

**青協與青年**

The Federation  
and Young  
People



## SLASH POINT助力斜槓青年實現理想 SLASH POINT Empowers Young Slashers to Realise Their Dreams

現今青年追求彈性職涯發展，斜槓族（Slasher）成為本地就業新趨勢。由於斜槓青年缺乏人脈、經驗和指引，創業之路往往荊棘滿途。青協青年就業網絡洞悉所需，於2021年推出「SLASH POINT」服務，支援斜槓青年將興趣化為事業，活出理想人生。

### 初成斜槓 發展受阻

SLASH POINT參加者Crystal，從小醉心於手藝創作，先後考取了禪繞認證導師、精油調香師、Draw All You Can Facilitator等專業資格。為追逐夢想，她於2022年辭去酒店業工作，轉型為斜槓一族。

夢想很美好，現實卻屢屢碰壁。對新角色滿懷憧憬的Crystal，創業剛起步已遇到障礙：「兩年前的我可謂白紙一張，初時自行搜集資訊，廣發電郵至全港中小學及NGO推銷課程，結果石沉大海，連一個查詢也沒收到。那段日子十分迷惘失落，該做的好像都做了，為何無人問津？」重重打擊之下，Crystal一度質疑轉換跑道的決定是否正確。

Today's youth are opting for flexible career development, making the "slasher" (individuals with multiple jobs or careers) a new trend in local employment. However, with limited networks, experience and guidance, the path for these multi-talented youth is often riddled with obstacles.

In response, our Youth Employment Network (YEN) introduced the SLASH POINT service in 2021 to help these young people turn their passions into careers and live out their aspirations.

### Starting Out: The Uphill Battle of a New Slasher

Crystal, a SLASH POINT participant, has always been passionate about handicrafts. She obtained professional qualifications as a Zentangle Certified Teacher, Aromatherapist, and Draw All You Can Facilitator. In pursuit of her dream, Crystal left the hotel industry in 2022 to become a slasher.

While dreams are beautiful, reality soon hits. Crystal ran into hurdles straight out of the gate. **"As a complete novice two years ago, I gathered information on my own, mass emailed all local schools and NGOs to promote my courses, but it was like dropping stones into the sea – zero responses. I was so confused and frustrated. It seemed like I was doing everything right, why wasn't anyone reaching out?"**

The repeated setbacks left Crystal questioning her decision to change the path.





### 洞悉需要 適切支援

青年就業網絡單位主任黃民信表示Crystal的情況並非個別例子，不少斜槓青年一路上單打獨鬥，縱有滿腔熱誠與多元才能，單憑一己之力難以將專長變現。

「他們面對的首先是『人的問題』：人脈有限、同行者不足、不擅長處理客戶；再加上對市場行銷、開設公司、自僱報稅等一知半解，事業發展舉步維艱。」

有見及此，青協推出SLASH POINT為斜槓青年提供全方位支援，包括培訓課程、個別諮詢和建立人才庫，助他們應對創業初期遇到的難題。

計劃負責同事Katy補充道：「針對自由工作者缺乏同行者的問題，我們會定期舉辦聯誼活動。他們平日自行在群組內交流互助，像如何撰寫履歷、自資出版、自僱心路歷程等，總會獲得踴躍回應，追夢之路變得不再孤單。」



### Filling the Gaps: Tailored Support for Slash Youth

Crystal's story is not unique, as Rennie Wong, our YEN Unit-in-charge points out. Despite their passion and diverse skill sets, young slashers often struggle alone and find it difficult to monetize their expertise.

**“The first hurdle is the ‘people problem’ - limited connections, lack of like-minded peers, and difficulties in managing clients,” Rennie explained. “Coupled with limited understanding of marketing, company setup and self-employment taxation, their career development becomes an uphill battle.”**

In light of this, we launched SLASH POINT to provide all-round support for young slashers, including training courses, individual consultations and setting up a talent pool to help them navigate the initial challenges of starting their businesses.

