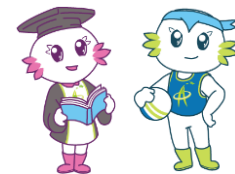




香港資優教育學苑

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



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F1PPW015W

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[**Gifted Programme**]

Workshop / Introductory

“Relaxing Your Mind While Brewing Tea” Workshop

Ms Bertha CHAN

The Chinese Foundation Secondary School



Application Deadline
13 Feb 2025 12:00 noon

Intended Learning Outcomes

Result Release
14 Feb 2025

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

1. Identify and describe the distinctive characteristics and flavours of at least three Chinese tea varieties, demonstrating an understanding of tea classification.
2. Apply proper brewing techniques for different tea types, demonstrating at least two traditional preparation methods.
3. Explain the relationship between mindful practice and tea preparation, articulating how presence and attention enhance the brewing experience.
4. Analyse personal tea preferences and brewing choices, demonstrating self-awareness in relation to tea appreciation.

◆ Gifted Programme Introduction

This workshop introduces students to the refined art of Chinese tea culture while nurturing self-awareness and emotional well-being. Through immersive learning experiences, students will explore traditional tea ceremonies, engage with tea master, and participate in hands-on brewing sessions. The programme emphasises the contemplative aspects of tea preparation and appreciation, offering valuable insights into how this ancient practice can enhance personal development and inner balance.

◆ Schedule

Session	Date	Time	Venue
1	15 March 2024 (Sat)	09:30 a.m. – 12:30 p.m.	The Chinese Foundation Secondary School

◆ Suitable for

- S1 – S6 HKAGE student members
- Class size: 20
- 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 with Chinese and English handouts

◆ Certificate

E-Certificate will be awarded to participants who have:

- attended ALL sessions; AND
- completed all the assignments with satisfactory performance



Journey to Wellness: Experiential Learning for Promoting Well-being

- ♥ Enhance the well-being of gifted students
- ♥ Provide ample emotional and mental health support
- ♥ Foster positive relationships
- ♥ Strike a balance between intellectual pursuits and holistic development

