

The ISSP 16th World Congress – Sponsored by Shine Tak Foundation

Dining Options Nearby Congress Venue



Figure 1: Hong Kong Local Cuisine

Organiser: International Society of Sports Psychology

Host Organiser: Hong Kong Sports Institute (HKSI)

Congress Location: *Herny Cheng International Conference Centre (HCICC), 1-2/F,*

Cheng Yu Tung Building, The Chinese University of Hong Kong, Sha Tin



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Dining Options Nearby Congress Venue



Figure 2: Map of Dining Options Nearby Congress Venue



#	MTR Station	Location/ Plaza	No. of restaurant	Dining Options	Getting There
1a	Cheng Yu Tung Building (3/F) (Congress Venue)		<u>1</u>	Café	3/F, HCICC
1b	University Station✳	(Nearby Congress Venue)	<u>3</u>	Fast food	3 minutes walk  <u>HCICC → University Station</u> Return: <u>University Station → HCICC</u>
1c	CUHK Medical Centre (Nearby Congress Venue)		<u>2</u>	Fast Food	5 minutes walk  <u>HCICC → CUHK Medical Centre</u> Return: <u>CUHK Medical Centre → HCICC</u>
2	Fo Tan Station ✳	The Arles	<u>~5</u>	Chinese cuisines; Fast Food	6 minutes by MTR ✳ <u>HCICC → University Station → Fo Tan Station</u> Return: <u>Fo Tan Station → University Station → HCICC</u>
3	Sha Tin Station ✳	New Town Plaza	<u>~70</u>	Chinese cuisines; Japanese; Thai-Style; Korean; Vietnamese; Western delicacies	7 minutes by MTR ✳ <u>HCICC → University Station → Sha Tin Station</u> Return: <u>Sha Tin Station → University Station → HCICC</u>
4	/	Hong Kong Science & Technology Parks Corporation ("Science Park")	<u>~50</u>	Chinese cuisines; Japanese; Thai-Style; Korean; Fast food;	7 minutes by bus  <u>HCICC → University Railway Station Bus Terminal → Bus: 272A → Hong Kong Science Park Phase III</u> Return: <u>Fo Yin Road → Bus: 272A → University Railway Station Bus Terminal → HCICC</u>



5	Tai Po Market Station ㊦	Uptown Plaza	<u>~20</u>	Chinese cuisines; Japanese; Fast food	9 minutes by MTR ㊦ <u>HCICC → University Station →</u> <u>Tai Po Market Station</u> Return: <u>Tai Po Market Station</u> <u>→ University Station → HCICC</u>
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Useful Restaurant-finding website/ App in Hong Kong

Hong Kong is renowned as a culinary paradise, blending Cantonese, regional Chinese, and international flavours. Visitors can enjoy iconic dim sum, fresh seafood, vibrant street food, and exquisite fine dining.



Figure 3: *OpenRice Logo*

OpenRice

To enhance your dining experience in Hong Kong, we highly recommend using [OpenRice](#), the city's leading dining guide. (Download: [IOS](#)/ [Android](#))

OpenRice offers:

- Comprehensive restaurant listings and detailed information, users reviews, and ratings.
- Convenient features including online table reservations, dining vouchers, remote queuing, and food delivery services.

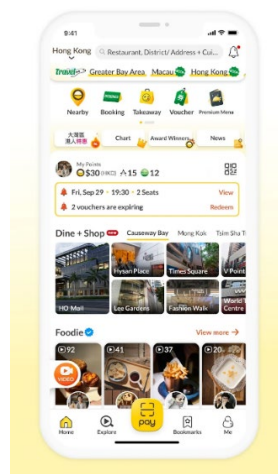


Figure 4: *OpenRice App Interface*

Cheng Yu Tung Building 3/F (Congress Venue)

For your convenience, a café is located on the the 3/Floor, offering a selection of beverages and light refreshments.



Figure 3: *The Stage Café, 3/F, Cheng Yu Tung Building, Ma Liu Shui, Hong Kong*

List of food options ([Restaurant List](#))

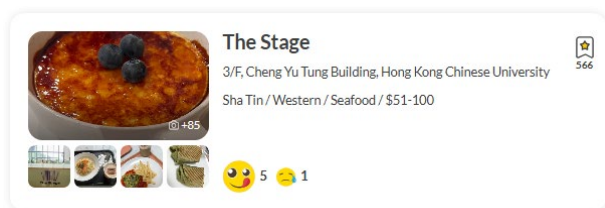


Figure 3: *Restaurants on 3/F, Cheng Yu Tung Building*

Getting there

The café is located on the 3rd floor of the same building as the congress venue (1st – 2nd Floor). You can access it via stairs or elevator.

