





CORE

SERVICES

核 心 服 務

創造價值
Creating Values



71,565

處理個案數目
Cases Served



240,848

個案服務人次
Case Beneficiaries



≥90%

個案成功率
Case Success Rate



27,494

新登記會員人數
New Registered Members



16,953

新登記義工人數
New Registered Volunteers



907,465

義工服務時數
Volunteer Service Hours



優化體驗 Optimising Experiences



4,900,185

活動參與人次
Programme Attendance



31,832

活動數目
Programmes Delivered



30,284,913

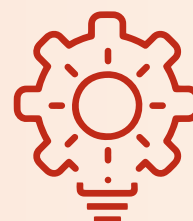
網上聯繫人次
Online Engagement

持續創新 Continuing Innovation



36%

新的服務模式或手法
New Service Models or Approaches



32%

應用科技
Use of Technology

73

創新項目
Innovative
Projects



29%

新的服務類型
New Service Types



7%

新的服務對象
New Service Recipients

現在的Zoe自信滿滿，敢於嘗試新事物，但其實她曾經和很多年青人一樣自信不足、習慣懷疑自己，那時的她一直期望能得到認同。有次她在社交媒體留意到青年空間的21C Youth Advisor計劃，這是一個專為青年設計的平台，旨在提供青年主導企劃和團隊協作的機會，正是她希望尋找的機會。Zoe在計劃中與其他組員討論自發籌備社區音樂祭，首次利用科技設備製作沉浸式舞台效果。初時，Zoe對自己的能力充滿懷疑，擔心自己無法勝任，但在青協同事和組員的共創過程中，逐步建立信心、敢於嘗試。這段經歷令她體會到，憂慮只會限制發展，勇敢探索與及尋找不同能力的同道一同共創才有無限可能。Zoe由自我懷疑到獲得認同、積極成長，她感謝青年空間給予青年發揮自主、突破自我的機會。

Zoe is brimming with confidence and daring to try new things. However, she used to be just like many young people – grappled with low self-confidence and self-doubt, constantly searching for validation. When she came across the 21C Youth Advisor programme on social media, an initiative designed for young people to participate in youth-led projects, it felt like she'd found exactly what she'd been seeking. In the programme, Zoe and her peers brainstormed ideas for a community music festival and experimented with technical equipment to create stunning stage effects, in spite of her initial insecurities and uncertain if she could rise to the occasion. However, by collaborating with others and staff, Zoe gradually developed confidence and embraced the opportunity to try new things. This transformative experience taught her that worrying only restricts growth, and that exploration and collaboration opens the door to boundless possibilities. Through her participation Zoe was able to discover her own personal growth and break through her limitations.

服務概覽

本着為青年創造空間的信念，青協轄下22所青年空間致力聯繫青年，成為發展潛能和鍛鍊場所，讓他們踏出參與社區建設的第一步。近年積極推動創新科技學習，尤其人工智能的應用，以及透過創意科藝工程計劃（LEAD）培養青年對STEAM的興趣。「鄰舍第一」是由3,000名青年自發帶動，以建立鄰里情及共融社區為目標。位於大埔青年空間的PH2是全港首幢落成的青年宿舍，為在職青年提供可負擔及舒適的生活空間。

服務數據 Service Data

活動數目	Programmes Delivered	19,020
活動參與人次	Programme Attendance	2,512,007
個案數目	Case Served	4,297
個案服務人次	Case Beneficiary	50,974
鄰舍隊	Neighbourhood Team	100
鄰舍隊義工	Neighbourhood Volunteers	3,000
PH2 入住率	PH2 Occupancy Rate	100%

Service Overview

The Federation's 22 Youth S.P.O.Ts (Spaces for Participation, Opportunities and Training) enable young people to explore their potential and engage in community building. Current initiatives include, the LEAD Lab, designed to spark interest in STEAM through creative technology projects and NEIGHBOURHOOD First, a youth-led initiative powered by 3,000 young volunteers to forge neighbourly relations and build inclusive communities. Above the Tai Po Youth S.P.O.T is the HKFYG Youth Hostel, PH2, Hong Kong's first youth hostel under the Government's Youth Hostel Scheme. It offers affordable and comfortable accommodation to working youth, addressing their pressing need for private spaces, and provides a platform to develop their life skills, accumulate financial planning experience and establish social networks.



