



United Nations
Educational, Scientific and
Cultural Organization

香港聯合國教科文組織協會
UNESCO Hong Kong Association

香港註冊慈善機構
Charitable Institution of a Public Character
[IRD Ref: 91/10053]



HKESD Programme



2012/2013

可持續發展教育學程

ESD Learning Programme

Mental and Behavioural Health

精神與行為健康

Theme: Mental & Behavioural Health and Sustainable
Development

主題：精神與行為健康及可持續發展

Programme Booklet

學程手冊

第四屆
The 4th Intake



1. PROGRAMME STRUCTURE 計劃模式：



2. AIMS 計劃目的：

Students to recognize the relationship between mental well-being and sustainable development as well as its impact on community

學生認識到精神健康與可持續發展生活的關係及其對社會的影響

3. INTENDED LEARNING OUTCOMES 預期學習成果：

1. To understand the concepts of Public Health: Mental Health & Addiction
 2. To identify topics on Mental Health & Addiction
-
1. 認識公共健康理念：精神健康及沉溺行為
 2. 識別精神健康及沉溺行為

4. IN-SCHOOL ACTIVITIES 校內活動：

1. Coordinated and facilitated by teachers
 2. Including Searching for information, brainstorming, project development preparation and project presentations
 3. Mentor support provided
-
1. 由老師指導和協調
 2. 校內活動可包括資料蒐集、集體研討，專案擬寫及介紹之準備
 3. 每組有導師給予專業支援

5. SUGGESTED PROJECT TOPICS 報告主題範圍：

Theme: Mental & Behavioural Health and Sustainable Development

主題：精神與行為健康及可持續發展

Key Words:

1. Insomnia - a mental health issue?
2. Anorexia and Bulimia
3. Effects of stress on one's well-being
4. Mental wellness
5. Depression and mania
6. Prevention and care
7. Drug abuse
8. Rehabilitation and social costs

關鍵詞：

1. 失眠症
2. 厭食症及暴食症
3. 壓力對個人健康的影響
4. 精神健康
5. 抑鬱症和躁狂症
6. 預防及護理
7. 濫用藥物
8. 復康與社會成本

Student Artwork:

1. Solution studies – Insomnia
2. Psychosis
3. Study - Forensic psychiatric
4. Depression and mania
5. Mental Health
6. Mental Illness

學生作品：

1. 解究失眠
2. 思覺失調
3. 透視法醫精神科
4. 抑鬱躁狂症
5. 精神健康
6. 精神病

For details, please visit http://www.unesco.hk/index_topic.php?charset=eng&did=219393&didpath=/192114/192118/192136/214853/219393 for reference.

詳細報告內容，可參考 http://www.unesco.hk/index_topic.php?did=219393&didpath=/192114/192118/192136/214853/219393

6. PROJECT DELIVERABLES & ASSESSMENT CRITERIA / 專題報告的形式及評分標準

1. 隊際專題書面報告 WRITTEN GROUP PROJECT REPORT

請於 **2013 年 2 月 20 日(星期三)**下午六時前將隊際專題報告郵寄到香港聯合國教科文組織協會。
須繳交項目:

- 一份報告正本
- 電子檔 CD- Rom (Word 及 PDF 檔案)

Items to be mailed to UNESCO Hong Kong Association by **20th February, 2013 (Wednesday) 6 p.m.**

- One hard copies
- Soft copy in CD-Rom (Word & PDF format)

Address:

UNESCO Hong Kong Association
Room 109, Jockey Club Environmental Building
No 77 Tat Chee Avenue
Kowloon Tong, Kowloon

2. 作品展述 PRESENTATION

作品展述及評審日將會在 **2013 年 3 月 9 日(星期六)**於香港科技園舉行。

- 十五分鐘作品展述 (十分鐘報告時間 及 五分鐘問答時間)
- 形式不限 (作品展述可為影片，話劇，展板(自行準備)，簡報等)
- 作品展述語言可為廣東話，英文或普通話

Presentation and Assessment Day will be on **9th March, 2013** at Hong Kong Science & Technology Parks.

