

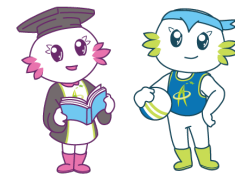


香港資優教育學苑

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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[ **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.

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



# 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	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	7 March			
3	14 March			
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 1<sup>st</sup> and 4<sup>th</sup> 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.



# 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.