年度重點

運用青年空間優勢強化地區青少年精神健康支援

青少年精神健康問題一直是我們高度關注的焦點，我們充分利用青年空間在社區能凝聚青少年的優勢，為他們提供全面的預防和支援服務。隆亨青年空間自2019年參與「賽馬會平行心間計劃」，經過五年的專業培訓、實踐經驗的累積及成效評估，計劃獲賽馬會再度撥款推行第二期。我們由1所青年空間增加至6所青年空間設有平行心間服務，專為有情緒健康需求的青少年提供一個放空、充電的避風港，並及早識別其情緒問題，提供必要的治療跟進，從而強化地區對青年精神健康的支援網絡。另外，有益身心活動有助青少年建立正向價值及抗逆力，青年空間以「凝聚Summer Vibes」為主題推出10,000項以戶外活動、身心靈修養及數碼技能為主題的暑期活動，鼓勵青少年善用暑假、起動身心。活動錄得超過40,500次報名。

Highlights of the Year

Empowering Mental Health Support

Youth mental health has always been a top priority for us. Harnessing the power of our Youth S.P.O.Ts, we provide comprehensive prevention and support services for young people. Since 2019, Lung Hang Youth S.P.O.T has been actively engaged in the **LevelMind@JC** initiative. After five years of professional training and evaluation, we received additional funding from the Jockey Club to expand into a second phase. **Now, 6 Youth S.P.O.Ts offer LevelMind@JC services, creating safe havens for young people with emotional health needs. This service not only aids in early identification of emotional issues, but also ensures essential therapeutic follow-up, thereby fortifying the district's support network for youth mental health.** Additionally, our Youth S.P.O.Ts conducted 10,000 summer activities centered around outdoor pursuits, well-being, and digital skills, inspiring over 40,500 applications. These initiatives help cultivate resilience and positive values, encouraging youth to engage both their bodies and minds during the break.



「鄰舍第一」動員青年建立共融社區

「鄰舍第一」是一項自2011年開始，由青年帶動的社區關懷行動。今年「青年鄰舍節」首次聯合年度旗艦活動「鄰舍第一·鄰舍團年飯」，於西九文化區連續舉行三天，以「行多步·鄰舍一直都喺度」為主題，鼓勵青年們「行多一步」，為周遭的鄰舍營造幸福感。除大型活動外，各區的鄰舍隊在陳張敏聰夫人慈善基金的贊助下，通過社區探索和策劃提案，推展了14項創新且多元化的社區服務。這些服務涵蓋了社區藝術、長青共學、為低收入兒童提供理財教育等，讓各區的青年空間得以深化其鄰舍服務，進一步拉近社區成員之間的距離。以元朗區鄰舍隊為例，他們發起每月鄰舍愛心湯的活動，每月專注於一個社區服務對象，如長者和街市從業員，通過一碗碗熱騰騰的湯，將溫暖和關懷送達予社區。



Inspiring Youth for Community Cohesion

NEIGHBOURHOOD First is a heartfelt, youth-led community care initiative that began in 2011. This year, we celebrated the inaugural NEIGHBOUR FEST alongside our flagship NEIGHBOURHOOD First Reunion Lunch, spanning three days at the West Kowloon Cultural District. The festival encouraged young people to "take an extra step" in fostering well-being within their communities. Supported by the Chan Cheung Mun Chung Charitable Fund, **our neighbourhood teams launched 14 innovative community services. These initiatives included community arts, intergenerational learning, and financial education for children from low-income households, empowering our Youth S.P.O.Ts to strengthen local connections.** For example, the Yuen Long neighbourhood team introduced a monthly **Neighbourhood Caring Soup** initiative, dedicating each month to a specific group—like the elderly or market stall workers—delivering warmth and compassion through a steaming bowl of soup.





數碼媒體活動讓青年挑戰和超越自我

我們致力為青年提供各種學習和成長體驗，透過「賽馬會青年共遊計劃」，推出一系列媒體創作體驗活動，激發青年的創意火花。活動包括「Go Fun戰」讓60位青年參與製作綜藝節目，當中12名青年更獲藝人岑珈淇培訓，學習成為綜藝節目主持人，節目以「青春就係咩都要試」為主題，鼓勵勇於挑戰和超越自我；「Sunday Go！」為拍攝旅遊影像部落格或旅遊影像網誌的培訓，10隊青少年隊伍自主設計行程成功配對10位藝人，學習一系列的製片及主持技巧，並與藝人拍攝香港半日遊旅遊節目；「Go Racing！」讓青年體驗電競賽車活動，青年可於青年空間無限次使用賽車模擬器參與地區選拔圈速賽，不斷改進技術，再於總決賽比拼。總決賽當天青年更可現場觀摩澳門格蘭披治大灣區GT盃冠軍車手莫梓諾，以及香港首位電競賽車奧運選手周天浩比賽，還有從他們的比賽經歷及職業生涯規劃分享中學習，開拓視野。



Harnessing Youth Potential through Digital Media

Committed to providing young people with learning and growth opportunities, encouraging them to embrace challenges and expand their boundaries, we introduced a variety of digital media experiences through the **Jockey Club The Year of Go! Series (TYoG)**. The **Go Fun Challenge** engaged 60 participants in producing the show **Youth Is About Trying Everything**, with 12 individuals receiving training from artist Kaki Sham to become variety-show hosts. In the **Sunday Go!** activity, 10 youth teams collaborated with artists to develop production skills by creating half-day tour videos. The **Go Racing!** event allowed participants to compete in esports, sharpening their skills through regional lap-time contests that culminated in a grand finale. This final event featured champion driver Pluto Mok and Olympic esports athlete Stanford "Boss" Chau, who shared insights on racing experiences and career planning, broadening participants' perspectives.



