

Creative French

for *beginners*

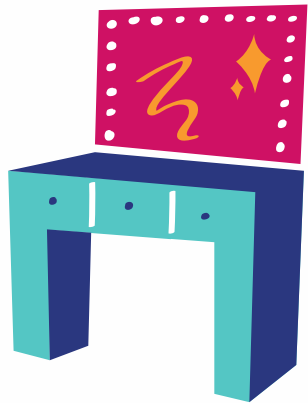


APPRENDS LE FRANÇAIS EN CRÉATIVITÉ!



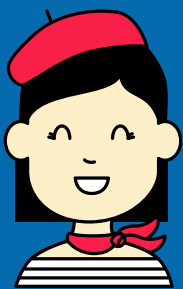
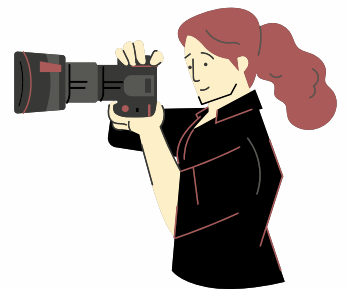


- Our Mission -



HK MODEL CAMP by Lucie Petit was established with the mission to **inspire young people** with an **empowering experience** to **express themselves artistically**.

Its programme aims to **boost confidence and self-esteem** using modelling as a medium to **develop a creative mind** and **enhance individuality**.



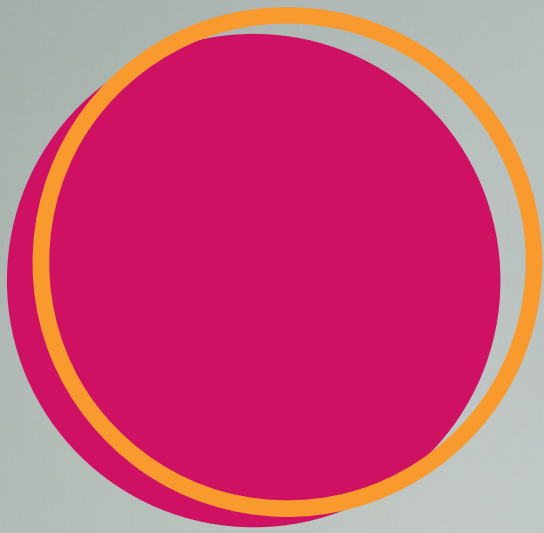
- Fun physical exercises
- Body positivity & self-acceptance
- Sense of etiquette
- Social & self-expression skills
- Stage presence
- Posture correction & body coordination
- Walk with confidence
- Pose with assurance for photos



WHILE DISCOVERING A NEW LANGUAGE!

« **Creative French** » is a unique educational curriculum to discover French through artistic exercises, with a final performance to remember - the best way to learn.

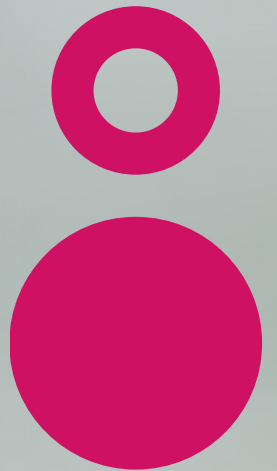




JE M'APPELLE TARA, J'AI 8 ANS.



JE SUIS GRANDE!



- Our Programme -

10hrs sessions



Bonjour! Comment ça va?
**GREETINGS
IN FRENCH**

Content, triste, surprise...
**EMOTIONS
IN FRENCH**

Self-introduction, ice-breakers games...
**INTRODUCTION
& REP GAMES**

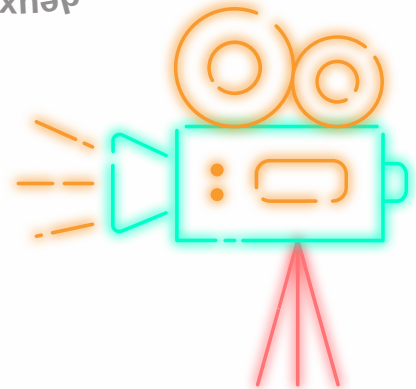
Catwalk practise, dance moves...
**STRETCHING
& POSTURE**

