



Life Education Series: Personal Attitudes, Beliefs and Values – Simple Living – The Simpler, the Happier (F1LES009T)

Life is a journey filled with unexpected miracles. This talk provides student members with an opportunity to rethink the relationships between individuals, selves, others, societies, and the globe. They can explore the four directions of life (perceiving life, appreciating life, respecting life, and exploring life (Education Bureau, 2016)) and rediscover the meaning of the precious gift of life.

Introduction of the talk

Have you ever thought about what constitute a "prosperous life"? Do you need to have a lot of money to live a "prosperous life"? While most people are desperately making money to obtain a sense of security, what will life be like if we don't regard money as the primary consideration and cling to our own aspiration in career planning, ignoring others' comment and judgement? What is the relationship between "happiness", "money" and "material life"? The answers to the above questions depend on your values and how well you know about your true self. At this life education series talk, the speaker will share his philosophy on an alternative lifestyle, the "simple life" – a way of life that is good to oneself and the environment. The talk will also cover topics like "happiness", "simplicity" and "environmental protection". It is hoped that students could be inspired and would reflect on what happiness is, so as to include more possibility and creativity for their own lifestyles.

Introduction of the series

In response to the developmental needs of gifted students, the life education series discusses topics of affective education such as self-concept; self-management; personal attitude, beliefs and values; emotion management; career and life planning education; social and communication skills; leadership training and problem-solving skills and resilience (EDB, 2015). Professionals, alumni and gifted youth are invited to share their personal stories and inspire students on this platform.

Programme Type

Talk

Speaker

Mr Mok Ho Kwong

Mr Mok Ho Kwong, nicknamed "Wild Man" and a graduate from the University of Hong Kong, aspires to promote green simple lifestyles. He believes that living a simple life in natural surroundings can make people happier and feel more at ease. "Wild Man" moved to live at the hillside nine years ago to pursue a carefree life that many people envy, growing his own food and using wood directly for cooking. The quiet and pleasant natural surroundings far away from the hustle and bustle of the city allow him

to reflect on the absurdity of urban life and the definition of happiness, and to live as his true self. "Wild Man" founded the social enterprise "Natural Network" some ten years ago to promote simple lifestyles through different activities. He strives to sow the seeds of green lifestyles in society and has led more than 10,000 participants to experience nature over the years.

Target Participants



- S1 to S6 HKAGE student members
- Class size: 40
- *First-come-first-served

Medium of Instruction



Cantonese

Intended Learning Outcomes

Upon completion of the talk, participants should be able to:

1. Understand themselves from different angles and affirm the beauty of life;
2. Deal with confusions and choices in life with a positive attitude;
3. Reflect on the true meaning of life, cherish what they possess and put into practice their ideal lifestyles.

Application Deadline

2 July 2021, 12:00 noon

Schedule



Date	6 July 2021 (Tuesday)
Time	5:00 p.m.– 7:00 p.m. (Please arrive at 4:45 p.m. for registration)
Venue	Room 403, The Hong Kong Academy for Gifted Education

Remarks

Things to prepare & attention notes:

1. The academy reserves the right to cancel any courses if there are insufficient applicants.
2. The staff of HKAGE will carry out class observation, photo/video-taking in some programmes or/and keep students' work for the purposes of programme evaluation, research or/and demonstration.
3. The programme may be rescheduled or conducted online, subject to the development of Coronavirus Disease 2019 (COVID-19) and EDB's latest announcement on face-to-face programmes. Please pay close attention to email notification and announcement on the HKAGE website.
4. In the event of inclement weather, class arrangement will be based on "Arrangements for student programmes/activities in inclement weather"
Please refer to the HKAGE website for more details:

<https://www.hkage.org.hk/en/students/important-information/bad-weather>

Enquiries



For enquiries, please contact Affective Education Division on 3940 0101(after language selection, press "4").