



“Liberal Studies Programme 2009-2010”
Proposal & Guidelines

**A) Organizer: Hong Kong Tuberculosis, Chest & Heart Diseases Association –
Hong Kong Centre for Health Promotion and Disease Prevention**

B) Theme: Lifestyle and Health

C) Modus Operandi:

- i) Limited to 20 schools/projects on a first-come-first-served basis;
- ii) Each school/team will take up a research project relating to the above theme; planned and carried out by students, cumulating in the production of an innovative project and written report.
- iii) Teachers will be facilitators only. If necessary the HKTBA may help find subject specialists and/or government departments to provide information or expert advice.
- iv) Prize-winning teams will present their findings in an open forum in May 2010.
- v) Written reports will be published in a journal for circulation to schools and put in the website for world-wide dissemination.

D) Financial Assistance & Prizes:

- i) Participating project will receive financial assistance up to \$500.
- ii) Projects will be evaluated by a panel of judges. The best 3 projects, in order of scores, will receive cash prizes of \$3,000, \$2,000, \$1,000 respectively; a meritorious award of \$500 each will be given to 2 schools with the next the highest scores.

E) Schedule of the Project:

| <i>Date</i> | | <i>Activities</i> |
|-------------|---|---|
| 2009 | June to October | Registration for the programme |
| | End of October | Briefing for participated schools |
| | 16 th November | Deadline for Proposal Submission |
| | 17 th November to 30 th November | - Evaluate the Proposal by Judging Panel - Judging Panel Meeting |
| 2009– 2010 | 1 st December to 31 st March | Conducting the research |
| 2010 | Mid April | Submission of Abstract |
| | Early May | Project Presentation(Semi-final) |
| | End of May | Project Presentation(Final) and Award Presentation Ceremony |
| | 30 th June | Submission of project report and financial statement |

F) Judging Criteria

The project will be judged on the following criteria:

| | |
|---|-----|
| <ul style="list-style-type: none">• Multi-perspective thinking<ul style="list-style-type: none">○ linking “lifestyle and health” with social and cultural contexts○ Achieve aims & objects of the project, creative, authentic and practical | 40% |
| <ul style="list-style-type: none">• Analytical thinking | 20% |
| <ul style="list-style-type: none">• Communication skills (as shown in the proposal, abstract and short oral presentation) | 20% |
| <ul style="list-style-type: none">• Benefit to the community | 20% |

G) Guidelines for Financial Support

- i) Each participating school will receive a **maximum of HK500** financial support for incidental expenses.
- ii) Participants are required to submit evaluation report, financial statement and certified receipts to HKTBA for checking. **Cost-based reimbursement** will be allocated to participants after review.
- iii) Only official receipts marked clearly with company name will be accepted. For thermo receipts (e.g. supermarket receipt), please make a copy for your file before submission.
- iv) The organiser will not reimburse catering, taxi fare and any other cost not related to the project.
- v) The HKTBA reserves the right to make final decision on financial support matters.
- vi) Subvented items only include consumables required for report production, e.g. films, tape, video tapes and ink cartridges. Camera, computer accessories, computer software, magazines are excluded for support.



Appendix 1

Suggested Topics of Investigations on “Lifestyle and Health” for 09/10

Obesity: Obesity is now a serious health problem in Hong Kong. Try to analyze the obesity problem among students or Hong Kong citizen in general and provide effective solutions to the problem

Smoking: Smoking is related to lung cancer, heart diseases, bronchitis, gastric ulcer and many other illnesses. Research on why youngsters smoke and suggest effective solutions/health education to alleviate the situation.

Exercise: Study the reasons and habits of youngsters towards physical exercise and compare it with their health situation. Study the relationship between exercise/health.

School environment and health: Study the effect of the school environment to students, including design of the classrooms, facilities, environment situation, etc.

Dietary Habit: Analyze the dietary habit of Hong Kong citizen/youngsters and give some suggestions and recommendations.

Health Services in Schools: Analyze the health services provided to schools by the Hong Kong Government, for example, food services supply, medical services, etc. and give some suggestions.

Leisure activities: Analyze the sufficiency of the leisure activities provided by the Hong Kong Government to youngsters and give some suggestions.

Drugs: Try to research the reasons why youngsters take drugs and suggest effective solutions/health education to solve the problem.



HONG KONG CENTRE FOR HEALTH PROMOTION AND DISEASE PREVENTION
香港健康教育疾病預防中心

Reply Slip

(Please send us your reply on or before 10 July 2009. Thank you!)

**To: The Hong Kong Centre for Health Promotion and Disease Prevention (the Centre)
c/o Hong Kong Tuberculosis, Chest and Heart Diseases Association**

Attn: Mr. Tommy Ho

Fax: 2834 5522

Liberal Studies Program 2009-2010 – Lifestyle and Health

**Please “√” where appropriate:*

Yes, our students are interested to join the “Liberal Studies Program 2009-2010”.

Number of students _____ Form _____

Topic(if it is decided) _____

We are interested to arrange a visit to your Centre.

Preferred Date and time: _____

We are not interested in the “Liberal Studies Program 2009-2010” at this moment.

Name of School: _____

Contact person: _____ Position: _____

Tel: _____ Fax: _____ E-mail: _____

Address: _____

Signature: _____ Institutional Chop: _____

Date: _____

P.S. Please fill in different forms if your school enters for more than 1 project