- 15 minutes project presentation (10 minutes presentation + 5 minutes Question and Answer Session)
- Not confined in forms (Presentation could be in the form of video show, drama, board display (prepared by schools if necessary), powerpoint, etc)
- Presentation could be in Cantonese, English or Putonghua

PART 1 : WRITTEN GROUP PROJECT REPORT

第一部分:隊際專題書面報告

40%

Assessment Criteria / 評分標準:

1. Creativity & Attractiveness / 創意與吸引力 (12%)
2. Content / 內容 (28%)

PART 2: PRESENTATION (Not Confined in Forms)

第二部分: 作品展述 (形式不限)

60%

Assessment Criteria / 評分標準:

1. Creativity & Attractiveness / 創意與吸引力 (12%)
2. Content / 內容 (28%)
3. Presentation / 報告技巧 (20%)

Total Possible Marks 總分:

100%

7. DETAILED OF ASSESSMENT CRITERIA 詳細評分標準

Criteria 評分標準:	Components 元素:
(1) Creativity & Attractiveness 創意與吸引力	- Creativity of topic 選題創意性 - Aesthetic layout 美觀性 - Logical presentation 邏輯性
(2) Content 內容	- Relevance of content to project title - Relevance to sustainable development in the context of: (environment/economy/community/culture) - Demonstration on the understanding and application of the subject with reference made to current affairs and issues - 與主題的合適程度 - 與可持續發展概念的關聯 (環境/經濟/文化/社區) - 以時事的例子示範出對主題的理解
(3) Presentation 報告技巧	- Logical and coherent flow 邏輯與連貫性 - Delivery 展演的流暢度 - On-the-spot interaction 現場互動 - Time control 時間管理 - Teamwork 團隊合作 - Conclusion 總結

8. AWARDS 獎項

1. The Grand ESD Award (可持續發展教育優秀獎)
Assessment in Students' Presentation and Written Group Project Report
按學生的作品展述及書面報告的表現評分
2. Presentation Award (作品展述優秀獎)
Assessment in Students' Presentation
按學生在作品展述的表現評分
3. Written Group Project Report Award (隊際專題書面報告優秀獎)
Assessment in Students' Written Group Project Report
按學生的書面報告表現評分

Grading System (評級指標)

Marks	Grading
90-100	Grade 1 一等獎
80-89	Grade 2 二等獎
70-79	Grade 3 三等獎

9. ACTIVITY SCHEDULE 活動時間表：

Date / Time	Activity	Speaker / Facilitator / Guide	Venue
20 Oct 2012 (Sat) 10:30 am – 1:30 pm	Kick-off Ceremony	Welcome Speech: Prof. Patrick S.S. LAU SBS JP President UNESCO Hong Kong Association Earth Charter & Sustainable Development: Mr. Tony Sin Programme Advisor UNESCO Hong Kong Association Closing Remarks: Dr. Darwin Chen SBS Vice President (Culture) UNESCO Hong Kong Association	Li Po Chun United World College of Hong Kong 10 Lok Wo Sha Lane, Sai Sha Road, Shatin, New Territories
27 Oct 2012 (Sat) 10:00 am – 1:00 pm	Mental & Behavioral Health Workshop	Ms Teresa Wong Whole Person Development Institute	Conference Hall 03, G/F Convention Centre 1, Hong Kong Science & Technology Parks
27 Oct 2012 (Sat) 2:00 pm – 3:20 pm	Personal Skills Workshop	Dr. Shirley Chan Director of Education & School Service Whole Person Development Institute	Conference Hall 04-07, 2/F, Convention Centre 2, Hong Kong Science & Technology Parks
27 Oct 2012 (Sat) 3:40 pm – 5:00 pm	Design and Managing Project Workshop	Mr. Frank Leung	
Study Visits will be announced soon.			
Jan – Mar 2013	In-school activities	NIL	-
9 Mar 2013 (Sat)	Presentation & Assessment Day	NIL	Hong Kong Science & Technology Parks
23 Mar 2013 (Sat)	Closing Ceremony & Award Presentation	To be advised.	Hong Kong Science & Technology Parks

Dates and schedules are subject to change. UNESCO Hong Kong and her partners reserve the right to amend the dates and schedules.

Participants will be informed soonest should changes occur. UNESCO Hong Kong and her partners will not be held liable for such changes.

All participating schools must nominate teaching staff to coordinate and facilitate students' participation and learning in the programme activities.

