



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

[**Gifted Programme**]

F1WPD019W

(Token- required)

Workshop / Introductory Level

Forest Therapy Experience

Instructors from Tsz Shan Monastery



Application Deadline

26 Sep 2024

12:00 noon

Result Release

27 Sep 2024

Intended Learning Outcomes

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

1. slow down their pace to foster focus and awaken their five senses, allowing them to fully immerse in and appreciate nature;
2. achieve relaxation of both body and mind, promoting overall well-being;
3. perceive the world from a different perspective with a calm and refreshed mindset.

If student members withdraw from the programme after the Application Deadline, the token will be deducted.

◆ Gifted Programme Introduction

This programme is one of the core programmes of the Leadership Training Programme Series.

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	23 Nov 2024	10:00 a.m. – 1:00 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 1:30 p.m. at Tai Po Market station.**

◆ Suitable for

- S3 – S6 HKAGE student members in 2024/25 school year. (Priority will be given to S3 to S5 HKAGE student members whose HKAGE student number begins with 233 admitted in the 2023/24 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 2024/25

Core programmes

Orientation Talk 01

02 Two Celebrity Talks in Leadership

Leadership Workshop 03

04 Emotion Management Workshop

Leadership Training Camp 05

06 Forest Therapy Experience

Mindfulness Workshop 07

08 Drama Course

Communication Course 09

10 Graduation Ceremony & Showcase*

Elective Programmes: All Other HKAGE Programmes/Activities

The programme information may be subject to change; please refer to HKAGE website for details.

Graduation Certificate Requirements:



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



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



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

• All programmes (except "Orientation Talk" and "Graduation Ceremony & Showcase") must be completed within 1 September 2024 to 30 April 2025.

• * "Core Programme: Graduation Ceremony & Showcase" (Early July 2025) must be included.