

Athletes Talk for Schools – ‘Mind Gym’
(20 February 2025)

To enhance students’ ability to manage stress and negative emotions, the Department of Health holds 30 athlete campus tours for all secondary schools in Hong Kong from December 2024 to August 2025. On 20 February 2025 (Thursday), famous break dancer, TSANG Tsz-wa, was invited to our school to give a speech. He won the championship of the Hong Kong Breakdance Grand Prix in both 2021 and 2022 and officially represented Hong Kong at the Hangzhou Asian Games in 2023. Mr. TSANG shared his experience in facing adversities and negative emotions, helping students learn how to cope with stress positively and embrace different emotions.



Four Committee Members of the OLE Team have an engaging conversation with the guest speaker



An engaging sharing of life experiences by Mr. TSANG Tsz-wa



Students show eagerness to learn about life of a professional athlete



Mr. TSANG performs a break dance feat on the stage