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[Gifted Programme]

F1LEA025W

(Token- required)

Course / Introductory Level

Mindfulness Journey: Living in the Present Moment

Instructors from Tsz Shan Institute



Application Deadline

5 Feb 2025

12:00 noon

Intended Learning Outcomes

Result Release

6 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	28 February			
2	7 March			
3	14 March	10:00 a.m. – 4:00 p.m.	All participants <u>gather at the lobby of HKAGE at 9:00 a.m.</u>	4:30 p.m. at Tai Po Market station
4	21 March			

* Gather at HKAGE and depart by tour bus.

Suitable for

- S1 – S6 HKAGE student members in 2025/26 school year. (Priority will be given to S3 to S5 HKAGE student members whose HKAGE student number begins with 2430 admitted in the 2024/25 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.

Enquiry



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2025/26 Leadership Training Programme

Core Programmes

01	Orientation Talk	07	Mindfulness Course
02	Ignite Life Talk Series or Inclusion Talk (any 2 sessions)	08	Project Management Course
03	Leadership Workshop	09	Communication Course
04	Emotion Management Workshop	10	Community Service
05	Leadership Training Camp	11	Career Development Workshop
06	Crisis Management Course	12	"Equal Tour 180" Wheelchair Experience in Community
13	Graduation Ceremony		

 **Elective Programmes: All Other HKAGE Programmes/Activities**



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**

1. All programmes (except "Orientation Talk" and "Graduation Ceremony") must be completed within 1 September 2025 to 30 April 2026.

2. * "Core Programme: Graduation Ceremony" (Early July 2026) must be included.