

Jogging Walking

Location: Hong Kong

“Jogging Walking” was formed right after the previous “Exercise is Medicine (EIM)” programme held in October 2017. Our teammates are from different departments and even though extended to family members.



First of all, we would like to thank CSE to run such a nice programme to increase our physical activity. After finished the EIM programme in October, we keep walking or running to the Peak during lunch time or after work for the past few months (two to three time a week, from November 2017 to March 2018). This exercise builds up our team relationship and we all enjoy being with others every time, we treat others like our family members.



Opening Ceremony for Walking Challenge

Apart from having exercise in CSE, we organized few activities within our team, like BBQ, hiking over Hong Kong and Shenzhen - we play, we eat, we share happiness and unhappiness.



Hiking in Fanling (May 2018)



In April, we knew that EIM was coming and we missed the Walking Challenge last time and we decided to join the programme this time, indeed it was difficult to form a team to have 10 members as we have more than that in our group, we would like to include every of us.

The idea for us to join the HKU Walking Challenge was that we would like to support the CES events and we want to show colleagues/students that “Keep doing exercise, Away from medicine”. Our team has a slogan ***“No pressure, just enjoy your walk”***.

The most important thing we get from the programme is that we strongly build up our team spirit. For the first 10 days, we already knew that we achieved our goal and we do get what we desire – ***We already succeed, we won the Friendship!***



BBQ gathering in Ma Wan (April 2018)

*****<WE LOVE HKU, WE LOVE CSE, WE LOVE OUR TEAM MEMBERS !!!>*****