活動時間表：

日期/時間	活動	講者/ 嘉賓/ 指導	地點
10 月 20 日 (星期六) 10:30 am – 1:30 pm	啟動禮	歡迎辭 香港聯合國教科文組 織協會 會長 劉秀成 教授 SBS 太平 紳士 地球憲章與可持續發 展 香港聯合國教科文組 織協會 ESD 項目顧問 線成功 先生 致謝辭 香港聯合國教科文組 織協會 副會長(文化) 陳達文 博士 SBS	香港李寶椿聯合世界 書院 新界馬鞍山西沙路落 禾沙里 10 號
10 月 27 日(星期六) 10:00 am – 1:00 pm	精神與行為健康專題工作坊	全人發展中心 專業心理培訓講師及 輔導員 王穎德小姐	香港科技園會展中心 1 會議廳 01-02
10 月 27 日(星期六) 2:00 pm – 3:25 pm	個人發展技能工作坊	全人發展中心 教育及學校服務總監 陳瑞冰博士	香港科技園會展中心 2 會議廳 04-07
10 月 27 日(星期六) 3:30 pm – 5:00 pm	報告設計及管理工作坊	梁偉明先生	
專題考察將會稍後公佈			
2013 年 1 月至 3 月	校內活動		
3 月 9 日 (星期六)	提交報告及評審日		香港科技園
3 月 23 日 (星期六)	閉幕禮 暨 頒獎典禮	待定	香港科技園

日期和時間如有變更， UNESCO Hong Kong 及其協辦機構保留更改活動時間的權利，並會盡快及盡可能通知各參與學校和學生。每間學校需委派老師或教學助理負責引導學習及協助學生參與上述活動。

10. SPEAKER PROFILES 講者簡介：

Keynote Speaker 主旨演講



Mr. Tony Sin 線成功先生

ESD Programme Advisor, UNESCO Hong Kong Association

香港聯合國教科文組織協會 ESD 項目顧問

Tony is an Expert in Exhibition Design. He has been the founding curator of the Hong Kong Science Museum, Head of Design of the Hong Kong Trade Development Council, Executive Director of Pico International (Hong Kong) Ltd, and Associate Professor / Professional-in-Residence of the Hong Kong Baptist University.

線先生是位展覽設計學專家。他曾擔任香港科學館創館館長、香港貿易發展局首席設計師、筆克香港公司總裁、香港浸會大學傳理系副教授及駐校傳媒專家。

Earth Charter and Sustainable Development 地球憲章與可持續發展

Principle 原則

I. RESPECT AND CARE FOR THE COMMUNITY OF LIFE 尊重和關心生命共同體

1. Respect Earth and life in all its diversity. 尊重地球及其所有生命
2. Care for the community of life with understanding, compassion, and love. 以理解、同情和愛心來關注生命共同體
3. Build democratic societies that are just, participatory, sustainable, and peaceful. 建立公正的、共同參與的、可持續的及和平的民主社會
4. Secure Earth's bounty and beauty for present and future generations. 為當代和子孫後代確保地球的恩施和美麗

II. ECOLOGICAL INTEGRITY 生態完整性

5. Protect and restore the integrity of Earth's ecological systems, with special concern for biological diversity and the natural processes that sustain life. 保護和恢復地球生態系統的完整性，特別關注維系生命的生物多樣性和自然過程
6. Prevent harm as the best method of environmental protection and, when knowledge is limited, apply a precautionary approach. 防止破壞是最佳的環境保護方法，當知識有限時，采用預防性措施
7. Adopt patterns of production, consumption, and reproduction that safeguard Earth's

regenerative capacities, human rights, and community well-being. 採用可保護地球的再生能力、人權和社會福利的生產方式、消費方式和繁衍方式

8. Advance the study of ecological sustainability and promote the open exchange and wide application of the knowledge acquired. 推進生態可持續性研究，促進現有知識的公開交流和廣泛應用

III. SOCIAL AND ECONOMIC JUSTICE 社會公正與經濟公正

9. Eradicate poverty as an ethical, social, and environmental imperative. 把消除貧困作為必須履行的道德責任、社會責任和環境責任

10. Ensure that economic activities and institutions at all levels promote human development in an equitable and sustainable manner. 確保各級經濟活動和機構以公平和可持續的方式促進人類發展

11. Affirm gender equality and equity as prerequisites to sustainable development and ensure universal access to education, health care, and economic opportunity. 肯定性別平等和公平是可持續發展的先決條件，並保證人人享有受教育機會、保健機會和經濟機會

12. Uphold the right of all, without discrimination, to a natural and social environment supportive of human dignity, bodily health, and spiritual well-being, with special attention to the rights of indigenous peoples and minorities. 摒棄歧視，堅持所有人擁有一個有利於人類尊嚴、身體健康和精神健康的自然和社會環境的權利，特別重視土著人和少數民族的權利

