



香港資優教育學苑

The Hong Kong Academy for Gifted Education

香港特別行政區政府教育局資助
Subvented by the Education Bureau, the Government of the HKSAR

F1WPD019W

(Token- required)

[**Gifted Programme**]

Workshop / Introductory Level

Forest Therapy Experience

Instructors from Tsz Shan Monastery



Application Deadline

**2 May 2024 12:00
noon**

Intended Learning Outcomes

Upon completion of the gifted programme, gifted students should be able to:

1. slow down their pace, fostering focus and awakening their five senses to fully enjoy nature;
2. achieve relaxation of both body and mind;
3. perceive the world from a different perspective with a calm mind.

Result Release

3 May 2024

◆ Gifted Programme Introduction

Bathing in the forest, healing the five senses;

Amidst the breeze, listen to the inner voice.

The journey of happiness begins in the present;

amidst the flowers and leaves, let the heart regain its tranquility.

Tsz Shan Monastery, a Zen Monastery nestled in the mountains, is built in harmony with the undulating landscape of Pat Sin Leng, serving as a natural backdrop. It advocates the harmonious coexistence of humanity and nature, reflecting upon the essence of existence. The mountains, stones, forests, springs, and architectural elements of the monastery resonate with Zen philosophy, providing solace for the body and mind, and nurturing wisdom. Now, leveraging the serene beauty of the Zen garden, Tsz Shan Monastery is introducing a practice that blends Buddhist principles with Western forest therapy - the 'Forest Therapy' experience. Guided by the wisdom of ancient architecture and the virtues of the forest, this experience invites gifted students to explore your five senses, connect with your body and mind, and immerse yourself in the ambiance of the mountain forest, helping you to rejuvenate and restore your inner purity.

◆ Schedule

Session	Date	Time	Venue
1	18 May 2024	10:00 a.m. – 12:30 p.m.	Tsz Shan Monastery All participants gather at the lobby of HKAGE at 9:00 a.m.

* Gather at HKAGE and depart by tour bus; **dismiss at 1:00 p.m. at Tai Po Market station.**

◆ Suitable for

- F3 – F6 HKAGE student members in 2023/24 school year. (Priority will be given to S3 to S5 HKAGE student members whose HKAGE student number begins with 223 admitted in the 2022/23 school year from Principal's Nomination.)
- Class size: 30
- Student members would be selected randomly by the computer system. The decision of HKAGE on the result of the selection should be final.

◆ Pre-requisite

No special prerequisites are needed

◆ Medium of Instruction

Cantonese

◆ Certificate

E-certificate will be awarded to participants who have attended the lesson and shown active participation in class activities.

Leadership training programme series aims to enhance students' leadership skills comprehensively.

LEADERSHIP TRAINING PROGRAMME 2023/24

CORE

1. ORIENTATION SESSION AND ANNUAL HOTUNG LECTURE



4. MINDSET EMPOWERMENT WORKSHOP (INTRODUCTORY MODULE)



2. TWO CELEBRITIES TALKS



5. LEADERSHIP CAMP



3. LEADERSHIP WORKSHOP



6. SHOWCASE AND GRADUATION CEREMONY



ELECTIVE

1. MINDSET EMPOWERMENT WORKSHOP (ENHANCEMENT MODULE)



2. DRAMA PROGRAMME



3. CRISIS MANAGEMENT

CRISIS

4. STUDENT ORGANISING TEAM & TRAINING PROGRAMMES



5. ADVANCED PROGRAMME IN PUBLIC SPEAKING (3-PHASE COMPLETION)



6. FILM APPRECIATION WORKSHOP ON "INVISIBLE SUMMIT"



7. FOREST THERAPY EXPERIENCE



*A certificate will be awarded if students achieve the programme requirements within one school year. Programme details are subject to change. Please refer to HKAGE website for details.



Leadership training programme series : graduation requirements (required to complete before 31 Aug 2024)



Gold Award: Complete 5 core programmes* + 1 elective programmes



Silver Award: Complete 4 core programmes* + 1 elective programmes



Bronze Award: Complete 3 core programmes* + 1 elective programmes

*Must include: "Core programme 6 : Showcase and Graduation ceremony"