



UNIVERSITY OF SANTO TOMAS
THE CATHOLIC UNIVERSITY OF THE PHILIPPINES
OFFICE OF THE VICE RECTOR FOR RELIGIOUS AFFAIRS

AMBAG 500 UNIVERSITY-WIDE RETREAT FINAL DETAILS

In view of our forthcoming AMBAG 500 University-wide Retreat that will be held this week, April 27-29, 2022, the Office of the Vice-Rector for Religious Affairs would like to give the following important details:

1. Online Attendance

- Classes and work are officially suspended to enable the whole Thomasian community to devote themselves **full-time** to the retreat, whether they are participating **online** or **onsite**.
- Students may register using their UST Google Workspace log-in credentials using the [Google Stream link](#):

<https://stream.meet.google.com/u/1/stream/a8ba0163-d34e-4e5b-9af9-621f1096e5f3?fbclid=IwAR1QCwrle9UU3jFCVoVYnzgAxAc-x0FJ3Egf0rjiwQRWc5HnLnbZhTUL8zg&pli=1>

- Academic and Support Staff attending online are to register using this [Zoom link](#).
Topic: AMBAG 500 University-wide Retreat
Register in advance for this webinar:
https://ust-edu-ph.zoom.us/webinar/register/WN_46OGkTM5TcKk1gtvgermoA
Webinar ID: 826 3006 1415
Webinar Passcode: 673882
- Alumni, former employees, other members of the Thomasian community, and friends of UST may join through the livestream in the [UST Facebook Page](#) (@UST1611official).
- *Online Attendance Monitoring:*
 - a. Attendance for all the Support Staff will be monitored through the USSAP Portal. For all the Academic Staff, it will be done by academic unit using Google Forms **to be fielded by the respective academic units** who may opt to use [this template: \(https://bit.ly/3lqSSaq\)](#).
 - b. After the retreat, OVRRA will be requesting from the Faculty Secretary of each academic unit a summary report in percentage of the AM and PM attendance for each of the three days.
 - c. Attendance of the students is required but will not be checked.
- *E-Liturgy Guide:* Students and those who were not able to claim their kits may download the Liturgy Guide, which is publicly available, using [this link \(https://bit.ly/Ambag500Liturgy\)](#) or through the [AMBAG 500 Website](#). A checklist of things to prepare for all liturgical celebrations is found at the beginning of each day.

2. Onsite Attendance

- Participants attending onsite are requested to observe **proper health protocols**, as per UST Health Service, including the wearing of **face masks**, throughout the activity (*see attached*).
- Proper **physical distancing** will be observed in the UST Chapel with a maximum of three (3) participants per pew on a free seating basis.
- Please come in **smart casual attire**.
- Lunch, morning and afternoon snacks will be served for onsite participants with a managed buffet set-up. As you arrive, kindly proceed to the registration to sign and get your **meal stubs**.



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- The **comfort rooms** near the P. Noval Covered Court and those in the BGPOP Ground floor will be available for use of the onsite participants.

3. Group Sharing

- **For onsite participants**, the group sharing will be done by dining table in their respective dining venues, which are on a free seating basis.
- **For online participants**, kindly refer to [this list: https://bit.ly/AMBAG500GroupSharing](https://bit.ly/AMBAG500GroupSharing)) for the different links which are likewise posted in the [AMBAG 500 Retreat Website](#) to get the proper link pertaining to your unit:
 - a. *Academic Staff and Support Staff from the academic units* are to join the group sharing link for their respective academic unit
 - b. *Support Staff* not associated with any academic unit are to join the link labeled as "AMBAG Sharing for Support Staff"
 - c. *Administrators* are to join the link labeled as "AMBAG Sharing for Administrators"
 - d. *Alumni and other members of the Thomasian community* who would like to participate in a group sharing are to join the link labeled as "AMBAG Sharing for Alumni"
- Once you enter the Zoom meeting, you will be assigned randomly to a breakout room by an E-learning specialist or Edtech technician.

All are kindly **requested to pray for the success of our online retreat**. May the Risen Lord accompany us in these days of prayer and reflection and pour unto us an abundant measure of His unending grace.


FR. PABLO T. TIONG, O.P.
Vice-Rector for Religious Affairs





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SCHEDULE | AMBAG 500 University-wide Retreat
April 27-29, 2022

DAY 1: TAKEN - "You are my beloved, with whom I am well pleased" (Mt 3:17).
April 27, 2022 (Wednesday)

- 08:30 am - Registration
- 09:00 am - Opening Liturgy and Welcoming Ceremonies
- 10:30 am - **EUCCHARISTIC CELEBRATION**
- 12:00 nn - Lunch
- 01:30 pm - Animation
- 01:35 pm - Video Presentation
- 01:37 pm - **CONFERENCE**
- 02:30 pm - **VENERATION OF THE CROSS/
LITURGY OF LAMENT AND VIGIL OF TEARS**

DAY 2: BLESSED AND BROKEN - "By his wounds, we are healed" (Is 53:5).
April 28, 2022 (Thursday) | 411th Foundation Anniversary of the University of Santo Tomas

