



## Press Release

**“AIA Foundation Online Wellness Playground” Makes Its Debut  
Providing 150+ Free Educational Workshops, Parenting Seminars and Games  
Featuring Experienced Teachers and Renowned Education Experts  
in Support of the Physical and Mental Well-being of Children, Youth and Parents**



Hong Kong, 16 April 2021 – AIA Foundation announces the launch of **“AIA Foundation Online Wellness Playground”** ([AIAF-wellness.org](http://AIAF-wellness.org)) that provides over 150 educational and fun workshops, regular parenting talks and activities hosted by distinguished guests, as well as exciting online games for free, to help children and parents enrich themselves, stay positive and enhance their physical and mental well-being without having to set foot outdoor.

There are three main sections in “AIA Foundation Online Wellness Playground”: **“Workshops”** that provides fun learning, personality development and well-being enhancement, hosted by renowned instructors, covering a vast spectrum of topics that will be updated weekly, including Chinese creative writing, STEM, singing, social etiquette, martial arts, and handicrafts, etc.; **“Events”** will feature monthly parenting talks hosted by distinguished speakers including **Dr. Iris Chau**, Chairperson and Chief Clinical Supervisor of Child Parent Relationship Therapy

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Association of Hong Kong, **Ms Shirley Loo**, Secretary-General of the Family Development Foundation, **Principal Johnny Kwan**, Curriculum and Training Director of FQ Education Academy, and **Mrs. Josephine Ling**, Founder and Chief Executive Officer of Hong Kong Character City Movement. On Mother's Day and Father's Day, renowned band **DisCover** will host an online interactive concert, taking song requests from children to dedicate their love to their parents; "**Games**" offers online games that promote healthy messages, providing fun and challenging tasks for children. More games will be launched in due course. Children can participate in "Workshops" and "Games" by registering on "AIA Foundation Online Wellness Playground" ([AIAF-wellness.org](http://AIAF-wellness.org)) while no registration is required for "Events", which is dedicated for parents and the public.

Title sponsored by AIA Foundation while designed, provided and managed by Seedland Educational Charitable Foundation, "AIA Foundation Online Wellness Playground" is expected to provide regular and interesting online activities for over 3,000 children and their family in support of their physical and mental well-being.

Mr. Alger Fung, Chief Executive Officer of AIA Hong Kong & Macau and Director of AIA Foundation, said, "AIA Foundation is committed to driving social and economic development and nurturing our children and young people. With the aim to cultivate a healthier and more productive future human capital for the society, we established the US\$100 million AIA Scholarships last year, in addition to running the Young Leaders Development Programme for more than two decades. Year 2020 was a challenging year with students being restricted from enjoying free play time outdoor and attending extracurricular activities, which in turn have affected their physical and mental well-being. On this account, we are motivated to title sponsor 'AIA Foundation Online Wellness Playground'. We aim to encourage children to learn via play and parents to enjoy parenting talks and online concerts by utilising digital technology, hence helping people live Healthier, Longer, Better Lives in the new normal."

According to Article 31, Convention on the Rights of the Child (1989) of the United Nations, a child has the right to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts. In 2011, a research by the American Academy of Paediatrics pointed out that children who lose time to play freely are more prone to depression and anxiety disorder, thus suggested to provide at least one hour of free play time a day for children. In response to these suggestions, "AIA Foundation Online Wellness Playground" offers "Workshops", "Games" and "Events" to proactively meet the needs of children and parents in Hong Kong.

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Three Main Sections	Content
Workshops [See Attachment 1 for details]	<p>Multi-intelligence workshops hosted by renowned instructors, updated weekly, covering a vast spectrum of topics such as Chinese creative writing, creative English, singing, social etiquette, STEM, martial arts, handicrafts and magic, allowing children to learn through play.</p> <p>The inspiring instructors include Principal Chan Hung, renowned educator and children literature author; Mr. Kenny, former English-and-Mandarin bilingual TV host of CCTV and an educational consultant; Ms Venus Yiu, renowned English instructor; Ms Gillian Ho, renowned vocalist and Musical Director; and Ms Cat Chan (Mamacat), former radio programme host and columnist of women’s magazines.</p>
Events [See Attachment 2 for details]	<p>Monthly parenting talks will feature renowned speakers including Dr. Iris Chau, Chairperson and Chief Clinical Supervisor of Child Parent Relationship Therapy Association of Hong Kong; Ms Shirley Loo, Secretary-General of the Family Development Foundation; Principal Johnny Kwan, Curriculum and Training Director of FQ Education Academy; and Mrs. Josephine Ling, Founder and Chief Executive Officer of Hong Kong Character City Movement.</p> <p>On Mother’s Day and Father’s Day, renowned band DisCover will host an online interactive concert, taking song requests from children to dedicate their love to their parents.</p>
Games	More to be launched in due course, the online games offer fun and challenging tasks for children to enjoy at home.

### About AIA Foundation

AIA Foundation was established in 1995 with the mission to create shared value by promoting charitable activities and driving social and economic development. Affirming its long-term commitment to investing and nurturing our children and youth, AIA Foundation strives to cultivate a healthier and more productive future human capital for Hong Kong. Through a wide variety of activities promoting physical, mental and financial health, and in pursuit of its charitable objectives, AIA Foundation is committed to helping people live Healthier, Longer, Better Lives, while actively supporting the less privileged by means of financial assistance and other charitable events to contribute to the community at large.