IV. DEMOCRACY, NONVIOLENCE, AND PEACE 民主、非暴力與和平

13. Strengthen democratic institutions at all levels, and provide transparency and accountability in governance, inclusive participation in decision making, and access to justice. 加強各級民主機制，提供透明和負責任的管理，廣泛參與決策，並享受公正對待

14. Integrate into formal education and life-long learning the knowledge, values, and skills needed for a sustainable way of life. 將可持續生活方式所需的知識、價值觀和技能納入正規教育和終身教育

15. Treat all living beings with respect and consideration. 尊重和關心所有生物

16. Promote a culture of tolerance, nonviolence, and peace. 促進寬容、非暴力及和平的文化

For more information, please click

http://www.earthcharterinaction.org/invent/images/uploads/echarter_english.pdf.

詳細請參閱 http://www.earthcharterinaction.org/invent/images/uploads/echarter_chinese.pdf

Thematic Workshop 專題工作坊



王穎德小姐 Ms Teresa Wong
專業心理培訓講師及輔導員

Miss Wong is an expert on the application and practice of psychology and has conducted extensive training experience for a wide range of professionals. She is a popular guest invited by media to share her professional advice on workplace psychology as well as mental health issue. In recent years, she also initiates and organizes lots of in training programmes and youth counseling in order to facilitate the learning and development process of our new generation.

王小姐對應用和實踐心理學有深入研究，並具有豐富培訓經驗，曾為專業和非專業人士主講多個企業講座和研討會。王小姐經常接受傳媒訪問（包括經濟日報、經濟一週、明報等），分享職場心理和生理健康的專業意見。近年來，王小姐為不同年紀及來自中、港及澳的孩子（包括幼兒、兒童及青少年）提供心理諮詢、輔導服務及培訓課程，希望能藉此提升孩子的心智發展和學習動機。

Design and Managing Project Workshop 設計及管理報告工作坊



Mr. Frank Leung 梁偉明先生

Mr. Leung has 30 years of experience in business and consulting. He is a Chartered Engineer and a member of the Hong Kong Institution of Engineers and The Institution of Engineering and Technology.

梁先生擁有三十年從事商業及顧問工作的經驗，分別為香港工程師學會和工程及科技學會會員。

Personal Skills Development Workshop 個人技能發展工作坊



Dr. Shirley Chan 陳瑞冰博士
Director of Education and School Service, Whole Person Development Institute
全人發展中心教育及學校服務總監

Dr. Chan had been an English teacher in both primary and secondary schools for more than 5 years; later served as an Assistant Professor of the English Department of Hong Kong Institute of Education for more than 10 years. Dr. Chan is highly qualified as expert in planning and designing curriculum for language education as well as whole person development.

陳博士曾於香港的中小學任教英語超過五年，並在香港教育學院任職十多年，對職前及在職英語老師培訓具備豐富的經驗。陳博士曾擔任香港教育局、香港考試及評核局之委員會成員，以及內地教育局之項目研發顧問一職。陳博士對英語教學的經驗和研究全人發展的专业知識備受業界認同。

SUPPORTING ORGANIZATIONS 支持機構



宗教教育與心靈教育中心
Centre for Religious and Spirituality Education



全人發展中心
Whole Person Development Institute ®



Member of VTC Group
VTC 機構成員



HONG KONG
CENTURY

REGAL
HOTELS INTERNATIONAL
富豪國際酒店集團



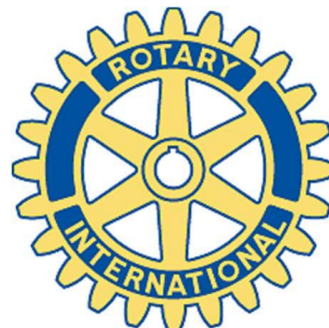
Hong Kong 香港科技園
Science & Technology Parks



展城館 CITY
GALLERY



零碳天地



聯絡方法 Contact Information :



秘書處 Secretariat

香港可持續發展教育學院

Hong Kong Institute of Sustainable Development

香港九龍塘達之路 77 號賽馬會環保樓 1 樓 109 室
Rm 109, 1/F, Jockey Club Environmental Bldg,
77 Tat Chee Avenue, Kowloon Tong, Hong Kong

電話 Tel: (852) 2312 7696 傳真 Fax: (852) 2312 1515

電郵 Email: info@unesco.hk 網址 Website: www.unesco.hk www.hiesd.org