



### Wellness for Youth School-based Programmes

Supported by the Lee Hysan Foundation, the **Mind Healing Programme** continued to enhance students' awareness on mental health issues during the long school suspensions. A total of 128 programme sessions were conducted, including experiential trainings for parents, teachers and social workers.

### Special Educational Needs (SEN)

**Project COACH** provided SEN School Stationing Services, both in groups and individually to SEN students and their parents. The focus was particularly on those with dyslexia, autism or hyperactive disorders. The service stressed the connection of school and family in order to provide a better learning environment to students. The project served 31 primary schools with 3,101 training sessions.

**Project Family**, sponsored by The Community Chest of Hong Kong, was launched in 2021. This two-year project provides career guidance, job-skill and life-skill training to students on the autism spectrum. Supportive services to their parents were also rendered. The project saw 53 participants enhance

their skills of self-care, while also learning basic job skills through work experience in the Federation's Organic Farm.

### Further Schooling

#### DSE@27771112

One-stop services including talks, real-time online tutoring, online mock interviews, as well as practical information, were available to HKDSE candidates. Trained social workers and volunteers also offered immediate guidance and counselling, handling a total of 6,384 hotline cases and 5,071 online cases. To ease the stress of HKDSE students, a **Feel to Heal – Wellness Market** was held in July 2021 at Jao Tsung-I Academy, which attracted 1,500 youth who participated in different wellness and career planning workshops and stalls.

### Life Planning Services for Students

The **PLUS-Experiential Learning Series** was developed to help students to improve in the areas of positive values, life planning, unique experiences and service learning. A total of 480 programme sessions were provided.



## Media Counselling

### Hotline Services

**Youthline 2777 8899** provides an immediate and convenient channel for young people to seek help or support on their phone. In the reporting period, 200,852 incoming calls were registered and a total of 41,239 cases were handled. Problems relating to schooling, emotions and mental health were the top three concerns.

### Online Counselling

**uTouch Cyber Youth Outreach Service** adopted a proactive approach to identify and engage online youth at risk of social exclusion. To support youth with low self-esteem, the **Be a Better Me** project focused on dancing, make-up and wellness programmes to help rebuild courage and confidence. More than 100 people enrolled for the project and 90% of participants showed obvious improvements on their mental wellbeing.

In the past year, 2,090 counselling sessions were held for young people troubled by their emotions. uTouch collaborated with over 40 community stakeholders and organisations to address the needs of at-risk youth.



**Open Up**, supported by The Hong Kong Jockey Club Charities Trust, saw the Federation, together with community partners provide around-the-clock 24/7 counselling services to youth. From April 2021 to March 2022, 33,189 chat sessions were held, while 118 volunteers were trained.

### Media Education

Sponsored by the Quality Education Fund, **Project MAIL** was launched to promote media and artificial intelligence literacy education for secondary school students. As of March 2022, 35 secondary schools had enrolled in the Project, with 346 sessions of media literacy provided for nearly 10,000 students.

The HKFYG joined the "UNESCO Global Media & Information Literacy Week" and initiated a pioneering event "HKFYG X Facebook Media & Artificial Intelligence Literacy Education Week" (**MAIL Week**) in October 2021. Exhibitions and activities were designed for students in 20 secondary schools to learn media literacy in an interactive way.