- 08:00 am - Registration
- 08:30 am - The Holy Rosary
- 09:00 am - **EUCCHARISTIC CELEBRATION**
- 10:15 am - Health Break
- 10:30 am - Video Presentation
- 10:32 am - **CONFERENCE**
- 11:00 am - Group Sharing
- 12:00 nn - Lunch
- 01:30 pm - Animation
- 01:35 pm - Video Presentation
- 01:37 pm - **CONFERENCE**
- 02:30 pm - Preparation for Holy Hour
- 03:00 pm - **HOLY HOUR: CELEBRATION OF HEALING AND RECONCILIATION**

DAY 3: GIVEN/SHARED- "Fan into a flame the gift that God has given you" (2 Tm 1:6).
April 29, 2022 (Friday)

- 08:00 am - Registration
- 08:30 am - The Holy Rosary
- 09:00 am - **VIA LUCIS - PRAYERS, SONGS AND STORIES OF LIGHT AND HOPE**
- 10:00 am - Health Break
- 10:15 am - Video Presentation
- 10:17 am - **CONFERENCE**
- 11:00 am - Group Sharing
- 12:00 nn - Lunch
- 01:15 pm - WITNESSING with Songs of Healing
- 02:30 pm - Preparation for Holy Mass
- 02:45 pm - **EUCCHARISTIC CELEBRATION**



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HEALTH PROTOCOLS FOR ONSITE PARTICIPANTS
AMBAG 500 University-wide Retreat
April 27-29, 2022

A. For members of the Thomasian Community:

1. Fill out the **health declaration checklist** thru thomedss.ust.edu.ph.
2. Present the **screenshot** of your "You are good to go!" clearance at the registration table.
3. Those who have **symptoms** of cough, colds, throat pain, fever etc. will not be allowed to enter the UST Chapel.
4. Practice **minimum public health standards**, which include the wearing of face masks and frequent handwashing/disinfection, *at all times*.
5. Proper **physical distancing** will be observed in the UST Chapel with a maximum of three (3) participants per pew. Likewise, kindly follow and maintain the arrangement of chairs in the dining area.

B. For alumni, parishioners, hospital staff, musicians, service providers and other outside guests:

1. Present **vaccination card** as proof that one is fully vaccinated.
2. Download the **StaySafe App** and fill out the **health declaration checklist** thru the QR code provided on the right side.
3. Those who have **symptoms** of cough, colds, throat pain, fever etc. will not be allowed to enter the University premises.
4. Practice **minimum public health standards**, including the wearing of face masks and frequent handwashing/disinfection, *at all times*.
5. Proper **physical distancing** will be observed in the UST Chapel with a maximum of three (3) participants per pew. Likewise, kindly follow and maintain the arrangement of chairs in the dining area.
6. **Those who will develop symptoms** stated in #3 above within the next two (2) days after the activity are requested to inform the UST Health Service.

Scan QR Code
with StaySafe App or
Smartphone Camera / QR Scanner



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MGA ALITUNTUNING PANGKALUSUGAN PARA SA MGA PISIKAL NA DADALO
AMBAG 500 University-wide Retreat
April 27-29, 2022

A. Para sa mga kasapi ng pamayanang Tomasino:

1. Sagutan ang **health declaration checklist** sa thomedss.ust.edu.ph.
2. Ipakita ang **screenshot** ng iyong "You are good to go!" clearance sa registration table.
3. Ang lahat ng may **sintomas** ng ubo, sipon, pananakit ng lalamunan, lagnat, atbp. ay hindi papayagang pumasok sa loob ng UST Chapel.
4. Sundin ang lahat ng **alituntuning pangkalusugan**, kasama na ang pagsusuot ng mga facemask at madalas na paghuhugas ng kamay/paglilinis ng sarili sa lahat ng oras.
5. Mahigpit na ipapatupad ng wastong **physical distancing** sa UST Chapel kung saan hindi hihigit sa tatlong (3) tao ang pahihintulutang umupo sa bawat bangko. Sundin at panatilihin rin ang ayos ng mga upuan sa lugar ng kainan.



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B. Para sa mga alumnay, taga-parokya, kawani ng ospital, musiko, tagapaglingkod at iba pang mga panauhin:

1. Ipakita ang inyong **vaccination card** bilang patunay na kayo ay bakunado.
2. I-download ang **StaySafe App** at sagutan and **health declaration checklist** sa tulong ng QR code na makikita sa kanang bahagi.
3. Ang lahat ng may **sintomas** ng ubo, sipon, pananakit ng lalamunan, lagnat, atbp. ay hindi papayagang pumasok sa loob ng Pamantasan.
4. Sundin ang lahat ng **alituntuning pangkalusugan**, kasama na ang pagsusuot ng mga facemask at madalas na paghuhugas ng kamay/paglilinis ng sarili sa lahat ng oras.
5. Mahigpit na ipapatupad ng wastong **physical distancing** sa UST Chapel kung saan hindi hihigit sa tatlong (3) tao ang pahihintulutang umupo sa bawat bangko. Sundin at panatilihin rin ang ayos ng mga upuan sa lugar ng kainan.
6. Ang lahat ng **magkakaroon ng sintomas** na binanggit sa #3 sa taas sa loob ng dalawang (2) araw matapos ang gawain ay hinihiling na ipagbigay-alam agad ito sa UST Health Service.

Scan QR Code
with StaySafe App or
Smartphone Camera / QR Scanner



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