



## Topic: Be a Smart Healthy Traveler (成為精明健康旅人)

**Organizer:** Young Alumni Sub-committee of FHKPUAA

**Date:** 3 Nov 2020 (Tue)  
**Time:** 9pm – 10pm  
**Format:** Webinar via Zoom



### About the Speaker:

**Dr Michael Ho (何崇漢博士)** - Doctor in Health Science, Director of iLoveCare Service Group, Guest Lecturer, Clinical Instructor, Clinical Tutor, Senior Consultant, Nursing Instructor (醫療科學博士, 愛護理服務集團董事, 客席講師, 臨床督導, 臨床導師, 資深顧問, 護理督導)

### Event Highlight:

Dr Michael Ho has rich worldwide experiences in medical and nursing aspects, such as global evacuation, international second opinion, electronic and remote health, nursing consultation, prevention of diseases, health promotion and advices. He had business travel to over 30 countries and 50 cities, included Mexico, North Pole, Russia, Dubai, South Africa, etc. Through health knowledge rounding the world, Dr Ho would like to share with you on how to be a smart and healthy traveler, in case you have any discomfort or injury during your trip, health preparations before you boarding, includes arranging first aid kits and medicines.



何崇漢博士在醫療和護理方面擁有豐富經驗，例如全球醫療護送，國際第二意見，電子遙距醫療，護理診症諮詢，疾病預防，健康促進和建議。他曾在 30 多個國家和 50 多個城市進行商務工作旅行，其中包括墨西哥，北極，俄羅斯，迪拜，南非等。何博士將通過遍及全球的健康知識，與您分享如何做一個精明健康旅行者，以防在旅途中感到不適或受傷，以及在登機前的健康準備工作，例如安排急救箱和藥品。

### Language

Cantonese (supplemented with presentation material in English)

### Registration & Enquiries

- The number of participants is limited to 100.
- Prior registration is required. Applications will be accepted on a first-come first-served basis.
- The Zoom meeting link will be sent to successful members closer to the event date.
- Please register via this link: <https://forms.gle/FmbMRu3ekwC4b6k1A> by **26 Oct 2020 (Mon)**.
- For enquiry, please contact the FHKPUAA Office at [fhkpuaa@polyu.edu.hk](mailto:fhkpuaa@polyu.edu.hk)