## List of Schools Served by the Federation's School Stationing Services

### Secondary Schools

1. Buddhist Kok Kwong Secondary School\*
2. Buddhist Mau Fung Memorial College\*
3. Buddhist Tai Hung College
4. Buddhist Wong Wan Tin College\*
5. CCC Kei San Secondary School\*
6. Christian Alliance College\*
7. Confucian Tai Shing Ho Kwok Pui Chun College
8. Creative Secondary School\*
9. De La Salle Secondary School, N.T.\*
10. Diocesan Girls' School
11. Fung Kai Liu Man Shek Tong Secondary School\*
12. HKICC Lee Shau Kee School of Creativity\*
13. HKTA The Yuen Yuen Institute No. 1 Secondary School
14. Ho Ngai College (Sponsored by Sik Sik Yuen)
15. Holy Trinity College
16. King Ling College\*
17. Law Ting Pong Secondary School\*
18. Lions College
19. Lok Sin Tong Wong Chung Ming Secondary School\*
20. Lok Sin Tong Yu Kan Hing Secondary School\*
21. Man Kwan Pak Kau College\*
22. Man Kwan QualiEd College\*
23. N.T. Heung Yee Kuk Yuen Long District Secondary School\*
24. Po Leung Kuk Ho Yuk Ching (1984) College\*
25. Po Leung Kuk Vicwood K.T. Chong Sixth Form College
26. S.K.H. Lam Kau Mow Secondary School
27. Salesians of Don Bosco Ng Siu Mui Secondary School
28. Shun Tak Fraternal Association Yung Yau College\*
29. St. Francis Xavier's College
30. St. Francis Xavier's School, Tsuen Wan\*
31. Tack Ching Girls' Secondary School
32. Tin Shui Wai Methodist College\*
33. Tsung Tsin College\*
34. Tsung Tsin Middle School
35. Wai Kiu College

Remarks: \* Served by Youth S.P.O.Ts



### Primary Schools

1. Baptist (Sha Tin Wai) Lui Ming Choi Primary School
2. Buddhist Chung Wah Kornhill Primary School
3. Confucian Tai Shing Primary School
4. HKFYG Lee Shau Kee Primary School
5. HKUGA Primary School
6. Iu Shan School
7. Ka Ling School of The Precious Blood
8. King Lam Catholic Primary School
9. Kwai Ming Wu Memorial School of The Precious Blood
10. L.S.T. Yeung Chung Ming Primary School
11. Marymount Primary School
12. Ng Clan's Association Tai Pak Memorial School
13. Precious Blood Primary School
14. Precious Blood Primary School (South Horizons)
15. Precious Blood Primary School (Wah Fu Estate)
16. Pui Ling School of The Precious Blood
17. Salesian Yip Hon Primary School
18. Si Yuan School of the Precious Blood
19. St. Antonius Primary School
20. St. Paul's College Primary School
21. St. Stephen's Girls' Primary School
22. Tai Po Old Market Public School (Plover Cove)
23. The H.K.C.W.C. Hioe Tjo Yoeng Primary School
24. Tsuen Wan Chiu Chow Public School

### Kindergartens

1. The Hong Kong Federation of Youth Groups Ching Lok Kindergarten (Yaumatei)
2. The Hong Kong Federation of Youth Groups Ching Lok Kindergarten
3. The Hong Kong Federation of Youth Groups KK Cheng Kindergarten
4. The Salvation Army Catherine Booth Nursery School
5. The Salvation Army Centaline Charity Fund Kindergarten
6. The Salvation Army Chan Kwan Tung Kindergarten
7. The Salvation Army Fu Keung Kindergarten
8. The Salvation Army Hing Yan Kindergarten
9. The Salvation Army Kam Tin Nursery School
10. The Salvation Army Lai Chi Kok Nursery School
11. The Salvation Army Ng Kwok Wai Memorial Kindergarten
12. The Salvation Army North Point Nursery School
13. The Salvation Army Pak Tin Nursery School
14. The Salvation Army Ping Tin Kindergarten
15. The Salvation Army Rosita Yuen Kindergarten
16. The Salvation Army Shui Chuen O Kindergarten
17. The Salvation Army So Uk Kindergarten
18. The Salvation Army Tin Ka Ping Kindergarten
19. The Salvation Army Tin Ping Nursery School



## Education Services ↘



**Facilitating students' self-directed learning is one of the main goals of the Federation's two non-profit making kindergartens-cum-nurseries, a non-profit making kindergarten, aided primary school and Direct Subsidy Scheme secondary school. This was especially so amid the pandemic. The HKFYG Continuous Learning Centre and Living Life Academy encourage lifelong learning through less formal platforms.**

### Pre-primary Education

#### Cultural and Artistic Tram Tour

Field trips, as essential learning activities for kindergarteners to acquire knowledge, could not be held during this year as a result of the pandemic. Instead, the Ching Lok Kindergarten designed a family-friendly cultural and artistic self-guided tram tour as an alternative to supplement the curriculum. The tour was planned along the tram routes, one of Hong Kong's earliest public transport. Checkpoints included the Sunbeam Theatre, the Quarry Bay Park, the Central Market and the Western Market. Students had to finish small tasks, including a matching game, taking photos, writing stories and designing fashions after the tour. This way they were encouraged to develop observation skills, as well as learning about different art forms.

### Transition to Primary School

With learning mainly confined to short real-time online sessions and video clips over the past three academic years, children suffered from a lack of contact and socialisation with others, resulting in developmental delays in their communication abilities. Therefore, teachers of Ching Lok Kindergarten (Yaumatei) designed a series of activities to help children catch up with these developmental benchmarks, including book club sessions to read stories aloud and share thoughts; through picture books with guided open-ended questions for parents to create rich and responsive interactions at home; as well as a variety of common written materials, such as flyers, notices, advertisements to expand the reading scope of the children. These intensive measures were found to be effective in speeding up their language development.

Without normal schooling, children also lacked a daily routine and they did not have the chance to develop ownership of their own learning either. In response, teachers designed planners whereby the children were guided to plan and record their daily activities, while also learning how to manage their time. Teachers even prepared school notices in child-friendly form which engaged the children in school affairs, helping to create a sense of ownership in learning before the transition to primary school. This transition curriculum was highly appreciated by parents who found it very useful in helping children move into primary education.







## Primary Education

### School Library

To make reading enjoyable and fun, the HKFYG Lee Shau Kee Primary School re-designed and refurbished the library. A square-shaped reading island surrounded by books was built, allowing students to sit in a more relaxed manner to enjoy their reading. More space was allocated in the self-study area, either for individuals or small groups, where discussion could be carried out. There is also a self-help book exchange shelf outside the library, where students are encouraged to exchange and pick up their old books freely. All these designs help to promote self-directed learning.

### Reading Wonderland

A new, popular, learning, multi-purpose room called, Reading Wonderland, engages students to perform on a mini stage, play games, read books or conduct STEAM activities. The most attractive feature is an indoor slide for students to enjoy 'a free ride' after finishing a task so the room is always filled with laughter.

### Interactive World Map

An interactive world map, with 3D features, covers an entire wall, with a variety of learning components like culture, geography and landmarks. With the newly developed Mobile App, students can extend their learning by about continents, oceans, countries, weather and natural disasters. They can even experience these places virtually through Augmented Reality (AR).





## Secondary Education

### Learning and Teaching

The HKFYG Lee Shau Kee College offers a broad curriculum to suit different interests and needs of senior form students. We are the first local school in the New Territories West offering International Advanced Levels (IAL) Curriculum, an UK A-level Curriculum for overseas learners. The first batch of the international curriculum students expressed appreciation to the hard work of teachers and they particularly enjoyed studying Mathematics and Science in depth.

Opportunities for professional development were arranged for teachers throughout the year, such as the trainings on Microsoft Teams and OneNote, as well as various e-learning tools. There were also lesson studies and intra- and inter-departmental sharing to improve their pedagogy with e-learning in blended learning. To further develop e-learning, the College made use of the Quality Education Fund to equip all classrooms with electronic whiteboards.

To further cultivate passionate self-directed learners with global perspectives, a unique free MOOC (Massive Open Online Courses) x Reading curriculum was launched in S4, where students

could engage in project-based learning by taking MOOC courses that corresponded to one of the 17 United Nations' Sustainable Development Goals. They could then conduct their own research and make classroom presentations. Students in lower forms were also encouraged to take whatever MOOCs that interested them. One S3 student, at 13 years old managed to complete four MOOCs in English and Science, which enabled him to receive outstanding results in the International Advanced Levels examinations. This propelled him to being accepted into a Bachelor of Engineering programme at The University of Hong Kong.

### Student Development

One of the biggest challenges the College encountered was maintaining students' wellbeing amid the pandemic. During class suspension, teachers conducted co-curricular activities and wellbeing programmes online. When classes were resumed, various kinds of activities such as the PERMA (Positive Emotion, Engagement, Relationships, Meaning and Accomplishments) week, health week and service programmes were held to sharpen students' leadership skills, as well as to reinforce their positive emotions.







The College continues to actualise the vision to provide the best nurturing opportunities that unleash students' potential, cultivate lifelong learners and develop leaders. Head prefects and the Chairperson of Students' Union joined the "Hong Kong 200" Leadership Project organised by the HKFYG. Each form committee also organised interesting form-based activities to develop students' self-learning habit. Moreover, S1 students visited the HKFYG Leadership Institute for a two-day leadership training.

### Continuous Learning

The Continuous Learning Centre (CLC) expanded its training profile during the pandemic, to cater for different career sectors. By collaborating with professionals, students were offered a wide range of self-enhancement courses, which included training in mediation, speech therapy and even STEM teaching.

In view of increasing demands, CLC launched courses related to emerging industries, including training as building inspection assistants and florists. Both these courses were accredited by Hong Kong Council for Accreditation of Academic and Vocational Qualifications (HKCAAVQ) and included in the list of reimbursable courses under the Continuing Education Fund (CEF) scheme.

CLC also launched a series of health care and counselling-related courses. Training was offered as clinic assistants, dental service assistants, and supporting SEN children with theoretical and practical skills, as well as medical and counselling knowledge. All these courses were accredited either by HKCAAVQ or Training Qualifications UK.

The HKFYG Living Life Academy (LLA) publishes the *Learning for Good* magazine. After a period of repositioning in 2021, each issue of the rejuvenated magazine covered a clearer and more focused theme, with a cover story featuring a young celebrity sharing his/her life stories. Featured are also other distinguished professionals sharing their experiences and expertise. All this anchors the magazine as a cultural incubator in generating inspiration for living and learning.

In 2021, LLA also participated in the Education and Careers Expo to showcase course products on continuing education and career information.





# Parenting Services

The Parent Support Network (PSN) and the Family Life Education Units (FLE) provided both internet and community-based services, which included mediation services, educational talks, workshops, self-learning groups and family activities for parents and children, as well as continuous learning and mutual support.



## Service Highlights

### Parental and Family Education Programmes

The systemic Parental Education Curriculum was developed for both online and district-based learning, consisting of the following streams: Nurturing Children, Strengthening Parent-child Relationship and Handling Parent-child Conflicts. The series of parental talks, workshops, programmes and groups were held in collaboration with celebrities and professionals at different schools, community and online platforms. The Unit organised 475 Parental and Family Life Education Programmes this past year, with a total of 55,135 service attendance.

### Website for Parent Support Network ([psn.hkfyg.hk](http://psn.hkfyg.hk))

Professionals and celebrities were invited to share their expertise and experiences on parenting and parents' interests online. Useful information, videos, articles and news were uploaded daily on the website, as well as social and public media platforms. Parents were also encouraged to participate in online consultations, group activities, workshops or via passages to acquire useful information. A total of 187,911 views were recorded on all the online platforms.

### Parent-child Mediation Service and Brief Case Support

The Unit provided online and district-based mediations, brief case services, remedial and tangible supports to parents and their families during the COVID-19 pandemic with a total of 899 service attendance.

### Parental E-learning Services

In response to the pandemic and social distancing measures, the Unit strengthened its online Parental E-learning platform. Over 100 programmes including talks, all-round wellness and interest-based workshops and groups were organised.

## 家長講座 2021 《非常DSE》





## Online Information Hub for Vaccinations

Funded by The Hong Kong Jockey Club Charities Trust, and supported by The Hong Kong College of Paediatricians Foundation, an Online Information Hub for Vaccinations was set up on Facebook and Instagram in March 2022. By answering online inquiries, and broadcasting talks and timely news feeds, it was hoped to provide information and remove doubts about vaccinations for children.

**兒童打針問專家 實在五種**  
由家長來發問 · 4月13日 ·

新冠康復後還要打針嗎?  
4月13日 (星期二) 下午6:30 - 7:30  
由醫生問答解答有關懷孕及母乳哺育媽媽打疫苗的問題。

主辦機構: 香港青年協會  
贊助機構: 香港賽馬會慈善信托基金

支持機構: Hong Kong College of Paediatricians Foundation  
香港小兒科醫學會

日期: 6/4/2022(二)  
時間: 6PM-7PM

主講: 韓鴻生教授  
兒科專科醫生

6:21 / 1:06:39

MESSANGER  
新冠康復後還要打針嗎?

傳送訊息

## Collaborative Programmes

### Project: Parent Support Network

The Unit organised the Project with the support of The Community Chest Baseline Allocation. The Project focused on enhancing self-support and mutual help within and among families and communities from different networks. 296 programmes including parents mutual support groups, educational parents' talks, workshops and parent support activities were organised online and at district-based with more than 28,000 attendances.



### Project: Jockey Club Project IDEAL

The Unit and other nine NGOs were invited by The Hong Kong Council of Social Service to launch Project IDEAL, supported by The Hong Kong Jockey Club Charities Trust. Through a series of educational programmes and support groups, the Project aimed to promote the concepts of "parent empowerment" and "transformative learning approaches".

## Parental Education Talks Series

For the 18th consecutive year, the Federation co-organised territory-wide parental educational talks with the Vocational Training Council. Two online talks on further studies after HKDSE and enhancing parent-child communications attracted 887 parents.

## Publications

### Parental Book:

#### *Dad's Biking: Roles in Life*

The book shared ten stories to illustrate the different roles of fathers, their challenges and their roles in their children's lives.

### Newspaper Column: *Parent Classroom*

This weekly column has been printed in *Sing Tao Daily* since 2021, covering a wide range of topics, including positive parenting, developmental needs of children and parent-child issues. More than 50 articles were published this year.



# Creativity Education and Youth Exchange

The HKFYG Centre for Creative Science and Technology (CCST) was established to provide hands-on exploratory STEM (Science, Technology, Engineering and Mathematics) education for students and teachers. The Youth Exchange Unit organises experiential study tours on different themes to the Mainland and overseas, which help shape a deeper understanding of the country, and develop a global perspective. While the pandemic rendered outbound trips impossible, learning experiences continued to be provided locally and online.

## STEM Education

With the support of the Innovation and Technology Commission and the Hong Kong Science and Technology Parks Corporation, CCST organised diversified science and creative competitions, workshops, carnivals, exchanges and train-the-trainer programmes to foster youth to be scientists. A total of 357 workshops and talks were organised for more than 14,000 participants over the past year.

## STEM Programmes

Supported by the Beat Drugs Fund, a STEM Education Anti-drug Programme “Hands-on Toxicology Science” was launched in July 2021. The aim was to educate youth about the harm and adverse effects of drugs. By their participating in STEM workshops with

interesting themes like neuroscience, forensic toxicology, data science and design thinking, they were able to make informed decisions to say no to drugs. Altogether, 32 workshops were organised for 1,112 students and 53 teachers.

The Unit supported the InnoCarnival 2021 by organising an InnoTech Exhibition with about 200 online workshops and seminars. Furthermore, 5,600 STEM learning kits with pre-recorded teaching videos were also distributed to facilitate students’ STEM learning so that they could continue their learning at home.

## STEM Competitions

The Federation also organised the following:

**The Hong Kong Student Science Project Competition (SSPC) 2021**, engaged almost 428 students from 53 secondary schools, forming 121 teams to compete for various science related awards. The SSPC is jointly organised by the Federation, the Education Bureau, the Hong Kong Science Museum and the Hong Kong Science and Technology Parks Corporation, funded by the Innovation and Technology Commission and supported by the Hong Kong Young Academy of Sciences.







**The Global Youth Science and Technology Bowl 2021** saw 145 teams from 26 countries and regions participate and compete online. The event facilitated scientific exchanges among participants and the audience through live-streaming competitions.

**The GreenMech Contest** attracted more than 220 students from 35 primary and secondary schools. Through designing and building contraptions with different energy exchange mechanisms, the teams were able to apply their knowledge of different science principles and green energy concepts.

**Creative Coder Competition** involved 137 students from 25 primary and secondary schools. Jointly organised by the Federation and Department of Electrical and Electronic Engineering of The University of Hong Kong, contestants made use of their computer programming knowledge and creativity to build an interactive installation for people in need to echo this year's competition theme of Social Innovation.

**Hong Kong Creative Maths & Science 4D Frame Competition 2021** saw about 400 students and teachers from 43 schools take part and show off their creativity and spatial thinking skills through structural design and a mission challenge.



## Youth Exchange

### GBA Skills Learning Programme

This programme was aimed at helping university students gain a better understanding of the opportunities and development in the Greater Bay Area, and explore employment and entrepreneurial possibilities. Through online internships and exploration, 35 students participated.



### International Exchange

In spite of travel restrictions, the Youth Exchange Unit participated in the 32nd South Korea (PIEF) International Children's Art Exhibition organised by the Pyeongtaek International Exchange Foundation (PIEF). Many children were attracted to join the local competition and ten best paintings were selected and sent to South Korea for exhibition.

The Unit also cooperated with Jockey Club Jat Min Youth S.P.O.T. to implement the "Embrace the World Picture Book Reading Project". Young volunteers and Hong Kong Young Ambassadors were recruited to do the readings. Young people from Japan, Malaysia, France, Iceland, Germany, and the United States were also invited to conduct online exchanges and cultural sharing with Hong Kong participants.



### Local Study Activity

From October to December 2021, the Unit led secondary school students to visit Hong Kong's historical and tourist attractions to learn first-hand about tourism and hospitality. These students were then able to consider whether, when the time was right, they would want to pursue employment in the tourism industry.

### Hong Kong Young Ambassador Scheme

The Hong Kong Young Ambassador Scheme, jointly organised by the Federation and the Tourism Commission, has encouraged young people to promote Hong Kong's hospitable culture and diverse tourism appeal to visitors around the world, as well as Hong Kong people. This year, in spite of the pandemic, the Scheme appointed 275 new ambassadors who went through a series of core skills training and their duties over the year included stationing service at local tourist attractions and organising promotional activities. The Ambassadors also received 30 advanced training sessions to enhance their service skills during their term of service.

### YDC Youth Ambassadors Programme

The Unit was commissioned by the Home Affairs Bureau to recruit, select and core-skills train



participants for the YDC Youth Ambassador Programme 2022. One hundred outstanding young people were shortlisted after online interview, and after undergoing adventure trainings, group discussions and presentations, 50 were eventually selected to serve as this year's YDC Youth Ambassadors.

### Mainland Affairs Office

The Mainland Affairs Office was established in May 2022 to promote the development of the Federation's work in the Mainland. By leading, supporting and cooperating with different service units, the Office will enable Hong Kong youth to better understand and integrate into the national development situation, while seeking more opportunities, particularly in the GBA.





## Leisure, Cultural and Sports Services ↘

In spite of the pandemic, the Federation was able to offer a range of recreational programmes through the Cultural Services Unit, the Community Team Sports Office, and the four camps and outdoor activities centres.



### Cultural Services

#### HKFYG Jockey Club Youth Arts Education Programme, Restpiration - The Feast

The HKFYG Jockey Club Youth Arts Education Programme, "Restpiration" was launched for the promotion of art and wellness, integrating the concepts of Rest, Respire and Inspiration. Over the period from August 2019 to August 2021, a total of 128 programme sessions were held, serving more than 10,000 participants, with 500,000 online.

The programme concluded with "Restpiration - The Feast" in the Art Park, West Kowloon Cultural District on 22 to 23 May 2021. More than 4,500 people participated onsite, with 4,400 online views for its 48 activities including performances, space out contest, mass yoga, art workshops, game booths and audience engagement activities.

### Tai O Let's Go! Tai O Cultural Festival

The Hong Kong Tourism Board launched a Pilot Scheme to highlight the specific characteristics of local tourism. The Federation, together with the Tai O Cultural Association, organised "Tai O Let's Go!" from 24 to 27 December 2021.

Making the most of the theme, "When Youth and Heritage Meet", young designers and ambassadors were engaged to welcome over 10,000 visitors in the four-day festival. The Festival was a glimpse into the heritage of Tai O as a local fishing village. Visitors could taste traditional food, visit stilt house, experience sampans and take part in a river parade.

One of the most popular and interesting parts of the Festival was the re-design and revitalisation of ten shop fronts by design students who used traditional and cultural components to tell Tai O stories. Many visitors used these unique features as backdrops to their photographs. There were also photo-taking activities of water wedding couples. The Festival was truly a unique historic and cultural travel experience in Hong Kong.







### Community Team Sports

Since its establishment in 2015, the Community Team Sports Office (CTS) has acted as a platform for promoting sports in the community and supporting non-elite young players to get involved. CTS has also encouraged young people to consider professions in the sports industry, as trainers or practitioners.

### The HKFYG Jockey Club Youth Sports Development Project

The three-year project sponsored by The Hong Kong Jockey Club Charities Trust aims to develop the sporting interest of young people between the ages of 8 and 25 through five team sports: group runs, basketball, lacrosse, dodgeball and ice hockey. It is hoped that a total of 3,000 young people will receive training through the Project.

### Sports Mileage Scheme

The Sports Mileage online platform was set up for participants to record their physical activity hours. One activity hour could be converted to 20 sports miles, with 1,000 sports miles providing four hours of free sports training to a young person from a disadvantaged background. The purpose of this Scheme was not just to get young people into the habit of regularly exercising, but also helping those less fortunate than themselves.

### Online Sports Activities and Virtual Challenges

To cope with the social restrictions during the pandemic, CTS organised online fitness and sports training workshops and even conducted a virtual running challenge. Altogether, 1,200 participants joined.

### Sports Volunteers/Sports Industry Training

In spite of the pandemic, CTS continued to train young people who were interested in getting involved in the sports industry. Over 90 young people joined sports volunteering and sports event management training, where they learnt first aid, how to handle sport injuries, and the details of organising events. Some 60 young people were also trained to be lacrosse instructors or referees.

### Sports x Environmental Protection

Over 90 young people volunteered to clear mountain tracks and the seashore of trash and debris. During the clean up, they were reminded of the 'leaving no trace' concept and the importance of environmental protection as a daily habit.





## Camps and Outdoor Activities Centres

The four camps and outdoor activities centres of the Federation offered all-inclusive programmes to promote opportunities for individual mental and physical transformation, as well as help with the co-creation of social impact. Apart from sustainability, sports, wellness and professional trainings, services also stressed the connection between people and their natural environment.

### Jockey Club Sai Kung Outdoor Training Camp

During the fifth wave of the pandemic, the Camp provided emergency guesthouse service for families living at subdivided flats to prevent their chances of being infected because of a poor living environment. This was supported by the Chan Cheung Mun Chung Charitable Fund and enabled the youth to undergo sports trainings and wellness programmes.

### Lamma Youth Camp

Lamma Island is home to a unique eco-system of wildlife and biodiversity. The School@Park programme series promoted environmental sustainability and wellness to schools and the community.



Core Services

### Tai Mei Tuk Outdoor Activities Centre

The Centre played a significant role in promoting community water sports programmes and providing support to young athletes' training around the beauty of Plover Cove. A clean shorelines movement was regularly organised to ensure that young people could express their concern in environmental protection.

### Jockey Club Stanley Outdoor Training Camp

The Camp has undergone a complete renovation into a holiday camp with a very generous grant from The Hong Kong Jockey Club Charities Trust. All the redevelopment work has completed in November 2021 and a soft opening followed in January this year. A three-year HKFYG Jockey Club "GoActive" Water Sports Project was launched, especially targeting those with special needs to enable them to experience fair participation and develop a healthy and sustainable community for everyone.





# Research and Publications

The HKFYG Youth Research Centre conducts sound and evidence-based research and analysis of issues critical to understanding the needs, issues and concerns of young people. The Professional Publications Unit both publishes Federation books, as well as promotes reading and writing among young people.



## Youth Research

The Youth Research Centre (YRC) focuses on the following:

### Youth I.D.E.A.S.

Youth I.D.E.A.S. was established in 2015 as a local youth think tank, with research conducted primarily for policy advocacy. Over the past six years it has completed 68 research projects, the findings of which are communicated with policymakers and different sectors of society. The think tank comprises more than 80 young professionals, entrepreneurs and post-secondary students who serve for a period of two years at a time, supported by eight academics and experts as advisers. The research falls into the areas of (1) Economic Development, (2) Governance, (3) Education, and (4) Livelihood.

Last year's reports include:

Publication Date	Serial Number	Topic
August 2021	YI063	Preparing for the Changes in the Senior Secondary Curriculum
September 2021	YI064	Unleashing the Potential of the Local Entertainment Industry
November 2021	YI065	Strengthening the Rule of Law through Education
December 2021	YI066	Sustaining Sports Development by Strengthening its Industry
May 2022	YI068	A Study on the Rise of Fake News

## Youth Trends in Hong Kong

*Youth Trends in Hong Kong* provides an integrated view on the different features of Hong Kong youth by collating the most recent research findings and the major statistics on youth. The publication includes the latest survey results on youth values and give suggestions for future youth development. This series serves as useful resources for people who are interested in issues related to young people to have a comprehensive picture of Hong Kong youth today.

## Youth Studies

As the economic development of the Greater Bay Area (GBA) accelerates, a growing number of Hong Kong's young people have realised the growth potential of Mainland cities in this region and how it can positively impact their careers.





The availability of talent will increasingly play a significant role in realising future opportunities. While it is certainly a personal decision whether young people stay in Hong Kong or go to the GBA to develop their careers, the focus needs to be ensuring those interested in relocating are equipped with the essential skills needed to capture the opportunities and cope with the challenges ahead.

Therefore, in partnership with HSBC, a study has been conducted to examine the competitiveness of Hong Kong young people in the GBA job market and the challenges they are facing, and to recommend feasible solutions for those looking for a career in the region to improve competitiveness.

Publication Date	Title
May 2022	The Competitiveness of Hong Kong Young People in the Greater Bay Area

## Professional Publications

In collaboration with professional workers, experts from different sectors, as well as creative young writers, the Federation published ten books for professional and leisure reading this year.



Mr Chicken's Philosophy



Turning Point VI



Making Positive Choices



Curve in My Memories



Daily Maths



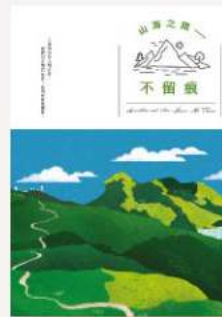
Walks in the Northern District



6 Future Skills You Should Learn Now



Dad's Bike: Roles in Life



Mountain and Sea: Leave No Trace



Teenagers Seeking the Light



## Youth Hong Kong Magazine

The English quarterly magazine, *Youth Hong Kong*, covers topical issues and their impact on young people. Each major article provides insights, through interviews, features and first-hand accounts. It also contains an English synopsis and Chinese summary. The circulation of the magazine is 9,000 with a wide base of online readership around the world. Topics covered over the year include:

Publication Date	Topic
June 2021	Our Environment Our Future
September 2021	Back to school, how does it feel?
December 2021	SPORTS
March 2022	Connecting the Generations

[youthhongkong.hkfyg.org.hk](http://youthhongkong.hkfyg.org.hk)



## Youth S.P.O.T. Magazine

The Chinese *Youth S.P.O.T.* magazine is published bi-monthly with a circulation of 22,000 copies. Targeting young readers in Hong Kong, the magazine covers interesting topics through the voices of young people.

Publication Date	Topic
April 2021	SPORTS 1+ 1
June 2021	Good Times on Upper Stairs
August 2021	When Life is a Training
October 2021	Travel Locally
December 2021	Learn to Share
February 2022	Good Neighbours

[cps.hkfyg.org.hk/ysm/](http://cps.hkfyg.org.hk/ysm/)





### Promotion of Writing

Two writing programmes were held in the year with sponsorship from the Standing Committee on Language Education and Research (SCOLAR) and Language Fund. In the first, 200 students from P4 to F4 participated in the Hong Kong Creative Writing Competition and after three sessions in creative writing, they participated in two rounds of competitions in May and June. The Award Ceremony was then held in July. The second writing programme saw 80 F1 to F4 students take part in the School Young Writers Nurturing Programme, which comprised of three writing classes and a writing camp that was online, due to the pandemic. Champions will have their efforts published and launched at the Hong Kong Book Fair.



### Promotion of Reading

From September 2018, the HKFYG Online Book Shop ([books.hkfyg.org.hk](http://books.hkfyg.org.hk)) has been offering discounts and promotions for both books and stationary.

The Federation also took part in the Hong Kong Book Fair 2021. The theme was not only about reading and writing, but also wellness and sustainability. Many readers were attracted to visit our booth which featured a refreshing look.