

臺北市立第一女子高級中學自主學習-微課程

He Kaupapa Tūmanako / Project Hope

February 2025 Four-week Course

Massey University, New Zealand

紐西蘭梅西大學「希望計畫」課程大綱



HE KAUPAPA
TŪMANAKO
PROJECT HOPE



Dr. Heather Meikle, Nicki Trueman, He Kaupapa Tūmanako Project Hope Team

Massey University and Horizon's Regional Council, New Zealand

希望計畫團隊 :紐西蘭梅西大學 海瑟·米克爾 博士, 妮可·特魯曼 博士



myvanny@gmail.com

Master's degree student in Sustainable Development Goals,

Vanny Huang

紐西蘭梅西大學 永續發展目標研究生 黃鳳儀

Meet peers from New Zealand
share stories, meet others and
learn new things!

Project Introduction 計畫簡介

Project Hope / He Kaupapa Tūmanako is a transformative initiative by Massey University's College of Humanities and Social Sciences supported by Horizon's Regional Council in Aotearoa New Zealand. This online course equips young people with the tools to envision a sustainable future and the courage to act on their aspirations and broaden their global perspective. Drawing from the social sciences and Mātauranga Māori, the course explores critical practices of hope through three distinct practices to help students navigate challenges in our rapidly changing world.

He Kaupapa Tūmanako 是梅西大學人文與社會科學學院的變革性舉措。這個線上課程為年輕人提供了展望永續未來的工具，為他們提供了實現希望的勇氣並增進自己的全球視野。本課程借鑒社會科學和毛利觀點，探索希望的關鍵實踐方法與步驟，幫助學生應對世界上變化萬千的挑戰。



Responsibilities and Outcomes 參與責任與成果

Participants will:

1. Participate in a four-week online course and develop a deep understanding of "hope as a practice" through thought (whakaaro), connection (whiti), and action (ātetenga).
2. Use and practice English to engage with peers from different schools and cultures from Aotearoa New Zealand in an online Zoom class once per week and online learning activities.
3. Gain practical skills, including reflective writing, environmental observation, and creative expression.
4. Students will also develop teamwork, leadership, and creative problem-solving skills.
5. Join the sessions on time and the discussions actively.
6. Receive a Course Completion Certificate for participation.

參與者將：

1. 使用基礎英語溝通參加四周免費線上課程並透過思維、連結和行動，深入領會「練習」與「希望」等概念。
2. 與來自世界各地的高中生共同探討環境與社會議題。
3. 掌握實用技能，包括思考寫作、環境觀察及創意表達。
4. 進一步的在過程中學習到團隊合作、領導力和創造性地解決問題的技能。
5. 請準時上線、全程開啟視訊鏡頭，主動參與討論、享受學習過程。
6. 獲得梅西大學課程完成證書。

Online Course Time 課程時間

1. Zoom meeting from 26th February 2025, four Wednesday afternoons 14:00-15:30
2. Home self-learning 2-3 hours per week

2025年2月26日起，每周三下午14:00-15:30，為期四周，
在家自我學習時間約每周兩小時

limitation on students' numbers 人數限制

15-30 students

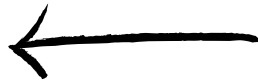
Feedback from Previous Students 學生回饋

- Students expressed increased resilience and leadership skills.
 - Students highlighted the course's transformative impact on their worldview and confidence.
 - Students create stunning coursework and gain friends
- 學生表現出更強的韌性和領導能力。
- 學生的回饋表示課程顯著改變了他們的世界觀和信心。
- 學生創作了令人驚豔的作品並獲得友誼。

[The activity I enjoyed the most was] "The group poem in the final week. It was a really nice way for us all to chat and share our ideas after getting to know each other for the last four weeks" (Graduate of He Kaupapa Tūmanako, 2023)

[Project Hope] "was a fun and awesome experience and a well organized project for students" (Graduate of He Kaupapa Tūmanako, 2022)

Student Testimonials 學生感言



Use the QR code or [click on this link](#) to view a video of students sharing their experiences of the course!

