



Invitation for Provision of Services

The HKAGE aims to deliver top quality programmes & services to stakeholders. We now invite service providers to provide the following service(s). If you are interested, please contact us for more details.

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| Service Required e.g. <i>Course Delivery, Staff Training, Translation, Pest Control</i> | |
| Course Delivery: Mindfulness (F1WPD014W and F1WPD014W2) | |
| Target Audience | |
| <input checked="" type="checkbox"/> Students | approx no.: <u>40 (2 classes, 20 participants per class)</u> |
| <input type="checkbox"/> Parents | approx no.: _____ |
| <input type="checkbox"/> Teachers | approx no.: _____ |
| <input type="checkbox"/> Staff | approx no.: _____ |
| <input type="checkbox"/> Others, please specify: _____ | approx no.: _____ |
| Service Details | |
| Date/time of Delivery: | Within December 2022 to August 2023 (timeframe to be provided by Service Provider), can be either on (i) Saturdays in-school period, OR (ii) Weekdays and weekends in school holidays. |
| Venue: | To be provided by the HKAGE. |
| Scope of Services e.g. <i>Programme Objectives, Medium of Instruction</i> | |
| The programme aims to: <ul style="list-style-type: none">● guide students to rejuvenate body and connect with their inner self by practising a moving meditation;● guide students to explore alternative way-mindful techniques to manage emotions and/or stress.● Enhance students' awareness of body-mind connection. | |
| Intended Learning Outcomes Upon completion of the programme, the participants should be able to: <ul style="list-style-type: none">● identify basic meditation techniques.● apply mindfulness techniques to manage emotions and/or stress.● be more aware of the mind-body connection. | |
| Target Participants: Primary 4 to 6 students. | |
| Programme hours: 12 contact hours in total (6 hours per class). | |
| Medium of Instruction: Cantonese, with Chinese handouts supplemented by English. | |
| Contact Information | |
| Any enquiries concerning this <i>Invitation for Provision of Services</i> shall be directed to: <ul style="list-style-type: none">- E-mail: pcm@hkage.org.hk- Telephone: 3940 0501 | |