Katy Lok, the programme coordinator, elaborates, “To address the issue of freelancers lacking peers, we host regular networking events to connect them. They actively engage in our group chats, discussing topics like résumé writing, self-publishing, and experiences of self-employment, always with enthusiastic responses. It makes the dream-chasing path less lonely.”



### 同行啟發 助力圓夢

在SLASH POINT支援下，Crystal的手藝事業終有突破：「感謝青協提供度身培訓及諮詢，得以了解學界的真實需求，啟發我將手藝課程結合學校熱門主題。其中『國家非物質遺產系列——掐絲琺瑯體驗』很受學校歡迎，推出後收到大量查詢和邀請！」

擴闊人脈與傳授知識固然重要，對 Crystal 而言，青協的同行更加難能可貴。「SLASH POINT的負責同事不時提醒『是時候安排試堂了』、『下個月要 Pitching，快去準備吧！』推動我把握每個機會，是我追夢路上的重要動力源。」

投入Slasher工作兩年，Crystal慶幸經過一番努力後從0到1，將專長化為職志。眼見許多如Crystal般的青年從迷惘到確認方向，對SLASH POINT的負責同事來說是最大的鼓舞。「當初開展計劃是摸著石頭過河，希望掌握服務對象的痛點。數年來SLASH POINT每次推出活動，反應都非常熱烈，足證我們的工作能真正回應他們的需要。」

青協擁有一群用心服務青年的同工，配合強大大學校和企業網絡，攜手為青年提供發展機會，未來將繼續透過多元創新服務，支持青年盡展才華、實現理想。

### Side by Side: Nurturing Dreams Through Companionship

With SLASH POINT's guidance, Crystal's handicraft venture finally took flight.

"Thanks to HKFYG for providing tailored training and consultations, which allowed me to understand the real needs of the education sector and inspired me to integrate my handicraft courses with popular school themes. My 'Intangible Cultural Heritage Series – Cloisonné Enamel Experience' has been well-received by schools, generating lots of inquiries and invitations!"

Beyond mentorship on expanding networks and knowledge, our companionship is precious to Crystal.

"The SLASH POINT staff often prompts me with reminders like 'It's time to arrange a trial lesson!' or 'Pitching is coming up next month, start preparing!' They motivated me to seize every opportunity, serving as a key driving force in my pursuit of dreams."

Two years into the slasher world, Crystal is grateful that her efforts have taken her from zero to one, turning personal expertise into a career. The SLASH POINT team finds it most rewarding to witness many young people, like Crystal, progress from confusion to clarity.

**"When we first launched this programme, we were exploring cautiously, hoping to identify the pain points of our service users. Over the years, the enthusiastic response to every SLASH POINT's activities affirms that our works truly address their needs."**

With a team dedicated to serving youth, together with strong school and corporate networks, we will continue providing opportunities through diverse and innovative services, supporting young people to unleash their talents and realise their dreams.



## 青協多元輔導服務 陪伴青年走出困境 HKFYG's Diverse Counselling Services: Walking with Youth Through Challenges



成長路上，每個年輕人或多或少都會遇到挫折和迷茫。青協透過線下線上輔導雙管齊下，讓有不同處境和需要的年輕人，都能及時獲得支援。

### 駐校社工與學生同行成長

翹暉曾是青協駐校社工Ken的個案，因經歷家庭變故和校園欺凌，自中二起流連街上，加入童黨，曠課長達半個學期。在很多人眼中，翹暉是個「壞分子」，但學校社工Ken和幾位老師沒有放棄他，想方設法將他拉回學校。

Ken憶述與翹暉接觸初期的片段：「那時翹暉是學校稀客，很難聯絡得上，後來與跟他相熟的老師嘗試約他吃早餐，聊了很久，了解到他並非刻意不上學，只是與父親的關係太糾結，渴望被關心和接納。」

翹暉對數年前的早餐約會同樣印象深刻：「沒想過老師和社工在上班時間特意約我吃飯，看看有甚麼可以幫到我，被關心的感覺很溫暖。」

經過Ken和老師多番開導與協調，翹暉重回學校上課，追回落後已久的進度，成績在班上名列前茅，中三下學期更獲得青協主辦的「中電新世代新動力獎勵計劃」嘉許，表揚他逆境自強的精神。

