

Take a 2-hour Break

# Teaching Training Programmes

Understanding how to relax can help establish a positive learning environment. The teacher training programmes at Noah's Academy provide two-hour relaxing workshops such as singing, mime performances and music appreciation to help teachers strengthen emotional management ability and relaxation techniques. It also encourages them to exchange teaching experiences and enhance their communication skills and creative thinking that would be a great benefit to assist teachers in coping with daily educational work.

**Target** Teacher  
**Capacity** 25+ Participants

## Tablet Piano Crash Course



Participants will learn the basic piano playing techniques through electronic tablet piano, so as to enhance their sensitivity to music and improve expressive abilities.

**Content:**

- Understand the basic structure of keyboard instrument
- Learn to play simple chords
- Practice basic scales and rhythm
- Try playing and singing popular songs



\*Participants need to bring their own tablet device

## School Songs Choir



Through systematic vocal training, participants will enhance their singing skills, cultivate a good musical literacy and improve teamwork and performance abilities.

**Content:**

- Learn vocal techniques, including breathing and resonance
- Practice pitch, rhythm and memorization of lyrics
- Sing school songs and other choral pieces



## Creative Mime Class



Through learning the techniques of mime performance, participants can reacquaint themselves with body language, understand how to tell stories using their bodies, foster creative thinking and enhance insight into life.

**Content:**

- Learn basic body language and acting techniques
- Engage in mime practice and performances



## Immersive Music Workshop



Through immersive music experiences, participants can relax, regain inner peace and enhance their perception of music.

**Content:**

- Learn various music therapy techniques for relaxation
- Experience calming music such as light music and nature sounds





## 輕鬆 2 小時教師培訓提案申請表

### Take a 2-hour Break Teaching Training Programmes Application Form

#### 申請人資料 Particular of Applicant

機構名稱  
Name of Organization : \_\_\_\_\_

機構地址  
Address of Organization : \_\_\_\_\_

活動負責人 / 聯絡人  
Organizer / Contact Person : \*\* 先生 / 太太 / 小姐 / 女士 / 老師 職位 ( Position : \_\_\_\_\_ )

電郵地址 (請以大楷英文填寫)  
E-mail address (in BLOCK Letter) : \_\_\_\_\_ 聯絡電話  
Tel No. : \_\_\_\_\_

活動當日團體領隊  
Tour Leader on the day of visit : \_\_\_\_\_ 手提電話  
Mobile : \_\_\_\_\_

\*\* 請圈出適用者 Please circle whichever is appropriate

#### 參觀資料 Details of Visit

幼兒 (3 歲以下) 人數  
No. of Children under 3 : \_\_\_\_\_

兒童 (3-11 歲) 人數  
No. of Children aged 3-11 : \_\_\_\_\_

長者 (65 歲或以上) 人數  
No. of Seniors (Aged 65 or above) : \_\_\_\_\_

參觀總人數  
Total Number of Visitors : \_\_\_\_\_

參觀日期 (首選)  
Date of Visit (1<sup>st</sup> Choice) : \_\_\_\_\_ ( )

參觀時間  
Time of Visit : \_\_\_\_\_ 上午 / 下午  
a.m. / p.m.

工作坊時間  
Time of Workshop : \_\_\_\_\_ 上午 / 下午  
a.m. / p.m.

成人 (12-64 歲) 人數  
No. of Adults (Aged 12-64) : \_\_\_\_\_

老師 / 職員人數  
No. of Teachers and Staff : \_\_\_\_\_

傷健人士人數  
No. of Disabled : \_\_\_\_\_

(請略述殘疾類別及程度 Please provide the information of disabling conditions)

參觀日期 (次選)  
Date of Visit (2<sup>nd</sup> Choice) : \_\_\_\_\_ ( )

至 \_\_\_\_\_ 上午 / 下午  
to a.m. / p.m.

