

(Chinese version follows the English one) (中文版在英文版本之後)



HKUST Staff Association
香港科技大學教職員協會



Newsletter Issue: 5 July 2021

SA Free AV production workshop: Video production with mobile phones (Re-run)

Date: 16 July 2021 (Fri)

Time: 12:45 to 2:00 p.m.

Venue: To be confirmed

Presenter: Mr. Shek Kin-shing, former PTC Media production manager, HKUST

In this E-era, anyone with a mobile phone can be a reporter, presenter, interviewer, AV producer...

Do you know the tips to video-tape, edit video clips and add background music and sound effects with your mobile phone (iPhone or Android system)?

In this workshop, you will learn about:

- Basic setting for using mobile phone to take videos
- Editing video clips with computer software such as Adobe Premier Rush
- Adding background music, titles, transition effects and output HD video for sharing

Medium of instruction: Cantonese

Quota: 40 HKUST colleagues (first-come-first served; Priority will be given to Staff Association Members.)

Online registration: https://ust.az1.qualtrics.com/jfe/form/SV_aVPKfjfidOJb38

Deadline: 12 July 2021 12:00pm

Notes:

1. This workshop is reserved for those who have not joined it before.
2. Successful applicants will receive a confirmation email informing you the venue.
3. Kindly wear a face mask throughout the whole workshop.

科大教職員協會基督徒團契
HKUSTSA CHRISTIAN FELLOWSHIP



| | |
|--|---|
| Event Title: | Traditional Chinese Medicine Health Talk Speaker: Dr YUN Ming Wai |
| Date & Time: | July 9, 2021 (Friday), 1-2pm |
| Venue: | Via Zoom (link to be shared after registration) |
| Online Registration & Program details: | http://cfellowship.sa.ust.hk/?page_id=43 |
| Description: | This speaker would share information on how to relieve summer heat and keeping fit in the hot and humid Summer. This talk would be conducted in Cantonese. |

Change in HKPTU Benefits for SA Members

The HKPTU benefits for SA Members will cease from 1 August 2022. The current benefits (in Chinese only) may be viewed at:

https://staff.ust.hk/service_off/hkptu.pdf



免費網上工作坊: 用手機製作視頻(重辦)

日期: 2021年7月16日 (星期五)

時間: 下午12時45分至2時

地點: 待定

主講人: 石建城先生 (香港科技大學前出版技術中心 媒體製作經理)

授課語言: 廣東話

在電子時代, 任何擁有手機的人都可以成為記者, 主持人, 採訪者, AV製作人.....
你知道拍攝影片, 編輯視頻以及添加背景音樂和聲音效果的技巧和竅門嗎?

在這次工作坊中, 你將學習:

- 拍攝相片及影片技巧、編輯視頻、收音效果、器材的配合等等, 然後匯出高清影片, 傳送給親友欣賞

名額: 40人 (先到先得, 教職員協會會員優先)

報名: https://ust.az1.qualtrics.com/jfe/form/SV_aVPKfKjfidOJb38

截止日期: 2021年7月12日 (下午12時)

備註:

- 1) 請注意這個工作坊只供第一次參與<用手機製作視頻工作坊>的同事報名。
- 2) 成功報名的同事將會收到電郵通知工作坊地點。
- 3) 在整個工作坊, 請全程佩戴口罩。

科大教職員協會基督徒團契
HKUSTSA CHRISTIAN FELLOWSHIP



| | |
|----------|--|
| 主題: | 中醫春季保健講座 講者: 殷明慧中醫師, 中醫婦科學醫學博士 |
| 日期及時間: | 2021年7月9日(星期五), 下午1-2時 |
| 地點: | Zoom (登入連結將於報名後提供) |
| 詳情及網上登記: | http://cfellowship.sa.ust.hk/?page_id=43 |
| 簡介: | 夏季天氣悶熱潮濕, 加上生活缺乏規律、熬夜加班、食無定時、嗜吃辛辣油膩食物, 容易出現疲倦、噯氣胃脹、肥胖水腫、心煩失眠等情況。我們為大家預備了一個講座, 介紹一些夏季合適湯水食療, 可幫助大家大細清熱消暑、減肥祛濕、調理脾胃、補氣提神, 仲會教大家穴位減肥去肚腩。講座以廣東話進行, 費用全免。 |

【教協】更改本會會員福利

香港教育專業人員協會 (教協) 提供給本會會員(友會)福利將於2022年8月1日起終止。

現行福利可於下列網址查閱:

https://staff.ust.hk/service_off/hkptu.pdf



Latest News



Join Us



Contact Us

Inquiry 查詢電郵: staff@ust.hk