Un, deux, trois, quatre, cinq...
**NUMBERS
IN FRENCH**

Bleu, blanc, rouge...
**COLOURS
IN FRENCH**

Confidence reinforcement...
**POSITIVE
COLOURING**

Pose practise, preparation to a photo shoot...
**MOODBOARD
BRAINSTORMING**



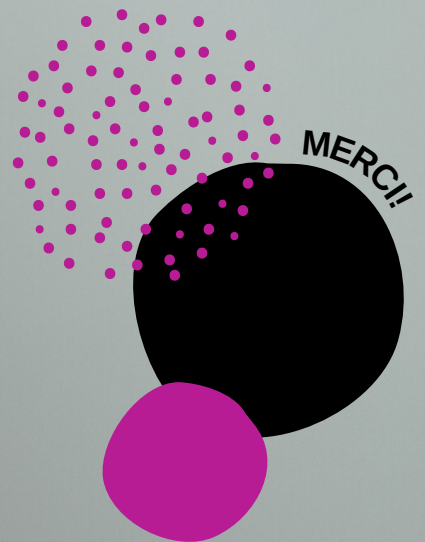
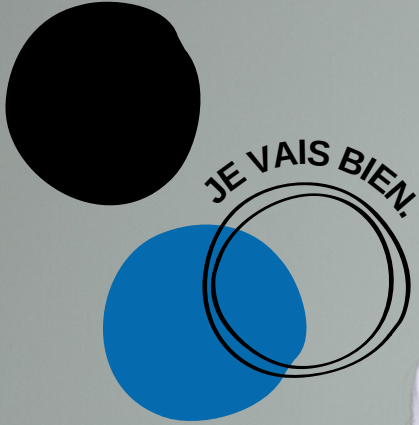
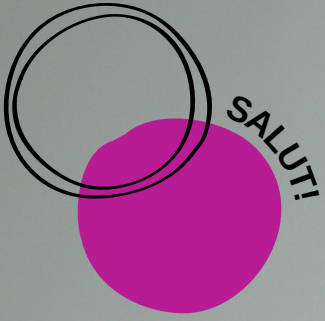
**SELF-
EXPRESSION
PHOTO SHOOT**

**SELF-
INTRODUCTION
VIDEO SHOOT
IN FRENCH**



To keep a memory of the experience!





- Our Schedule - and Fees



PRIVATE SESSIONS

1-2 Students

5 sessions x 2hrs or 10 sessions x 1hr

Optimised for 8-12 years old students, the programme can be adapted to suit 6-10 years old and 10-14 years old.

SCHEDULE

Flexible schedule based on your availability, hosted in the comfort of your own home or clubhouse.



FEES

20,000 HKD / 10 sessions x 1hr

2,000 HKD / 1hr trial fee

15,000 HKD / 5 sessions x 2hrs

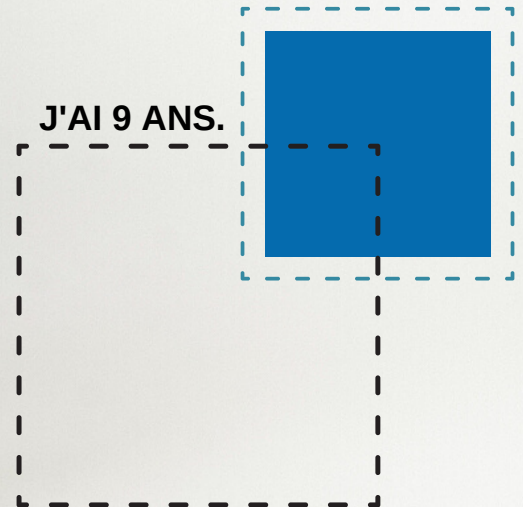
3,000 HKD / 2hrs trial fee

Fees include a photo/videoshoot with 1 edited photo and 1 video. More photos on demand.



JE SUIS FORT!

J'AI 9 ANS.



- More about Lucie Petit -

Lucie is the founder and director of HK MODEL CAMP, a role model ambassador for Inspiring Girls and a French tutor.

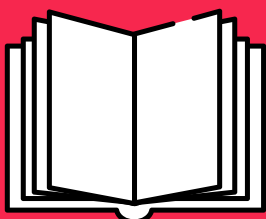
She has been modelling internationally for over 10 years during which she has worked for more than 30 fashion houses including Armani for 7 years, Calvin Klein and Kate Spade for 6 years, as well as others.



Lucie also presented Victoria's Secret Fall 2020 collection to former CEO, John Mehas, and more recently joined the Chanel Cruise show production in Monaco in May 2022.

From 2019 to 2023, she was mentored by supermodel and successful entrepreneur Coco Rocha in New York and online.

SCHOOL EDUCATION



Lucie has studied at the University of Nice Sophia Antipolis in 2013 for a Bachelor of Arts in Languages and International Business after a Technician Certificate in Real Estate.

MA COULEUR PRÉFÉRÉE EST LE BLEU.

BONJOUR!
J'AI 12 ANS!

- Testimonials -

Videos and more testimonials available on
www.hkmodelcamp.com/info



Dear Lucie,

Congratulations on founding HK Model Camp!

I'm in awe at the fact that you were able to make it all work out and bring it to life, despite the chaos and stress the pandemic has brought upon us. I'm very excited for the camp's future. I can't wait to see more and more talented women develop under your guidance. Every woman - myself included - who has the chance to learn from you will know at the end how lucky they are.

I sincerely appreciate all the help and the guidance that's been given to me from you, from these two days, it made a huge impact on my self confidence and professional development, I can thank you enough for this amazing opportunity you've given the others and myself. I've learnt so much from just 2 days and I feel so much more comfortable modelling and putting myself out there so thank you so so much for this. I can't even begin to imagine what a success 'HK Model Camp' will be in the future, I'm sure Coco would be so happy to see it all fall into place. Thank you for pushing me and challenging me and standing by me. I wish you all the luck for 'HK Model Camp' it was an honor to be a part of this. 🥰

Hi Lucie! Just wanted to say thank you again for having me at the model camp! It was so great to learn different styles of walking and I really felt excited to think outside the box and get creative. I have to say my favorite part was listening to you talk about the industry and how it can be tough at times to go to countless castings without being booked as much as you might want. Hearing you talk about it made me realize that all models go through it and it's important to build a strong mentality to remind yourself not to take it personally and to keep going! Other than that the whole experience was so inspiring and I'm excited to keep modeling and try all the new things I learned from the camp. I hope this was a good review and best of luck with becoming an amazing model coach! ❤️

Nice to meet you as well! Thank you so much again for all your help today I really appreciate it! I enjoyed the runway training so much,! The tips and everything I just have no words!!! I see how much time, investment etc you have put into this and I am truly amazed!

I'm excited for the pose class tomorrow 🥰



**INTERESTED IN A
MOTHER-DAUGHTER
EXPERIENCE?**

Ask us about it!

Catwalk Confidence

French expat LUCIE PETIT is the Creative Director of Hong Kong Model Camp (HKMC), a modelling school where the aim is not only to perfect "the walk", but to instill self-esteem, promote body positivity and more.

Tell us a bit about HK Model Camp and how it got started.

HKMC is a platform for aspiring people. We create experiences that inspire people to express themselves artistically, no matter who they are, by using modelling as a medium to develop a creative mind and enhance individuality. In the summer of 2020, we set up some workshops for aspiring models between 14 and 22 years of age. A year later, it became a business and started being shaped into what it is today: an empowering platform to boost confidence and self-esteem, accessible to everyone, not just models.

Who is a typical participant at HKMC? Whether it's in a group or individual sessions, our typical participant is a teenager or young woman, but we accommodate everyone by offering different services that are all personalised. Confidence is a lifelong process and is valuable to everyone!

- In the past, we've taught:
 - kids whose parents wanted them to have fun with a photo shoot experience;
 - some who were keen to learn French through our Creative French programme;
 - teenagers seeking to improve their posture and social skills;
 - aspiring models wanting to learn the ropes of the modelling industry;
 - working ladies keen to acquire better presentation skills and assurance on camera;
 - mothers wanting to feel good and have some time for themselves;
 - groups of friends strengthening their bond for birthdays and bachelorette party activities;
 - and even some reserved men looking to come out of their shells!

Une approche destinée aux grâmes de mannequin, mais pas uniquement. "Pour quelqu'un qui se destine à cette profession, cela donne les codes. Pour les autres, c'est un terrain de développement personnel." Une manière d'explorer qui on est. À travers le regard que l'on porte sur soi. "Mon but est de faire sortir de leur zone de confort. Ce n'est pas toujours facile mais c'est aussi comme cela que l'on avance. Mais attention, je n'oblige jamais personne à faire quelque chose qui irait contre ses principes, sa culture, ses croyances", assure la cheffe d'entreprise qui aime à briser les clichés sur l'univers du mannequinat (voir ci-dessous).

"IL FAUT ÉVITER DE SE COMPARER"



Portraits de Lucie Petit, mannequin à Hong Kong. paper Magier DASQUE Dylan Meiffier / Nice Matin

S'il est question de coiffure et de maquillage, l'idée n'est pas de dénaturer, façon filtre Instagram. Frônant les sourcils, elle reconnaît: "Où... Cela fait des décennies. Le fait d'être habitué à se voir pas tel que l'on est n'est pas très sain sur le long terme." Ici, les produits de beauté servent à mettre en valeur les participants. Le résultat? "Les seules retouches que nous faisons sont celles sur les petits défauts temporaires. Comme un bouton par exemple." Exit l'idée de changer son nez ou hausser ses pommettes. Apprendre à poser, s'exercer face à une caméra ou un appareil... Autant d'étapes pour atteindre la sérénité: à savoir, l'acceptation de soi. Vertigineux. Et pour que la magie opère, les échanges doivent donner dans le sur-mesure.

Son meilleur conseil? "Même si on le fait de manière réflexe, il ne faut pas se comparer aux autres. C'est destructeur." Le vrai défi se situe ailleurs. "Par contre, on peut se mesurer à soi-même. À la personne que l'on était il y a plusieurs années par exemple. Cela permet de voir son évolution, de prendre conscience du chemin accompli."

Un outil de mesure qui ne donne pas dans la démesure. Mais permet laisser de l'espace à sa propre force. Une puissance capable de transformer n'importe quelle chrysalide...

Savoir +: www.hkmodelcamp.com

hear her say...

法裔模特兒 盼改時裝生態 美的標準 點止高白瘦

超級 Tyra Banks 在 2003 年製作和主持 America's Next Top Model，是超級模特兒鼻祖，能夠大膽的少女競爭一途成為大上的超模。法裔模特兒 Lucie Petit 與不少女生都是這目的信徒，希望透過自己的 YouTube 頻道把 Coco Rocha 身上所帶的「可憐」可憐其他模特兒，改變美的標準不單是「高、白、瘦」。

Profile

Lucie Petit
法裔女模，立志成為成功模特兒，以香港為起點，得到超模 Coco Rocha 親身指導，希望透過自己的 YouTube 頻道把 Coco Rocha 身上所帶的「可憐」可憐其他模特兒，改變美的標準不單是「高、白、瘦」。



(圖為受訪者提供)

1. 你如何開始你的模特兒生涯?

中學時，身邊朋友不斷問我有沒有興趣做模特兒。當時對模特兒行業一無所知，但我覺得這機會的模特兒公司，起初只是應徵的心態，沒有在意，但兩年多的時間，我對模特兒行業的興趣，便與日俱增。於是，正式與我的模特兒公司簽約。

2. 模特兒選擇香港作為事業的起點?

剛開始，我沒有選擇到香港，把品牌轉運到不同的模特兒公司或雜誌社。有一天突然遇到我的模特兒公司或雜誌社，便後來到香港了！

3. 你選擇哪一位模特兒為偶像?

Queen of Post——Coco Rocha！我的青少年期間，Coco Rocha 的面孔對我影響最大。我從她身上學到很多關於自信和姿勢，她展現不同造型時有強烈的個人特色，值得學習！所以我當我見到 Coco Rocha 在社交媒體上公布 Coco Rocha Model Camp 時，我便立即參加。

4. 在眾多參加者中，Coco Rocha 親自跟你合作，你當時有什麼感受?

對我來說，能與她合作，其實沒有她太大期望。我當時參加了這名模，其實沒有她太大期望。我當時參加了這名模，其實沒有她太大期望。我當時參加了這名模，其實沒有她太大期望。

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的專業指導，最終的願望則完成，但我的然覺得不自在，於是她對方面多給與部分照片。

9. 你對香港模特兒行業的看法?

