



香港防癆心臟及胸病協會
Hong Kong Tuberculosis, Chest and Heart Diseases Association

健康校園由你創計劃

Healthy School Project Competition

2024-2025

計劃截止報名日期
Deadline for
programme enrolment
31/10/2024

獎金及獎品 Awards & Prizes

冠軍
Champion
\$20,000

亞軍
1st Runner Up
\$12,000

季軍
2nd Runner Up
\$8,000

最具創意獎
Most Creative Award
\$4,000

最佳演繹獎
Best Performance Award
\$4,000



請即掃描
報名參加



日期 Date

活動 Activity

2024年9月20日 (五)	計劃宣傳及招募 Project Enrolment
2024年10月17日 (四)	線上簡介會 Online Briefing
2024年11月27日 (三)	截止遞交計劃書 Deadline for Proposals Submission
2024年11月28日 - 12月16日	評審團評估隊伍遞交計劃 Assessment by Judging Panel
2024年12月18日 (三)	公佈16隊入圍隊伍 Announcement of 16 selected teams
2025年3月24日 (一)	遞交短片及一頁簡報 Submission of a 5-minute video + 1 page report
2025年4月12日 (六)	隊伍會見評判團 Meeting with judging panel
2025年4月16日 (三)	公佈8隊入圍決賽隊伍 Announcement of 8 finalists
2025年5月17日 (六)	決賽及頒獎典禮 Final Competition & Awards Presentation Ceremony

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健康校園由你創 2024-2025
Healthy School Project Competition 2024-2025
****Programme Guidelines****

A) Theme: “Creative Healthy School Lifestyles”

B) Background:

The Healthy School Project Competition 2024-2025 will be restructured to focus on an innovative approach, a broader range of topics, and a more efficient timeline. This year's programme emphasizes creative strategies for fostering healthy lifestyles in campus, encouraging students to generate innovative ideas and develop sustainable plans for their ideal healthy school environments. Students can explore topics such as healthy eating, obesity prevention, physical activities, green living, balanced study-life practices, and healthy social environments. They are encouraged to present their ideas creatively through multimedia applications, interactive presentations, performance arts, and visual art displays.

C) Aims:

The objectives of this competition are:

- 1) To increase students' awareness of healthy campuses.
- 2) To enhance students' creative thinking, encourage them to take the lead in planning and implementing the project, foster their collaboration and problem-solving skills, and improve their teamwork abilities.
- 3) To enable students to create their ideal healthy campus environment.

D) Competition Rules

- 1) Participating teams will be divided into two groups:
 - i) **Junior Team** (Junior Secondary F.1 - F.3 or IB Middle Year Programme Grades 7 - 9); and
 - ii) **Senior Team** (Senior Secondary F.4 - F.6 or IB Middle Year Programme Grades 10 - 12).
- 2) Each team will consist of 4 - 6 students. Each school can submit up to 6 proposals.
- 3) The competition will consist of 3 rounds.

E) Competition Structures:

Round 1: (Submission of Proposal)

- 1) Each team will submit a written proposal by 27 November 2024 (Wednesday), including the background information, objectives, plans, schedule, budget, and strategies for promoting healthy living in campus. It may cover the development of new products, implementation of new programs, or suggestions for enhancing facilities on healthy living.
- 2) 16 teams will be selected and sponsored with up to HK\$3,500 to implement their plans. Reimbursement will be based on actual expenses incurred. A mutual agreement will be signed between the Association and the teacher.

Round 2: (Submission of 5-minute Video + Report + Meeting with the Judging Panel)

- 1) 16 selected teams are required to submit a 5-minute video and one page report on their project outcomes (1 page) by 24 March 2025 (Monday), demonstrating how they achieved their goals with new products and innovative programmes.
- 2) Teams will meet the judges on 12 April 2025 (Saturday) to discuss their project plans and findings.
- 3) The Judging Panel will select the winner of the "Most Creative Award" from both groups and choose 8 finalists to advance to the Final Competition.



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Round 3: (Final Competition)

- 1) The 8 finalist teams will present their final findings / plans on 17 May 2025 (Saturday morning). They are encouraged to use various creative formats in their presentation, such as 3D animation, games, cosplay, drama etc. The champion, first runner-up, second runner-up, and "Best Performance Award" will be based on overall performance with all awards presented at the Award Ceremony after the competition.
- 2) The reports from the winning and selected teams will be compiled and published, and their videos will be uploaded to the website of the Hong Kong Tuberculosis, Chest and Heart Diseases Association for access by schools and the public.

F) Prizes:

The champion, first runner-up, and second runner-up teams of both the junior and senior categories will receive cash prizes of HK\$20,000 (including \$4,000 book voucher), HK\$12,000 (including \$3,000 book voucher), and HK\$8,000 (including \$2,000 book voucher), along with a certificate and trophy. The awards for "The Best Performance Team" and "The Most Creative Team" will each receive HK\$4,000 and a certificate. Certificate of Participation will be presented to the rest of the finalists' teams.

G) Schedule of the Project:

<i>Date</i>		<i>Activities</i>
2024	20 September	Project enrollment
	17 October (Thu) @ <u>Zoom</u>	Online briefing
	31 October (Thu)	Deadline of application
	27 November (Wed)	Deadline for proposal submission
2024– 2025	28 November - 16 December	Assessment by judging panel
2025	18 December (Wed)	Announcement of 16 selected teams
	24 March (Mon)	Submission of a 5-minute video & 1 page report of project outcomes
	12 April (Sat)	Meeting with judging panel
	16 April (Wed)	Announcement of 8 finalists
	17 May (Sat)	Final competition & award presentation ceremony

H) Judging Criteria:

<ul style="list-style-type: none">• Appropriateness of Content (with Multi-perspective thinking)<ul style="list-style-type: none">- Linking the theme with healthy school contexts- Achieving aims & objectives of the project	30%
<ul style="list-style-type: none">• Creativity and Innovation (including ideas generation and expression skills)	20%
<ul style="list-style-type: none">• Feasibility and Practicality	20%
<ul style="list-style-type: none">• Presentation Skills<ul style="list-style-type: none">- Video editing skills are appropriately used- The proposal and different forms of reporting can accurately and precisely express the content of the plan.	15%
<ul style="list-style-type: none">• Sustainability of the Plan	15%



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健康校園由你創 2024-2025
Healthy School Project Competition 2024-2025

《比賽內容及參加細則》

一) 主題:「創意健康校園生活模式」

二) 背景:

「健康校園由你創」2024-2025 計劃將重新整合為以創意為先、涵蓋更廣泛的內容，和簡化整個比賽流程。今年將以實現「創意健康校園生活模式」為主題，旨在激發學生的創造性思考，讓他們表達對健康校園生活的看法，鼓勵他們推行可持續性的計劃，展現他們理想的健康校園環境。內容可涵蓋健康飲食、預防肥胖、體能活動、綠色生活、平衡學習與生活以及健康社交環境等各方面。參賽者可通過多媒體創作、互動展示、表演藝術和視覺藝術等來展示他們的計劃。

三) 目的:

- 1) 提高學生對健康校園的認識；
- 2) 加強學生的創意思維，鼓勵他們主動規劃及推行整個計劃，促進共同實踐及解決問題的能力，提升表達能力和團隊合作精神；及
- 3) 讓學生建構他們理想的健康校園環境。

四) 比賽規則:

- 1) 參與組別將分為兩個組別：
 - i) **初級組** [初中(中一至中三) 或 國際文憑中學項目(G7-9)]；及
 - ii) **高級組** [高中(中四至中六) 或 國際文憑中學項目(G10-12)]。
- 2) 每隊參賽隊伍由 4-6 同學組成，每間學校最多可提交 6 份計劃書。
- 3) 比賽共分為三個階段。

五) 進行模式:

第一階段：【提交計劃書】

- 1) 參賽隊伍需於 2024 年 11 月 27 日(三)或之前就有關主題提交一份建議書，內容包括背景、目標、計劃內容、時間表、預算表。建議書可包含新產品開發、推行新計劃，或提出新增或改善校園健康生活的項目內容。
- 2) 首階段評判團會從參賽隊伍中選出 16 隊隊伍入圍，每隊將獲得最高港幣\$3,500 的贊助金，作為資助同學發展相關計劃。贊助將以實報實銷的方式進行，並需由老師與本會簽署同意書以茲作實。

第二階段：【提交 5 分鐘的影片 + 成效報告 + 與評判團會面】

- 1) 16 隊入選隊伍需於 2025 年 3 月 24 日(一)提交一段 5 分鐘的影片及一頁記錄計劃成效之報告。
- 2) 隊伍將於 2025 年 4 月 12 日(六)與評委會面，報告實踐內容及成效。



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- 3) 評判團將於面試當日從初級組和高級組分別選出 1 名「最具創意獎」得主，並在兩組分別選出 8 隊隊伍晉身總決賽。

第三階段：【總決賽】

- 1) 決賽隊伍將於 2025 年 5 月 17 日(週六早上)以簡報形式報告及展示整體計劃的終極成果，隊伍可採用各種創意形式表達，例如 3D 動畫、遊戲、cosplay、戲劇等。評審團將根據各隊團隊的整體表現，選出冠、亞、季軍，和「最佳演繹獎」。所有獎項將於比賽結束後的頒獎典禮上頒發。
- 2) 得獎及入圍隊伍的計劃將輯錄成報告，另影片將上載於香港防癆心臟及胸病協會網站，供學校和公眾參考。

六) 獎項:

初級及高級組的冠、亞、季軍隊伍將分別獲得港幣\$20,000(包括港幣\$4,000 書券)、港幣\$12,000(包括港幣\$3,000 書券)和港幣\$8,000 (包括港幣\$2,000 書券)的獎金、獎狀和獎盃。另獲得「最佳演繹獎」和「最具創意獎」的隊伍將各得港幣\$4,000 獎金和獎狀。其餘入圍隊伍也獲得參與獎狀。

七) 計劃日程:

	日期	活動
2024	9 月 20 日	計劃宣傳及招募
	10 月 17 日(四) (*Zoom)	線上簡介會
	10 月 31 日(四)	截止報名日期
	11 月 27 日(三)	截止遞交計劃書
2024–2025	11 月 28 日- 12 月 16 日	評判團評估隊伍遞交計劃
2025	12 月 18 日(三)	公佈 16 隊入圍隊伍
	3 月 24 日(一)	遞交短片及成效報告
	4 月 12 日(六)	隊伍會見評判團
	4 月 16 日(三)	公佈 8 隊入圍決賽隊伍
	5 月 17 日(六)	決賽及頒獎典禮

八) 評選準則:

● 內容 (配合多角度思考) - 融合健康校園形式於主題中 - 符合計劃之目的及宗旨	30%
● 創意和創新 (包括創作意念及表達手法)	20%
● 可行性及實用性	20%
● 表達技巧 - 適當運用短片剪接技巧 - 計劃書及不同形式匯報方法能仔細及準確地表達計劃內容	15%
● 可持續性	15%



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報名表

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(請填妥此回條並於 **2024年10月31日或之前**傳真/電郵到本會，回條可自行複印。)

健康校園由你創 2024-2025

「創意健康校園生活模式」

本校將派出以下隊伍參加「健康校園由你創 2024-2025」參加。

#初級組 / 高級組 (#請劃去不適用項目)

參加學生人數：_____ 中學年級(Form)_____

請提供中文或英文全名：

1)	2)	3)
4)	5)	6)

學校名稱：_____

老師名稱：_____

聯絡電話/手機號碼：_____ 電郵：_____

通訊地址：_____

簽署：_____

日期：_____ 學校印章：_____

註：如貴校有多過一份之參加計劃，請分開報名表填寫。