University Station (Nearby the Congress Venue)

This area offers a few Hong Kong-style fast food options



Figure 4: University Station, Ma Liu Shui, Hong Kong

List of food options (Restaurant List)



Maxim's MX (University MTR Station)
Food Wao Exterior
Shop UNI 5, University MTR Station
Sha Tin / Hong Kong Style / Fast Food / Below \$50
+19
1 0



Maxim's Cake Shop
Shop UNI 4, University MTR Station
Sha Tin / Hong Kong Style / Bakery / Below \$50
+20
8 0



\$20 digital voucher
\$18.5 \$20 49 Sold
Voucher



tong kee bao dim
Shop UNI 6, University MTR Station
Sha Tin / Hong Kong Style / Dim Sum / Below \$50
+181
23 0

Getting there

HCICC → University Station: ~3 minutes' walk 
([Google map](#))

Return:

University Station → HCICC: ~3 minutes' walk 
([Google map](#))

Figure 3: Restaurants nearby University Station

CUHK Medical Centre (Nearby the Congress Venue)

This building offers a few fast food options.



Figure 5: CUHK Medical Centre, Ma Liu Shui, Hong Kong

List of food options (Restaurant List)



i.teeea
Shop G01, G/F, CUHK Medical Centre, 9 Chak Cheung Street
Sha Tin / Taiwan / Taiwanese Drink / Below \$50
+11
0 1
Selected Item -25% + 1% Rebate
Takeaway



Inspire
G/F, CUHK Medical Centre, 9 Chak Cheung Street
Sha Tin / Japanese / Western / \$51-100
+52
2 0



Cafe Yuanyang (CUHK Medical Centre)
LG/F, CUHK Medical Centre, 9 Chak Cheung Street
Sha Tin / Hong Kong Style / Western / Below \$50
+340
7 2

Getting there

HCICC → CUHK Medical Centre: ~5 minutes' walk

 ([Google map](#))

Return:

CUHK Medical Centre → HCICC: ~5 minutes' walk

 ([Google map](#))

Figure 3: Restaurants at the CUHK Medical Centre

Fo Tan Station (The Arles)

The Arles offers a few options for fast food and Chinese cuisines.



Figure 6: *The Arles, Fo Tan, Hong Kong*

List of food options (The Arles Restaurant List)

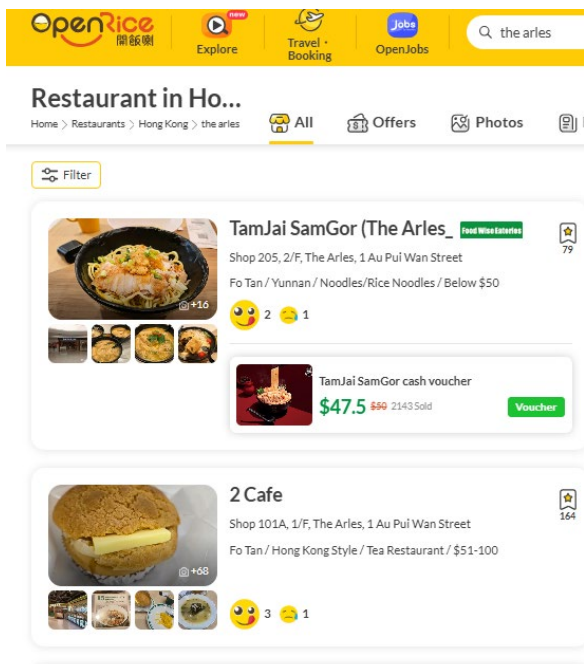


Figure 6: *Dining Options in The Arles*

Getting there

HCICC → The Arles (By MTR ☒)

1. ~3 minutes' walk to University MTR Station ([Google map](#))
2. Travel to Fo Tan Station (towards Admiralty)
 - Travel for 1 stop (~ 6 minutes' travel time, with a fare of HKD 4)
3. Exit the Station: Follow the signs to Exit B
4. ~3 minutes' walk to the Arles ([Google map](#))