香港模特兒行業的接受度很高，多年來香港時裝界對模特兒行業的興趣，便與日俱增。於是，正式與我的模特兒公司簽約。

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【迎接法國五月】法國女模 優雅之道
扮靚好
Lucie Petit 模特兒 23歲
對我而言 法式打扮是很輕鬆的

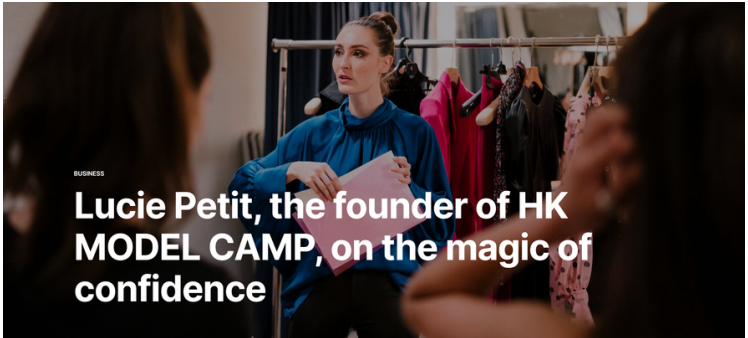
總法五月，我等港女業向法國模特兒取時裝經。23歲法模Lucie Petit來自法國南部的昂蒂布 (Antibes)，高中後曾搬到阿爾薩斯 (Alsace)，盡吸德國半殖民精華；大學畢業後當上模特兒，本打算來港三個月，怎料一留便三年。今次借異國目光，看一眾港男港女

Tell us about your entrepreneurial journey. Were you in a different industry before?

During my career, I have worked with 30+ fashion houses including Calvin Klein for 6 years, Armani, and Kate Spade for 5 years. I also presented the Victoria's Secret Fall



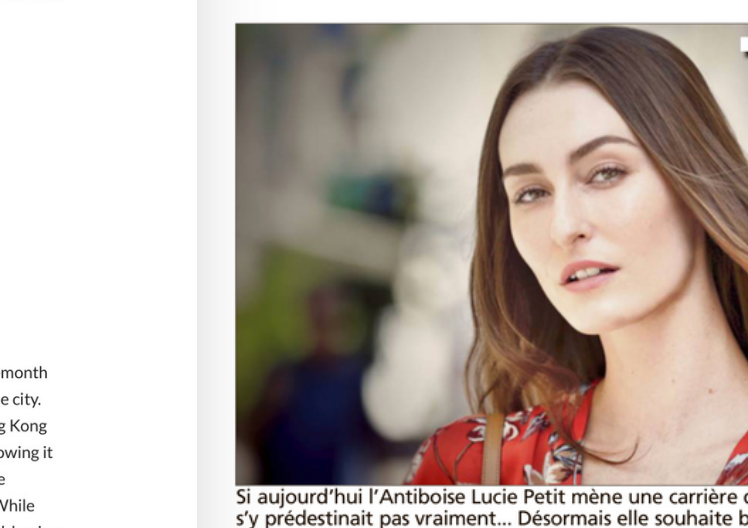
After originally moving to Hong Kong on a three-month modelling contract, Lucie Petit fell in love with the city. She has now been here for over eight years. "Hong Kong has a great mix of Western and Asian culture, allowing it to be an international business hub with a diverse network that can lead to a lot of opportunities". While Petit spends most of her time as a full-time model, having



Beauty + brains = Lucie Petit, a stunning French model based in Hong Kong.

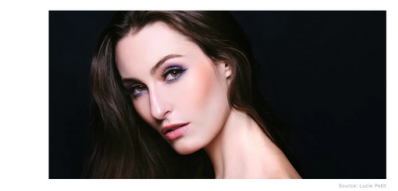


Antibes-Juan-les-Pins



Si aujourd'hui l'Antiboise Lucie Petit mène une carrière de mannequin à Hong Kong, elle ne s'y prédestinait pas vraiment... Désormais elle souhaite briser les clichés autour de cet univers

Boost your confidence with Lucie Petit, founder of HK Model Camp



"Social media and society often portray distorted and unrealistic beauty standards, that's why I want to lead others towards higher self-esteem."



Antibes-Juan-les-Pins



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