故事至此十分圓滿，新挑戰接踵而來。中四那年，翹暉因分班與人際問題陷入更深的情緒谷底，抗拒上學並面臨升班危機，Ken及時介入陪他度過難關。

「第一次看精神科醫生和輔導心理學家，都是Ken Sir陪著我，他又在背後與學校協調，極力為我爭取調班和其他機會，協助我再次走出來，順利升班。」

The path to adulthood is rarely smooth, with most young people encountering setbacks and periods of confusion. To support them through these challenges, we employ a dual approach of offline and online counselling to ensure timely support for youth with various circumstances and needs.

### School Social Workers: Companions on the Journey of Growth

Kiu-fai was once a case handled by Ken, a school social worker. Due to family upheavals and school bullying, Kiu-fai started hanging out on the streets and joined gangs in Form 2, skipping classes for half a semester. While many labeled Kiu-fai a 'bad influence', Ken and several teachers did not give up on him, trying to bring him back to school.

Ken recalls his early interactions with Kiu-fai, "Back then, he rarely showed up at school and was hard to reach. With a teacher he was close to, we invited him for breakfast. After a long chat, we realised he wasn't intentionally avoiding school; he was just entangled in a complicated relationship with his father and yearned for care and acceptance."

That breakfast meeting years ago left a lasting impression on Kiu-fai too: "I was surprised that the teacher and social worker would arrange to have a meal with me during their working hours, just to see how they could help. It felt so warm to be cared for."

After repeated guidance and coordination from Ken and other teachers, Kiu-fai returned to school, caught up on his studies, and eventually ranked among the top in his class. In the second term of Form 3, he was recognised by the 'CLP Energy for Brighter Tomorrows Award' for his spirit of resilience.

As the story seemed to have a happy ending, new challenges emerged. In Form 4, Kiu-fai fell into a deeper emotional slump due to class reassignments and interpersonal issues. He resisted going to school and faced the risk of repeating the year. Ken intervened in time to help him through the crisis.

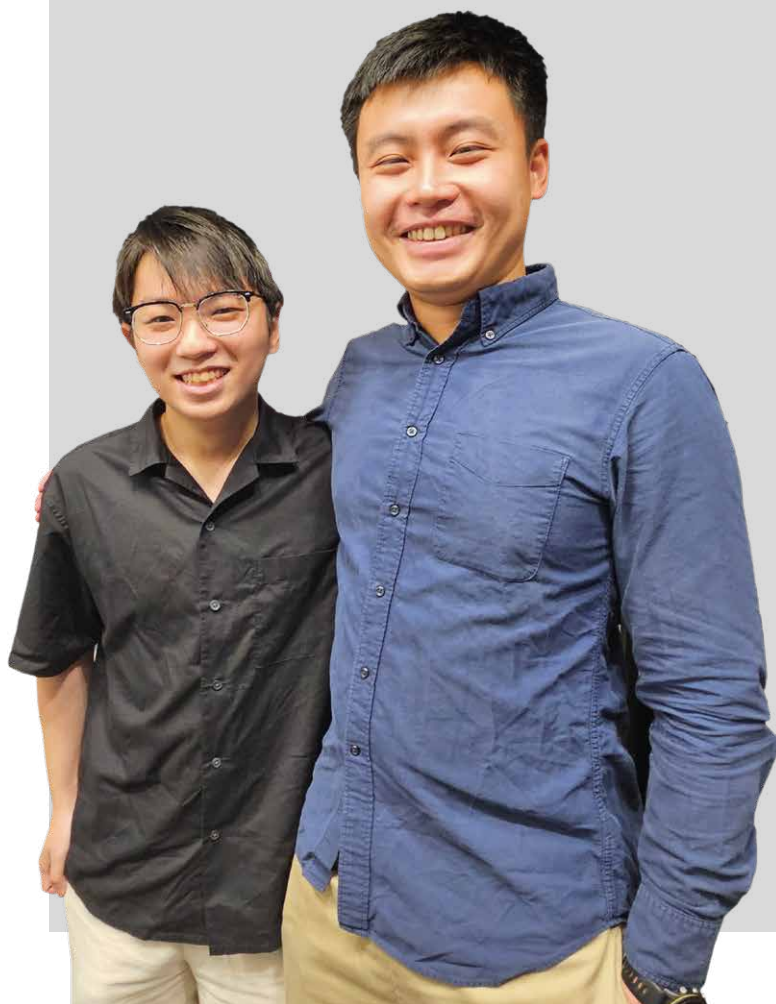
儘管後來Ken調往其他學校服務，不再是翹暉的駐校社工，但人不在，心常在，二人仍會不時關心對方。「對我來說，駐校社工的角色不是一份工作那麼簡單，而是為有需要的學生提供及時的援手和持續的陪伴，會一直將他們放在心上，下班也記掛著怎樣幫得上忙。」

重新振作後，翹暉決心挑戰自我，去年參演「中電新世代·新動力獎勵計劃」積極人生舞台劇。從排練到公演，每個突破心理框框的嘗試，都化作生命的重要養分，給予翹暉新的力量去面對更多未知的挑戰。

### uTouch網上支援受困青年

除了駐校服務，青協積極開拓網上輔導渠道，務求接觸更多隱蔽的受助對象。uTouch網上青年外展服務提供私隱度高的輔導平台，讓不習慣面談的青年安心求助。

阿芯是uTouch的服務使用者之一，因有着小學時被同學嘲笑的陰影而抗拒融入新環境，初中開始逃避上學，雖然渴望重返校園，但踏出家門的那一步卻無比沉重。



**“Ken was there with me for my first visits to a psychiatrist and a counselling psychologist. He also negotiated with the school behind the scenes, fighting for opportunities like a class transfer, helping me bounce back again and successfully advance to the next grade.”**

Although Ken was assigned to another school later and was no longer Kiu-fai's school social worker, the bond remained. They stay in touch and care for each other. **“For me, being a school social worker is more than just a job. It's about offering timely aid and continuous companionship to students in need. I always keep them in mind and consider ways we can help, even after work.”**

Regaining his strength, Kiu-fai resolved to push his boundaries. Last year, he participated in a theatrical production about embracing life positively, as part of the 'CLP Energy for Brighter Tomorrows Award' programme. From rehearsals to the final performance, each attempt to break through became essential fuel for personal growth, empowering Kiu-fai to confront future uncertainties.

### uTouch: Online Support for Struggling Youth

Beyond school-based services, we actively develop online counselling channels to reach more hidden clients. Our uTouch Cyber Youth Outreach Service offers a highly confidential counselling platform, creating comfort for youth who may feel hesitant about face-to-face consultation.

Sum is a user of the uTouch service. Haunted by the memory of being mocked in primary school, she resisted integrating into a new environment and began to skip classes in early secondary school. Despite a desire to return, she found it difficult to step out of home.

“I had prepared everything for class before going to bed, but in the morning, social anxiety would hit and sap my courage, leaving me hiding at home, reading books and playing on my phone. Every day I felt like such a failure, repeatedly avoiding school and feeling guilty about it. I didn't know what to do.”

Burdened by self-blame and anxiety, Sum felt ashamed to seek help from the school social worker



「睡前我把上課的東西都準備好了，到了早上便社恐發作勇氣全失，躲在家中看書玩手機。每天都覺得自己好失敗，一再逃避上學，一直不上學又會內疚，不知如何是好。」

飽受自責和焦慮煎熬的阿芯，因長期缺課，不好意思向學校社工求助。後來透過社交媒體發現uTouch的網上輔導服務，讓久未接觸外界的她願意敞開心扉。uTouch社工Zoey留意到阿芯渴望改變，只是欠缺指引及支持，遂以個人中心治療方法介入。經過長期文字交流，阿芯逐漸辨識到負面思維的循環與影響。

「社工讓我意識到自己總是執著於0.1%的失敗率，卻忽略了99.9%的成功率。總是因想像中的恐懼而錯過美好的嘗試機會，真的很可惜。」

在Zoey鼓勵下，阿芯嘗試改變，從每天早起，到走出家門，直至重返校園，她一步一步地挑戰自己，過程中Zoey一直在線上給予支持。

「阿芯本身有很強的自省能力和改變動機，有次跟她討論恐懼阻礙行動力的話題，隔天她竟然寫了個大大的『做』字貼在牆上，以提醒自己別光說不做，其後便鼓起勇氣重新上學。初期她有點緊張，當發覺到現實果真沒想像中可怕，同學亦沒有一直用奇怪目光看她，便有勇氣繼續嘗試。」

Zoey指出，在網上與受困擾青年同行，彼此有種既陌生又熟悉的感覺，雖不及面談直接，卻能讓青年在匿名保密的空間盡情傾訴心事。「我們會仔細斟酌文字，附以貼圖、表情符號等傳遞真誠貼心的鼓勵，只要用心經營，終能建立信任。從每次對話中見證他們改變與成長，滿足感非常大。」

無論在校園內外、線上線下，青協總有一群默默耕耘的青年工作者，陪伴青年走過高低起伏，過程或許漫長，但只要持之以恆，定能看見改變悄然發生。

due to her prolonged absence. Then she discovered uTouch's online counselling service through social media, which encouraged her to open up after long isolation.

uTouch social worker Zoey noticed Sum's desire for change but lack of guidance and support, so she intervened with a person-centered approach. Through extended text-based interactions, Sum gradually identified the cycle and impact of negative thinking.

**“The social worker helped me realise I was always focusing on the 0.1% chance of failure, ignoring the 99.9% chance of success. It's a pity to sacrifice great opportunities just because of imagined fears.”**

Under Zoey's encouragement, Sum started making changes, from waking up early each day, to stepping out of her house, and finally returning to school. She challenged herself one step at a time, with Zoey consistently supporting her online.

“Sum possesses strong self-awareness and a desire for change. Following a discussion about how fear could hinder action, she wrote a big 'DO IT' sign and placed it on the wall the next day, reminding herself to act rather than just talk. She then mustered the courage to return to school. Initially, she was a bit nervous, but finding that reality wasn't as terrifying as imagined and her classmates weren't staring at her oddly, she gained the confidence to keep trying.”

Zoey highlights that working with distressed youth online creates a sense of both strangeness and familiarity. Although not as direct as face-to-face meetings, it allows young people to freely express their concerns in an anonymous and confidential space.

**“We thoughtfully select our words and use stickers and emojis to convey genuine encouragement. As long as we put our hearts into it, trust can eventually be built. Witnessing their changes and growth through each conversation is incredibly rewarding.”**

Whether inside or outside schools, online or offline, we have a team of dedicated youth workers tirelessly supporting young people through their ups and downs. The process may take time, but with persistence, change will subtly occur.

「中電新世代·新動力獎勵計劃」由青協與中電合辦，旨在表揚勇於面對生活困境、積極求進的青少年，為社會注入正能量。每位得獎學生可獲獎學金增值自我，以及參與師友計劃和多項發展活動，持續裝備自己應對新挑戰。

The CLP Energy for Brighter Tomorrows Award, jointly organised by HKFYG and China Light Power Limited (CLP), aims to acknowledge young people who have overcome adversity in life and actively pursue self-improvement, bringing positive energy to the community. Each awardee receives scholarship for personal growth, as well as engages in mentoring scheme and diverse development activities, equipping themselves for future challenges.



uTouch 網上青年外展服務透過 Whatsapp 6277 8899 及 uTouch 網頁平台，為6-24歲青少年提供即時輔導，協助他們面對網絡欺凌、精神健康困擾及社交關係等問題。uTouch主動於網絡平台聯繫青少年，並運用線上線下融合模式推行個案跟進、治療小組及公眾教育活動，與不同持份者合作，共同關注青少年需要。

In response to the evolving needs of youth in the digital age, HKFYG has launched the uTouch Cyber Youth Outreach Service, funded by the Social Welfare Department. Through an online counselling platform and WhatsApp 6277 8899, cyber outreach social workers offer immediate counselling to youth aged 6 to 24. They also proactively reach out to youth in needs on various online platforms, providing both online and offline support and development activities.



## 1,200小時的歷練：青年大使確立人生志向 1,200 Hours of Growth: Young Ambassador Discovers Life's Purpose



青年義工服務不僅能造福社會，更是青年成長發展的寶貴歷程。江海燕是青協「香港青年大使計劃」的傑出代表，六年的青年大使生涯，讓她從埋首學習的中學生，成長為充滿熱誠和自信的義工領袖。

### 機緣巧合踏上服務之路

「參加『香港青年大使計劃』可說是我人生的轉捩點。中六時在老師鼓勵下報名參加計劃，最初只抱著嘗試的心態，沒想到從此打開了通往全新世界的大門。」

透過參與不同的義工培訓和服務，海燕漸漸發現，原來人生除了讀書，還有很多美好的事值得探索。「記得第一次參加活動時，我緊張得手心冒汗，差點想放棄。幸好有青協同事與其他義工朋友的鼓勵下，慢慢建立信心，適應力和應變力逐次提升，即使遇上臨時和突發的情況，都能冷靜應對，隨遇而安。」

Youth volunteer services not only benefit society, but it also serves as a profound journey of personal growth and development.

Kong Hoi-yin stands out as a representative of the HKFYG's 'Hong Kong Young Ambassador Scheme'. Over her transformative six-year tenure as a young ambassador, she has evolved from a diligent high school student into an enthusiastic and assured volunteer leader.

### A Chance Encounter with the Path of Service

"Joining the 'Hong Kong Young Ambassador Scheme' was a turning point in my life. I was encouraged by my teacher to sign up for the scheme in Form 6, with just a mindset to try it out, never expecting it to unlock a gateway to a whole new world."

As Hoi-yin engaged in various volunteer trainings and services, she gradually discovered that life offered much more to explore beyond academics.

"I remember being so nervous during my first programme that my palms were sweating, and I nearly gave up. Thankfully, with support from HKFYG staff and fellow volunteers, I slowly built up my confidence. My adaptability and responsiveness improved with each experience, allowing me to handle unexpected situations calmly and go with the flow."





### 疫情期間支持旅遊業持續發展

新冠疫情期間，實體義工服務受到限制，計劃秘書處負責人GiGi面對兩個難題：「首先是如何提供機會予青年大使推廣香港？其次是如何凝聚青年大使對計劃的歸屬感？」GiGi與義工團隊適時應變，構思各種線上交流活動，例如動員大使拍攝英文短片宣傳香港旅遊與節慶文化，其中海燕和組員製作的元朗深度遊短片，更贏得了「傑出計劃年獎」的殊榮。

GiGi欣賞海燕和一眾青年大使團隊在艱難時期展現出極大的韌性和創意：「大家不會因為疫情封關而停下來，只要願意突破框框，總會找到新的可能性。」

### 傳承助人精神

六年的青年大使歷程，海燕一路上收穫良多，服務時數累積超過1,200小時。除了駐守香港景點服務本地與海外遊客，還有機會衝出香港，參與杭州亞運會和上海進博會，與各地義工合力成就大型盛事。

在GiGi眼中，海燕個性熱情和具親和力，擅長為服務對象製造感動和驚喜。



### Supporting the Tourism Industry During the Pandemic

COVID-19 pandemic protocols imposed significant restrictions on physical volunteer activities and GiGi, the scheme secretariat head, was confronted with two pivotal challenges: "First, how to provide opportunities for young ambassadors to promote Hong Kong; and second, how to maintain their sense of belonging to the scheme."

In response, GiGi and the volunteer team demonstrated remarkable adaptability, swiftly crafting a diverse array of online exchange activities. These included mobilising ambassadors to produce English short videos highlighting Hong Kong's tourism attractions and festival traditions. Notably, Hoi-yin and her team's video showcasing the in-depth Yuen Long tour won the 'Outstanding Project of the Year' award.

GiGi applauds the incredible resilience and creativity demonstrated by Hoi-yin and the team during this difficult period. "They refused to be halted by pandemic-induced restrictions. When you think outside the box, you'll always uncover new possibilities."

### Passing on the Spirit of Service

Hoi-yin's six-year journey as a young ambassador has been incredibly rewarding, with her service hours exceeding 1,200. Not only did she assist local and international visitors at Hong Kong's landmarks, but she also had the chance to represent Hong Kong abroad, taking part in the Hangzhou Asian Games and Shanghai Import Expo, where she worked alongside volunteers from different regions to ensure those grand events were successful.

GiGi describes Hoi-yin as passionate and charismatic, with a talent for creating memorable experiences for those she serves. "At the Shanghai Import Expo, she casually chatted with Thai trade representatives and discovered the Thai royal family and public's admiration for the guzheng. She promptly arranged for one of the event's guzheng artists to perform for the delegation, and even facilitated a collaboration between the delegation and local instrument manufacturers."

「上海進博會期間，她與泰國貿易團代表閒談得知泰國公主和人民熱愛古箏，立即情商表演嘉賓之一的古箏老師為代表團表演，又促成他們與當地樂器品牌交流合作。」

憑藉出色的表現，海燕獲選成為小組組長及加入「香港青年大使聯盟」幹事會，帶領新一批青年大使。「最初質疑自己是否有能力擔此重任，但GiGi讓我明白領導不是高高在上或包攬所有事情，而是懂得依照組員特性，讓每個人都有發揮的空間。」

海燕慶幸自己參加了青年大使計劃，得以發現個人價值，鍛鍊領導才能，也確立了人生的志向——以生命影響生命。

2024年，海燕加入青協，成為培育新一代義工的青年工作者。

「自己過去對義工活動一竅不通，是在青協同事的耐心指導下成長，我希望以自身經歷啟發更多青年投入義工服務，讓他們在付出的過程中，找到屬於自己的閃耀舞台。」

Hoi-yin's exceptional performance culminated in her appointment as a team leader and member of the 'Hong Kong Young Ambassadors Alliance' committee, where she assumed the role of mentoring new ambassadors.

**"Initially I doubted whether I could shoulder such a huge responsibility. However, GiGi reminded me that leadership isn't about being superior or doing everything yourself. Rather, it's about recognising each team member's strengths and supporting everyone to thrive."**

Hoi-yin is grateful for her participation in the Young Ambassador Scheme, which enabled her to uncover her personal worth, develop leadership skills, and define her life's mission—to make a difference in people's lives.

In 2024, Hoi - yin joined us as a youth worker, dedicated to nurturing the next generation of volunteers.

"I was once clueless about volunteer work and grew under the patient guidance of HKFYG staff. Now, I hope to leverage my experience to inspire more young people to engage in voluntary service, enabling them to discover their unique platform for excellence through the act of giving."



香港青年大使計劃由香港青年協會及旅遊事務署聯合主辦，自2001年成立至今，吸引逾5,400名青年人參加，向市民和各地旅客推廣香港的好客形象及多元魅力，支持旅遊業可持續發展。計劃透過有系統的技能培訓及特色義工服務，培育立志服務社會的青年領袖成為代表香港的親善大使。

The Hong Kong Young Ambassador Scheme (the Scheme) is co-organised by the Tourism Commission of the Hong Kong Special Administrative Region Government and The Hong Kong Federation of Youth Groups. Since its inception in 2001, the Scheme has attracted more than 5,400 young people to engage in promoting Hong Kong's hospitality and multifaceted charm to locals and visitors all over the world, with the aim to support the sustainable development of the tourism industry. Through systematic training and special voluntary services, the Scheme nurtures passionate young leaders to be hospitable ambassadors representing Hong Kong.