

IDEAS FOR ACTIVITIES

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New Member Orientation

- Orientation week - Running a stall to provide info and enlist new members
- Lunchtime book stall - (mid year) Answering questions and distributing literature (similar to O-day)
- Joint activities - With other MITRA societies or other Buddhist societies
- New member help - Helping new members settle into a new environment
- Pre dharma talk - Meet and Greet
- Welcome picnic - preferably on/near university grounds: weekend before or at first week of university

Dhamma Activities

- Dharma Talk - Introductory Buddhism
- Buddhism nights - Film and video nights on Buddhism around the world
- Dhamma discussions - Interactive session on practical applications of Dhamma
- Dhamma talks - Given by invited lay speakers or Sangha (monks & nuns)
- Publications - In print or on Web, eg: Annual magazine or yearbook
- Trips to public talks held by other groups eg Dharma Drum Mountain

Meditation Activities

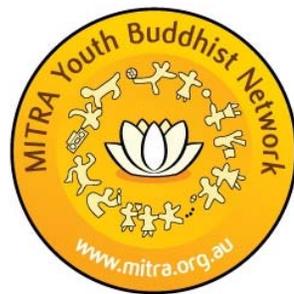
- Meditation classes - Lunchtime/after hours/weekly, on or off campus
- Retreats - Opportunities for immersion in Dhamma and meditation

Community Activities

- Community services - Soup kitchens, "Clean Up Australia", helping the elderly
- Community services (volunteer work- organise alone, or with Tzu Ching)

Buddhist Cultural Activities

- Exhibitions - For example, Vesak, Buddhist Relics
- Performance nights - Choir, concerts & performances with or without a Buddhist theme
- Temple tours - Visits to raise awareness and forge closer links
- Movie screenings - Video Nights



Fellowship and Social Activities

- Excursions & trips - Fellowship camps and outings during breaks and weekends
- Fellowship nights - Pot luck, member get together, Social nights - dances
- Fund raisers - Food stalls and membership drives, fund-raising BBQ
- Sporting activities - Table tennis, badminton, tennis, basketball, etc
- Sports excursions - Soccer day, bowling, kayaking
- Social events - Lunch and dinner outings, vegetarian restaurants
- Outdoor activities - Park outings, weekend away trips, bushwalks, ski trip

Other Member Services

- Information nights - Life skills, career advice, study skill, networking

