC-CAMPUS-HP011		舊衣改造：書衣製作工作坊 Book Sleeve Upcycling Workshop 認識升級再造概念，使用各式各樣的舊布料，製作風格不同的書衣。 Turn a sleeve on a clothing item into a book sleeve! Create your own book sleeve while learning about upcycling with hands-on experience.	心靈健康 環境健康 Mental Wellness Environmental Wellness	1.5 hours	HK\$380	Max. Participants: 30 Min. Participants: 12
WPC-CAMPUS-HP012		慢活療癒流沙畫工作坊 Slow and Soothing Moving Sand Painting 學習製作流沙畫，過程簡單，成品獨一無二。觀察流沙的變化，學習慢活，撫慰心靈。 Create your own moving sand painting under the guidance of our arts and crafts instructor. Observe the process of the sand picture forming layers, as one calms their mind.	心靈健康 Mental Wellness	2 hours	HK\$390	Max. Participants: 30 Min. Participants: 16

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WPC-CAMPUS-HP013		<p>植物生態瓶工作坊 Micro-Plant Ecology Bottle Workshop</p> <p>植物生態瓶可為城市生活帶來一點綠。在製作過程中接觸自然元素，並留意觀察瓶內生態改變，感受自然的療癒力量。 The micro-plant ecology bottle brings green elements into your life. Create your self-sustained ecology forest, and experience continuous healing from nature.</p>	<p>心靈健康 環境健康</p> <p>Mental Wellness Environmental Wellness</p>	1 hour	HK\$390	<p>Max. Participants: 30 Min. Participants: 16</p>
WPC-CAMPUS-HP014		<p>苔玉製作工作坊 Kokedama Making Workshop</p> <p>認識苔玉藝術，並學識以苔蘚包覆製作球形盆景，以及苔玉的養護要點。 Learn about the art of Kokedama and how to wrap plants in moss ballsto decorate your own decorative Kokedama.</p>	<p>心靈健康 環境健康</p> <p>Mental Wellness Environmental Wellness</p>	1.5 hours	HK\$400	<p>每位參加者可製作兩顆苔玉。 Each participant can make 2 Kokedama balls.</p> <p>Max. Participants: 30 Min. Participants: 12</p>
WPC-CAMPUS-HP015		<p>海浪藝術皂工作坊 Ocean Wave Soap Making Workshop</p> <p>工作坊教授手工皂基本知識及打皂入模技巧。手工皂可作清潔用途，亦適合用於皮膚，在日常護理提供更環保的選擇。 The class covers modelling techniques and essential knowledge of handmade soap. The soap can be used for handwashing, bathing, or cleaning, providing an eco-friendly, practical, and creative daily-use option.</p>	<p>心靈健康</p> <p>Mental Wellness</p>	1.5 hours	HK\$420	<p>每位參加者可帶走 6 塊手工皂。工作坊後需要切皂，成品於約一星期後寄回。 Each participant will create 6 pieces of ocean soap. The soap will be processed and sent back after one week.</p> <p>Max. Participants: 30 Min. Participants: 16</p>

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WPC-CPWS-HP016		草本香氣包工作坊 Aroma herb bag workshop 利用天然香料及植物製作不同功效的香包，有鎮靜安神，提升睡眠質素。 Made your own aroma herb bag by using different natural ingredients, good for calming and soothing.	心靈健康 Mental Wellness	1 hour	HK\$300	Max. Participants: 30 Min. Participants: 16
WPC-CAMPUS-HP017		療癒擴香石製作工作坊 Healing dried flower aroma diffuser stone 親手由頭開始製作自己的擴香石，加入顏色和乾花點綴，最後滴上喜歡的香氣。 Create your own aroma diffuser stone from the start. Mix in colors and decorate the stone with dried flowers. Add your favorite scent for immediate effect.	心靈健康 Mental Wellness	1 hour	HK\$320	Max. Participants: 30 Min. Participants: 12
WPC-CAMPUS-HP018		精油走珠瓶製作工作坊 Essential Oils Roll-on Bottle DIY 學習精油對身心健康的功效，並按健康需要調製專屬的精油配方，放入走珠瓶方便按摩及日常攜帶使用。 Essential oils can be beneficial for both your physical and mental health. Learn about the effects of each essential oil and make a roller bottle that fits your health needs.	身體健康 心靈健康 Physical Wellness Mental Wellness	1 hour	HK\$350	每位參加者可帶走 5mL 的走珠瓶一支。 Each participant can take away one 5mL roll-on bottle. Max. Participants: 20 Min. Participants: 12

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WPC-CAMPUS-HP019	 <p>水晶球蠟燭 體驗工作坊</p>	<p>水晶球蠟燭製作工作坊 Crystal Ball Candle Workshop 使用啫喱蠟製作水晶球蠟燭，在過程中調配夢幻顏色，感受內心平靜。成品可點燃或作裝飾用。 Find inner peace as you create your own crystal ball candle with gel wax. Decorate the candle with magical colours. The candle can be lit or for decoration purposes.</p>	<p>心靈健康 Mental Wellness</p>	2 hours	HK\$450	<p>每位參加者可製作一顆水晶球蠟燭。附送擴香燭台。 Includes 1 crystal ball candle and 1 aroma stone holder. Max. Participants: 20 Min. Participants: 12</p>
WPC-CPWS-HP020	 <p>香水調製 工作坊</p>	<p>香水調製工作坊 Perfume DIY Workshop 由芳療導師教授調配並製作精油香水，在過程中認識各種精油的功效，並按照個人喜好調配出獨一無二的香氣配搭。 Taught by aromatherapy instructors, learn about the benefits of specific essential oils and mix scents to create your own essential oil perfume bottle.</p>	<p>心靈健康 Mental Wellness</p>	2 hours	HK\$500	<p>參加者可調配並帶走一支 30mL 精油香水。 Participants can each take away 30mL bottle of perfume. Max. Participants: 30 Min. Participants: 16</p>