至 \_\_\_\_\_ 上午 / 下午  
to a.m. / p.m.

項目 Item	費用 Price
<input type="checkbox"/> 平板鋼琴速成班 Tablet Piano Crash Course (2 小時/hours)	每項工作坊 Price Per Workshop \$350 (每位港幣計算; 所有進場人士均按此收費) (HK\$ per head, applied to all visitors)
<input type="checkbox"/> 聲 SING 校歌合唱團 School Songs Choir (2 小時/hours)	
<input type="checkbox"/> 輕鬆創意默劇班 Creative Mime Class (2 小時/hour)	
<input type="checkbox"/> 沉浸式音樂工作坊 Immersive Music Workshop (2 小時/hour)	

請選擇主題及教授語言\* Topics & Medium of instruction\*

工作坊 Workshop			廣東話 Cantonese			英語 English			普通話 Putonghua		
<input type="checkbox"/>	平板鋼琴速成班 Tablet Piano Crash Course										
<input type="checkbox"/>	輕鬆創意默劇班 Creative Mime Class										
<input type="checkbox"/>	聲 SING 校歌合唱團 School Songs Choir										
<input type="checkbox"/>	沉浸式音樂工作坊 Immersive Music Workshop										

代訂午餐 Food & Beverages [用膳時間 Lunch time: \_\_\_\_\_]

飯盒餐 /  12 人團餐 /  自助午餐 [歡迎查詢餐單]

Lunch box /  Group Lunch /  Buffet [Menu will be provided upon request]

請於適當方格內加上    
 Please  the appropriate box

#### 負責人簽署 Signature and Chop

茲證明所填報資料均正確無誤，並已詳閱及同意附頁之申請須知，包括付款安排、惡劣天氣安排，並其他條款及細則。 The undersigned hereby certifies that all the information provided on this form is complete and accurate, and agrees to the Details of Application, including payment details, adverse weather arrangement, and all of the terms and conditions. [須由機構負責人，例如校長、主席、主任等簽署 To be signed by the person-in-charge, such as Chairperson, Director, General Secretary, etc.]

姓名 : \_\_\_\_\_ 簽署 : \_\_\_\_\_  
Name : \_\_\_\_\_ Signature : \_\_\_\_\_

職位 : \_\_\_\_\_ 日期 : \_\_\_\_\_ 機構印鑒 : \_\_\_\_\_  
Position : \_\_\_\_\_ Date : \_\_\_\_\_ Organization Chop : \_\_\_\_\_

此欄由本館職員填寫 For Office Use Only						
收件日期	負責職員	申請批准 <input type="checkbox"/>	退回申請 <input type="checkbox"/>	取消申請 <input type="checkbox"/>		
備注	<input type="checkbox"/> 旅遊巴士申請表 <input type="checkbox"/> 代訂團餐 <input type="checkbox"/> 餐廳留座 <input type="checkbox"/> 訂金發票 <input type="checkbox"/> 餘款發票 <input type="checkbox"/> 其他: _____					



## 申請須知 Details of Application

### Application Method 申請方法

- Please send the completed application form to Mission Development Team at email [mission@noahsark.com.hk](mailto:mission@noahsark.com.hk) or fax to 3411-8701. We will acknowledge your application within 3 working days. 請將填妥的申請表格電郵至 [mission@noahsark.com.hk](mailto:mission@noahsark.com.hk) 或傳真至 3411-8701 使命拓展部。我們將於 3 個工作天內回覆。