Return: The Arles → HCICC (By MTR ☒)

1. ~3 minutes' walk to the Fo Tan Station and enter via Exit B ([Google map](#))
2. Travel to University Station (towards Lo Wu or Lok Ma Chau)
 - Travel for 1 stop (~6 minutes' travel time, with a fare of HKD 4)
3. Exit the station: Follow the signs to Exit B
4. ~3 minutes' walk to Cheng Yu Tung Building ([Google map](#))

Sha Tin Station (New Town Plaza)

New Town Plaza features over 70 restaurants, offering mainly Chinese cuisines, along with options for asian delights and western delicacies.



Figure 7: New Town Plaza, Sha Tin, Hong Kong

List of food options (New Town Plaza Restaurant List)

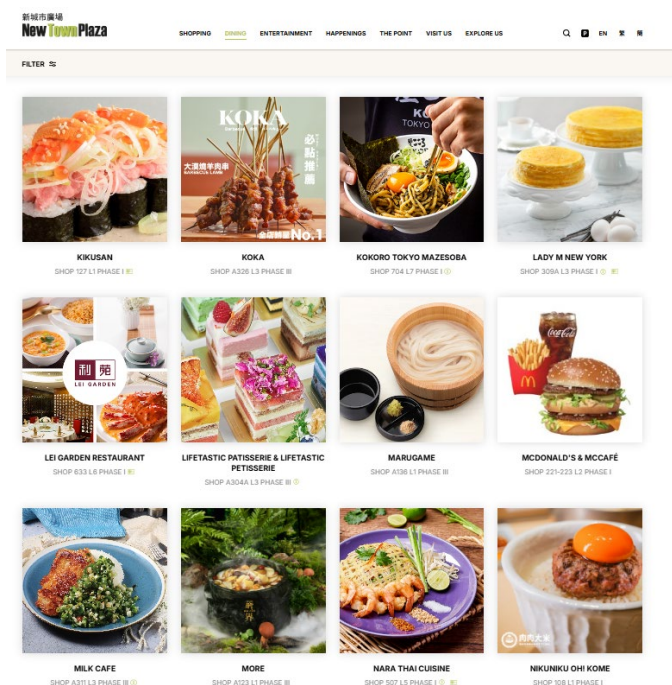


Figure 5: Restaurant List on New Town Plaza's Website

Getting there

HCICC → New Town Plaza (By MTR✳)

1. ~3 minutes' walk to University MTR Station: ([Google map](#))
2. Travel to Sha Tin Station (towards Admiralty)
 - Travel 2 stops (~ 7 minutes' travel time, with a fare of HKD 4.6)
3. Exit the Station: Follow the signs to Exit A4

Return: New Town Plaza → HCICC (By MTR✳)

1. Enter the Sha Tin Station via Exit A4
2. Travel to University Station (towards Lo Wu or Lok Ma Chau)
 - Travel for 2 stops (~7 minutes' travel time, with a fare of HKD 4.6)
3. Exit the station: Follow the signs to Exit B
4. ~3 minutes' walk to Cheng Yu Tung Building ([Google map](#))



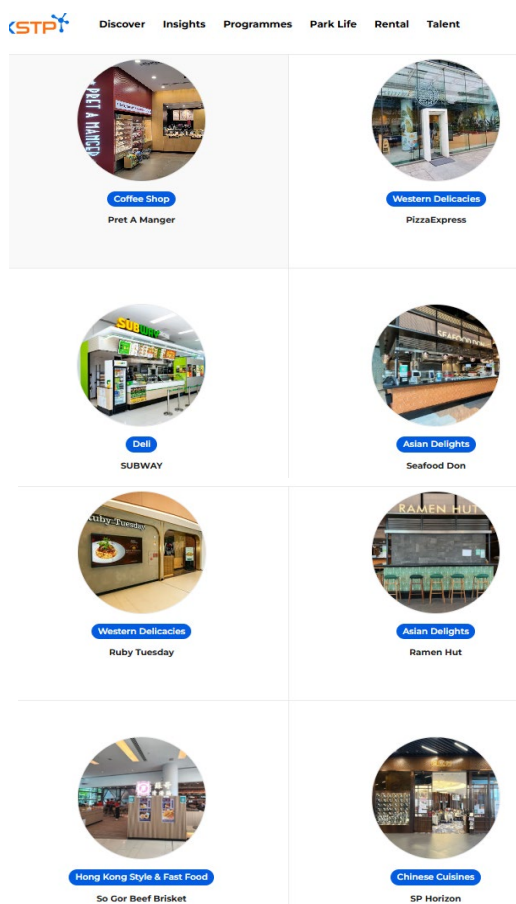
Science Park

Science Park features around 50 restaurants, offering Chinese cuisines, asian delights (including Japanese, Korean and Thai-style), fast food.