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Attachment 1:

<b>Workshops</b>	
(Children can join for free with simple registration on “AIA Foundation Online Wellness Playground”)	
Topic	Instructor and Content
Chinese creative writing	<p>Tutor: Principal Chan Hung is the founder of Principal Chan Free Tutorial World, and awardee of the 8<sup>th</sup> Compassion Award by Hong Kong &amp; Macau Taiwanese Charity Fund, Leader of the Year Award 2014 (Education and Technology) by Sing Tao News Corporation Limited and Honorary Fellowship by the Education University of Hong Kong in 2017. He is a renowned children’s literature author and winner of the Hong Kong Biennial Awards for Chinese Literature (Children and Youth Literature). He was the Editor-in-Chief of youth literature magazine <i>New Youth Bi-monthly</i> and is an expert in teaching Chinese creative writing.</p> <p>Content: To inspire students to go hands-on with Chinese creative writing in a lively and fun way.</p>
Creative English	<p>Tutor: Mr. Kenny, former English-and-Mandarin bilingual TV host of CCTV and an educational consultant; and Ms Venus Yiu, renowned English instructor.</p> <p>Content: To teach practical English in a fun and audience-friendly manner, opening up students’ horizon in addition to learning the language.</p>
Singing	<p>Tutor: Ms Gillian Ho holds Bachelor of Fine Arts (Honours) of Hong Kong Academy for Performing Arts and Master of Arts in Communication of California State University, Fullerton. She has also been awarded Postgraduate Diploma in Creative Industries Management and Postgraduate Diploma in Integrated Marketing Communications by HKU SPACE. A former full-time lecturer at ERC Institute ACT Academy in Singapore, in 2018, she flew all the way to Broadway in the USA to further her studies in musical performance and teaching, covering courses in directing, choreography, singing, and conducting. She is now the Musical Director of Mermen Musical School by Mermen Theatre.</p> <p>Content: To teach one popular song in each class while covering some musical theories and score reading techniques.</p>
Social etiquette	<p>Tutor: Ms Cat Chan (Mamacat), former radio show producer and</p>

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	<p>programme host of Metro Broadcast and columnist of women's magazines <i>Elle</i> and <i>Marie Claire</i>.</p> <p>Content: To teach social etiquettes applicable to daily life including demeanours, dress codes, manners for interviews, conversations, phone manners, banquet etiquette and table manners, etc.</p>
STEM	<p>Tutor: Mr. Walker Cheng had designed STEM and AI courses for Jockey Club Neo Education Lab and other education brands. He has also coached STEM tutor training courses at the Hong Kong Federation of Youth Groups and co-hosted STEM competitions and exhibitions.</p> <p>Content: To carry out experiments and deconstruct science theories using items that can be easily found in daily life; to introduce mathematical concepts of probability, distribution and ruled surface by guiding children to do handicrafts; and teach simple coding.</p>
Martial arts	<p>Tutor: Experienced instructors assigned by Hong Kong Guoshu Association and Hong Kong Muay-Thai Association.</p> <p>Content: To teach Wing Chun, Changquan, Nanquan, and Muay Thai, providing both physical training and character training to promote self-discipline, grit and ethics.</p>
Handicrafts	<p>Tutor: Ms Libby Lee, experienced visual arts teacher who has taught drawing and handicraft classes in church and schools.</p> <p>Content: To teach children to create handicrafts, including DIY toys and practical houseware, with recycled materials that can be easily found at home. The first 100 applicants will receive a material pack for free.</p>
Magic	<p>Tutor: With over 10 years of profound experience in public performance, Mr. Nelson Chau has become a famous magician following his appearance on <i>The Magic Ring</i>, TVB's first magic show. Nicknamed "Magic Hero", he is the champion of "National Close-up Magic Competition".</p> <p>Content: To teach children to perform magic tricks with items that can be easily found at home. The first 60 applicants will receive a material pack for free.</p>

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Attachment 2:

<b>Events</b>			
(Dedicated for parents and the public; no registration required)			
Date	Time	Speaker	Topic
25 <sup>th</sup> April (Sunday)	9pm – 10:30pm	Dr. Iris Chau, Chairperson and Chief Clinical Supervisor of Child Parent Relationship Therapy Association of Hong Kong	Parenting talk: How to help children avoid electronics addiction
9 <sup>th</sup> May (Sunday)	9pm – 11pm	Renowned band DisCover	Mother's Day online concert
20 <sup>th</sup> June (Sunday)	9pm – 11pm	Renowned band DisCover	Father's Day online concert
31 <sup>st</sup> July (Saturday)	9pm – 10:30pm	Ms Shirley Loo, Secretary-General of the Family Development Foundation	Parenting talk: Positive parental discipline for positive child
22 <sup>nd</sup> August (Sunday)	9pm – 10:30pm	Principal Johnny Kwan, Curriculum and Training Director of FQ Education Academy	Lecture on financial education for children
12 <sup>th</sup> September (Sunday)	9pm – 10:30pm	Mrs. Josephine Ling, Founder and Chief Executive Officer of Hong Kong Character City Movement	Parenting talk

Note: Please visit "AIA Foundation Online Wellness Playground" ([AIAF-wellness.org](http://AIAF-wellness.org)) for the most updated news and schedule.

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