### Payment Details 付款安排

- 50% deposit should be made within 2 weeks once application is accepted. 須於申請被確認後兩星期內繳付 50%訂金。
- The number of participants should be confirmed and full / balance of payment be made at least seven working days before the date of visit. No amendment on the number of visitors is allowed after confirmation. 須於到訪前最少七個工作天確實人數及繳付餘款。(人數一經落實，恕不更改)。
- Please make a direct deposit to the "Golden Arc Limited" bank account at HSBC: 808 580815 001. If paying by crossed cheque, please make the cheque payable to "Golden Arc Limited" & send the bank in receipt to us by email [mission@noahsark.com.hk](mailto:mission@noahsark.com.hk) or fax by 3411-8701. 請將款項存入香港上海滙豐銀行戶口號碼 808 580815 001，收款人為「Golden Arc Limited」。如以支票付款，支票抬頭請寫上「Golden Arc Limited」，並將入數收據電郵至 [mission@noahsark.com.hk](mailto:mission@noahsark.com.hk) 或傳真至 3411-8701。
- No refund after payment. 付款後不設退款。

### Terms & Conditions 條款及細則

- Prices are valid till June 30, 2025. All prices are subject to change without prior notice. 價目有效期至 2025 年 6 月 30 日。如有更改，恕不另行通知。
- All confirmed transactions / programmes cannot be cancelled. All transactions/ programmes are non-transferable, non-exchangeable and non-refundable. 所有預訂交易或活動一經確認，將不能取消、轉讓、退換或退款。
- All visitors should follow the Rules and Regulations of Ma Wan Park. Please see the Park website or notices for details. 所有進場人士均須遵守馬灣公園挪亞方舟規則和章程，詳情請參閱本網站或園內告示。
- Adverse weather arrangement 惡劣天氣安排
  - Typhoon Signal No.8 or above and Black Rainstorm Warning 八號或以上颱風訊號及黑色暴雨警告訊號
    - (a) If the signal remains hoisted at 8 am, the program will be cancelled and rescheduled within 3 months. 如訊號在早上八時前懸掛，當天活動將會取消及安排改期並於 3 個月內進行。
    - (b) If the Typhoon Signal No.8 is hoisted during the program, the program will be dismissed immediately. 如八號或以上颱風訊號在活動期間內懸掛，所有活動會即時終止。
    - (c) If the Black Rainstorm Warning Signal is hoisted during the program, the program will be held as scheduled under a safe condition. 如黑色暴雨警告訊號在活動期間內懸掛，所有活動將于安全情況下如常進行。
  - Special Arrangement for Kindergartens and Primary Schools 因應幼稚園及小學指引的特別安排
    - (a) Special arrangement will be considered if there are any individual guidelines provided by the schools. Please inquire our staff when you submit the application. 本館會考慮學校因應惡劣天氣之活動指引而作出配合，請於申請時向職員查詢。
    - (b) If the school or organization has special outdoor activities guideline, please send us the request with relevant document 7 days before the visit. 如學校或機構備有外出活動指引，請於到訪前 7 天提供相關檔，以便審批安排。
- All content contained herein is subject to change without prior notice. Noah's Ark Hong Kong reserves the right to change or modify the payment details, terms and conditions applicable to use of this form at any time. 香港挪亞方舟保留權利修改上述安排、條款及細則而不須另行通告。
- In case of any dispute, Noah's Ark Hong Kong reserves the right on final decision. 如有任何爭議，香港挪亞方舟保留最終決定權。

### Personal Data Privacy Notice 個人資料 (私隱) 收集聲明:

- The personal data being collected via current means will be treated in strict confidence and will be used for the purpose of processing of the application only. 於表格內所提供之個人資料只作處理申請之用。
- Applicant has the right to request access to and correction of any of his/her personal data in accordance with the provisions of the Personal Data (Privacy) Ordinance (Cap.486). 根據《個人資料 (私隱) (修訂) 條例》(第 486 章)的規定，申請人有權要求查閱及更正表格內所提供的個人資料。

By confirming your booking, all terms and conditions contained herein and terms and conditions of the Privacy Policy and Personal Information collection statements are considered and accepted by the applicant. 所有活動一經預訂及確認，即表示閣下對上述條款及規則、私隱政策聲明及個人資料收集聲明內容清楚理解及接受。