

## 2018 Experience Sports Workshop

The 2018 Experience Sports Workshop was held fruitfully on 25 and 26 August 2018. This event was supported by 65 sports leaders from 14 sports teams including Cricket, Dodgeball, Football, Karate, Kendo, Netball, Rope Skipping, Squash, Softball, Taekwondo, Taichi, Tennis, Wing Chun and Woodball. Almost 500 new students took part in 38 sessions in various sports on these 2 days.

Throughout the workshop session, participants could enjoy and experience at least two sports that were available in HKUST under the guidance and supervision of our trained sports leaders. Apart from experiencing the key features of sports, participants have also made new friends and got to know more about our university from sports leaders.



Lots of joy and fun among students in Netball game.



Participants practice punching which is one of the elementary skills in Wing Chun.



Sports Leaders of Softball lead the participants to check their pulse after exercise for safety precaution.



Sports Leader explains the rules and tips of Dodgeball game.



Tai Chi workshop participants try SanShou routine for attack and defence.



Enjoyment and satisfaction in Woodball game come from striking the ball pass through the gate.