Figure 8: Hong Kong Science Park, Pak Shek Kok, Hong Kong

List of food options (Science Park Restaurant List)



Getting there

HCICC → Science Park (By Bus)

1. ~2 minutes walk to University Railway Station Bus Terminal
2. Take the bus 272A (circular route)
 - Travel for 5 stops (~ 7 minutes' travel time, with a fare HKD 5.1)
 - This bus service operates approximately every 10 to 15 minutes
3. Get off at the bus stop "Hong Kong Science Park Phase III"
4. ~4 minutes' walk to the mall

Return: Science Park → HCICC (By Bus)

1. Walk to bus stop "Fo Yin Road" ([Google map](#))
2. Take the bus 272A (circular route)
 - Travel for 5 stops (~ 7 minutes' travel time, with a fare HKD 5.1)
3. Get off at the bus stop "University Railway Station Bus Terminal"

Figure 8: Restaurant List on Science Park's Website

4. ~4 minutes' walk to Cheng Yu Tung Building
([Google map](#))

Tai Po Station (Uptown Plaza)

Uptown Plaza features around 20 restaurants, offering Chinese cuisines and asian delights (mainly Japanese), along with a few options for Western fast food.



Figure 9: Uptown Plaza, Tai Po, Hong Kong

List of food options (Uptown Plaza Restaurant List)

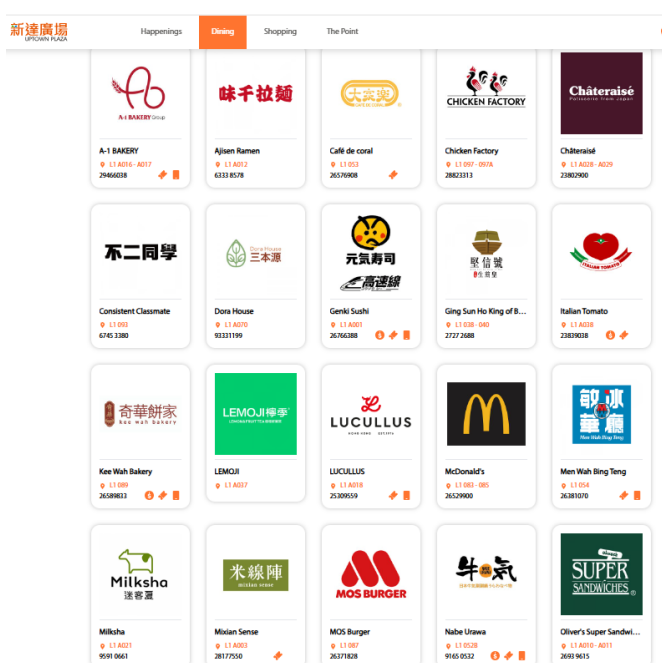


Figure 10: Restaurant List on Uptown Plaza's Website

Getting there

HCICC → Uptown Plaza (By MTR)

1. ~3 minutes' walk to University MTR Station
([Google map](#))
2. Travel to Tai Po Market Station (towards Lo Wu/Lok Ma Chau)
 - Travel for 1 stop (~ 9 minutes' travel time, with a fare HKD 4.6)
3. Exit the Station: Follow the signs to Exit A2
4. Take the escalator in front of the exit gate to the mall

Return: Uptown Plaza → HCICC (By MTR)

1. Enter the Tai Po Station via Exit A2
2. Travel to University Station (towards Admiralty)
 - Travel 1 stop (~ 9 minutes' travel time, with a fare HKD 4.6)
3. Exit the station: Follow the signs to Exit B



4. ~3 mintues's walk to Cheng Yu Tung Building
([Google map](#))