**Rundown**

|  |  |
| --- | --- |
| 09:30-09:45 | Introduction to Chinese medicine |
| 09:45-10:00 | Introduction to common Chinese herbs/herbal medicine |
| 10:00-10:30 | DIY: 3D Arts and Crafts with herbs  DIY: Prepare and distribute Chinese herb in model Chinese pharmacy |
| 10:30-12:00 | Visit to Cotai Ecological Zone and the birdwatcher's house |

Remarks:

1. Mint, Lemongrass, Wormwood, Agastache, Clove, Cumin, Lavender, Rosemary, Jasmine, Rose will be used in the activity. Participants who are suffered from Glucose-6-phosphate Dehyrogenase Deficiency,G6PD Deficiency or allergy to the above mentioned herbal plants are not recommended to enroll.
2. Ecological tour will be organized in an outdoor area, you may purchase your own insurance if necessary. In addition, participants would need to bring their own drinking water, sunscreen or mosquito repellent.
3. Shuttle bus would be provided for the traveling between UM and Cotai Ecological Zone.

|  |
| --- |
|  |

**活動行程**

|  |  |
| --- | --- |
| 09:30-09:45 | 中藥介紹 |
| 09:45-10:00 | 常見中草藥介紹 |
| 10:00-10:30 | DIY工作坊: 以中草藥作3D創作  DIY工作坊: 小小中醫師配藥體驗 |
| 10:30-12:00 | 前往路氹生態區參加觀鳥活動 |

請注意：

1. 活動將會使用薄荷， 香茅 ， 艾草 ，藿香， 丁香，小茴香 ， 薰衣草 ，迷迭香 ，茉莉花 ， 玫瑰花等不同中草藥/ 香草植物。 俗稱蠶豆症或葡萄糖-6-磷酸脫氫酶缺乏症(Glucose-6-phosphate Dehyrogenase Deficiency,G6PD Deficiency)患者或對以上香草植物成分敏感的人士不適合參與。
2. 生態遊將會在戶外進行， 如有需要，可自行購買保險。另外，參加者需自備飲用水， 防曬或防蚊用品等。
3. 活動將提供專巴往返澳門大學及路氹生態區。