**Contact
Information
聯絡資訊**

For more information or to enrol please
send an email to:
kaupapaprojecthope@gmail.com

更多資訊或註冊，請聯絡：
信箱：kaupapaprojecthope@gmail.com



The curriculum at a glance

| Week 0: Orientation - What is hope? | Week 1: Practices of thought/whakaaro: |
|--|--|
| <p>Before we begin to talk about hope, we need to understand what makes us feel hopeless. Students anonymously share their fears and anxieties about what the future holds, creating a virtual word cloud, and discussing the issues that appear. Via short videos, we then introduce different ideas about what hope is and we discuss the concept of "hope as a practice" that is the foundation for this course. Students meet their classmates in a live Zoom session and get accustomed to the online tools they will be using during the course.</p> | <p>Our first module focuses on practices of thought. We draw from Mātauranga Māori philosophy to learn about gaining strength from the past as we look to the future. Students listen to a short presentation by Māori philosopher Dr. Krushil Watene. Students work on a short exercise over the week, doing two pieces of writing that connect their past and futures. Students then work in small groups to agree on a legacy that they would like to leave for the next generation.</p> |
| Week 2: Practices of connection/whiti: | Week 3: Practices of action/ātetenga: |
| <p>The second module on practices of connection introduces students to a practice of connecting to the environment around them. Presenter Dr. April Bennett, a Māori resource planner, shows students how to 'tune in' to the world around us with all our senses. Students work either by themselves or in small groups with their classmates during the week to record a short video of themselves practising this exercise in a place that is special to them. Then they share with other students in their group.</p> | <p>In the final module, we look at practices of action. Students learn about practising active hope from playwright Dr. Elspeth Tilley. Elspeth introduces students to a four step method of practising active hope through creativity. Then students create a simple protest poem on an issue that they care about. The final group exercise is to create a protest poem as a group and to perform it in any way the students choose (this might be simply reading the text, making a short video, presenting the poem creatively on their group website, or any other creative forms they would like to play with)</p> |



課程大綱簡介

| 第0週：導覽 - 什麼是「希望」？ | 第1週：思想的實踐 / whakaaro：從過去汲取力量，展望未來 |
|---|---|
| <p>在我們開始討論希望之前，需要先了解是什麼讓我們感到無望。</p> <p>透過觀看簡短的影片，我們介紹了關於「希望」的不同理念，並探討「希望一種實踐作為」的理念，這是本課程的核心基礎。兩國學生將在線上進行視訊會議，使用線上工具，並熟悉課程。</p> | <p>從毛利哲學中學習如何從過去與未來獲得力量，透過紐西蘭原住民毛利哲學家Dr. Krushil Watene的介紹進行思考練習與第一個聚焦於思想的實踐。本周內完成兩篇寫作，連結自己的過去與未來。</p> |
| 第2週：連結的實踐/whiti：與自然環境建立的連結 | 第3週：行動的實踐 / ātetenga：實踐主動的希望 |
| <p>第二模組著重在行為實踐，毛利資源規劃師 Dr. April Bennett 將指導學生學習如何用所有感官探索周圍世界，並向學生介紹如何與周圍的自然環境建立深刻的聯繫。包含地面的視覺觀察；聆聽鳥兒的鳴叫；透過氣味探索叢林的故事；觸摸植物的紋理；並在適當的情況下體驗味覺。這種用感悟「調頻」的簡單行動，是激發我們更深入地接觸自然、為世界帶來正向改變的重要實踐。</p> <p>學生可以單獨或以小組的形式，選擇對他們來說特別有意義的地方，以影片方式記錄他們練習此活動過程，並與小組內的其他學生分享。</p> | <p>在最後一個模組中，我們將探討行動的實踐並創作抗議詩。學生隨者劇作家Dr. Elspeth Tilley 學習如何透過創造力實踐"主動希望"的四步驟。</p> <p>最後的團隊合作活動是對於學生們關注的議題共同創作一首抗議詩，並以任何形式進行展示：可以簡單地朗讀、製作短片、在團隊網站上以創意形式呈現，或以其他任何他們願意嘗試的創新方式表達。</p> |

Personal Information for Recruitment

臺北市立第一女子高級中學自主學習-微課程 2025年紐西蘭梅西大學「希望計畫」報名表

- 姓名(中文)Mandarin Name:
- 姓名(英文)English Name:
- 班級Class:
- 座號Number:
- 是否已取得導師的同意

Your homeroom teacher's permission :

☐是 Yes ☐否 No

- 導師簽名Signature of your teacher:
- 導師電子郵件Email address of your teacher: