

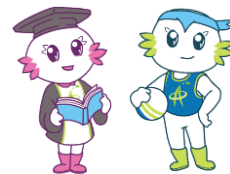


香港資優教育學苑

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](#)

F1PCG003W

[\(Token-required\)](#)

[ **Gifted Programme** ]

**Workshop / Introductory**

# “I Have Arrived” Parent-child Film Appreciation workshop

Ms DU Pui Yu Tinsley, Counselling Psychologist, HKAGE

Ms LAU Sin Ting Candy, Programme Officer, HKAGE



**Application Deadline**

**7 May 2026**

**12:00 noon**

## **Intended Learning Outcomes**

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

1. Identify strategies to support the healthy development of gifted children by making connections between the film's parent-child themes and their own parenting experiences.
2. Describe the knowledge and skills necessary for promoting the mental health of gifted children, informed by insights drawn from the film and post-viewing discussion.
3. Demonstrate increased confidence in nurturing and caring for gifted children by applying parenting reflections inspired by the film.

## ◆ Gifted Programme Introduction

The workshop will be divided into two parts. Participants will watch the movie - “I Have Arrived”. “I Have Arrived”, produced with the funding provided by the Hong Kong Jockey Club Charities Trust, uses clocks as the core image and captures the daily interactions between a father who runs a restaurant and his daughter and mother from a child’s perspective. The film aims to guide parents to reflect on their interactions with their children and to enhance parent child relationship as well as the emotional well-being of family members.

“I Have Arrived” is a Hong Kong film directed by Yan Yan Mak, starring Alan Luk, Lily Poon, and child actress Leona Li. The film garnered several awards at the Independent Shorts Awards (Los Angeles, USA), including Best Foreign-Language Short of the Season (Special Jury Award), Best Children Short, Best Original Story, and Best Female Director, Best Actor (Alan Luk), and Best Child/Young Actress (Leona Li).

Following the film appreciation, it will be shared with parents on the tips of enhancing the emotional well-being of families, as well as ways to listen to their children’s voices and promote parent-child relationship. In addition, an interactive session will be arranged during the sharing to guide parents to think about the ways of getting along with their children and assist them to acquire the knowledge, skills and attitude of positive parenting.

At the end of the workshop, it is expected parents to acquire the knowledge and skills of supporting their children’s healthy growth and addressing their mental health through film appreciation and sharing.

## ◆ Schedule

Session	Date	Time	Venue
1	23 Jul 2026 (Thu)	06:45 p.m. – 08:15 p.m.	HKAGE

## ◆ Suitable for

- P4 – P6 HKAGE student members and their parents in 2025/26 school year.
- Class size: 50 families (Max 3 quota per family)
- First-come-first-served.

## ◆ Pre-requisite

No special prerequisites are needed

## ◆ Medium of Instruction

Cantonese

## ◆ Certificate

E-Certificate will be awarded to students who have:

- Attended the session AND
- Shown active participation in class activities



# 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

