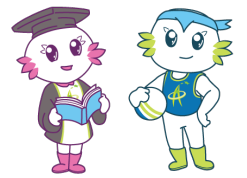




香港資優教育學苑

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



[Learn about Gigi & Yoyo](#)

[**Gifted Programme**]

F1LEA014C

(Token- required)

Course / Introductory Level

Mindfulness Journey: Living in the Present Moment

Instructors from Tsz Shan Institute



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

1. demonstrate enhanced awareness of their thoughts and feelings;
2. apply foundational mindfulness practices with understanding;
3. integrate mindfulness techniques into daily lives; and
4. develop positive mental habits.



Leadership Training Programme Series

◆ Gifted Programme Introduction

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

This course offers gifted students a unique opportunity to explore mindfulness through immersive experiences at Tsz Shan Monastery. Under guidance, students will develop deeper connections with themselves, others, and nature, to enhance their overall well-being.

Through integrated mindfulness practices including breathing, walking meditation, and conscious eating, students will cultivate self-awareness in a natural setting. The monastery's mountain and forest environment provides an ideal space for sensory exploration, allowing students to fully engage their senses - sight, sound, smell, taste, and touch. This mindful approach helps gifted students develop broader perspectives and practical strategies for navigating life's challenges.

Let us embark on this journey filled with awareness and connection to explore our inner wisdom and tranquility.

◆ Schedule

Session	Date	Time	Meeting Time and Location	Dismissal Time and Location
1	1 March	10:00 a.m. – 4:00 p.m.	All participants gather at the lobby of HKAGE at 9:00 a.m.	4:30 p.m. at Tai Po Market station
2	15 March			
3	5 April			
4	26 April			

* Gather at HKAGE and depart by tour bus.

◆ Suitable for

- S1 – 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 students who have:

- Attended AT LEAST 3 sessions (Must attended 1st and 4th sessions) AND
- Shown active participation in class activities

◆ Remarks

- The course includes vegetarian lunch for students.
- Students are required to bring your own mobile phones for activities.



LEADERSHIP TRAINING PROGRAMME SERIES 2024/25

Core programmes

Orientation Talk 01

02 Ignite Life Talk Series

Leadership Workshop 03

04 Emotion Management Workshop

Leadership Training Camp 05

06 Forest Therapy Experience

Mindfulness Course 07

08 Drama Course

Communication Course 09

10 Community Service

Career Development Workshop 11

12 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.