為青年打造共創體驗

6所青年空間透過「賽馬會21世紀綜合青少年服務中心計劃」，以「空間」、「體驗」及「服務」三大元素，打造全新的青年空間用戶參與體驗。我們與15個青年服務機構共同開發專屬青年應用程式TO_MO，讓青年一站式在線上線下聯繫、創建活動，並可網上預約各項空間設施。此外，我們的青年空間設有「試吓實驗室」、「撈Ideas」及「Youth Advisor」等項目，與青年共創，確保不同個性及能力的青年都能在青年空間找到適合自己的參與方式，充分體現青年自主及以青年為本的服務價值。

Providing Co-creating Experiences for Young People

The 21C@JC project empowered 6 Youth S.P.O.Ts to create an innovative user engagement experience for young people, focusing on three core elements: space, experience, and service. In collaboration with 15 youth service organisations, we developed the TO_MO app, which connects youth, allows them to create activities, invite participants, and make online facility bookings. Additionally, our Youth S.P.O.Ts organised programmes like 21C Trial, 21C Ideas, and 21C Youth Advisor, enabling young people to move from passive participation to active co-creation. This approach accommodates diverse personalities and capabilities, ensuring that all youth can engage with Youth S.P.O.Ts in ways that resonate with them, fully embracing the principles of youth autonomy and youth-centred services.



主要服務 Key Services

目的 Objectives

活動 Programmes

擴闊視野及發揮潛能 Broadening horizons and realising potential	賽馬會青年共遊系列 “The Year of Go!” (TYoG) Go 媒體! Jockey Club “The Year of Go!” Series (TYoG) Go Media! S.P.O.T. Sound Music 青年空間運動會 Youth S.P.O.Ts Athletics Meet
培育青年社創思維及關心社區 Nurturing social innovation mindset and caring for the community	鄰舍第一・里想社區 NEIGHBOURHOOD First – Empathetic Community 「鄰舍第一・互享互助」愛心行動 NEIGHBOURHOOD First – Share Love 鄰舍第一・送米助人 NEIGHBOURHOOD First – Rice Giving Scheme
加強青年數碼技能 Enhancing digital skills	公營機構試用計劃：青少年人工智能訓練 Public Sector Trial Scheme – AI Training



你有沒有遇過與你在同一辦公室工作的同事，擁有令人意想不到的才藝呢？Angeline任職商界，她的配音才能令她入圍電視台配音員比賽20強。其實，Angeline在初中時期因為參加了M21的「小主持計劃」而發掘了在幕前的潛能和興趣。從高中到大學，她持續參與M21的演出，不斷磨練和提升自己的表演技巧。雖然畢業後投身商界，但她仍然對幕前表演充滿熱情，因此參加了電視台配音員比賽。她一直很感激M21給予的栽培和機會，現在更義務帶領M21配音體驗班，培訓青年助教，策劃銀髮族配音班，同時為M21「全港校園配音大賽」擔任導師，積極傳承配音知識，啟發年輕一代的潛能。

Have you ever encountered a colleague in your office with an unexpected talent? Angeline, who works in the business sector, possesses a remarkable talent for voice acting that brought her to the top 20 of a prestigious voice acting competition. In fact, Angeline's journey into the world of hosting began in junior secondary, where she discovered her passion and natural talent through M21's Young Presenter Programme. As she continued to nurture her skills with M21 throughout her student years, her love for performing blossomed. Although she embarked on a career in the business sector, her passion for performing remained. This led her to enrol in a renowned voice acting competition on TV. Grateful for the invaluable support she received from M21, Angeline decided to give back to the community. She volunteered at M21's voice acting workshops, engaging with both young people and the elderly, and served as a mentor in M21's Hong Kong Inter-school Dubbing Competition. Through these experiences, she encourages youth to explore their interests and unlock their potential in the creative and performing arts, inspiring the next generation to follow their passions just as she did.

服務概覽

M21媒體空間及各青年空間的M21社區媒體製作站，持續培育新生代數碼創作技能，縮窄跨代數碼鴻溝；當中位於M21的青協賽馬會數碼技能轉型中心配備延展實境（XR）、元宇宙、數碼創作和綠幕工作室等設施和技術，激發青年科技創新和創作，掌握數碼發展、人工智能（AI）與新科技應用的最新趨勢。另持續舉辦數碼及媒體素養教育活動，以裝備辨別資訊真偽的能力。

Service Overview

The M21 Multimedia Centre, along with M21 Community Studios across various Youth S.P.O.Ts, provide opportunities and media literacy programmes to enhance digital skills. Housed within M21 is the HKFYG Jockey Club Digital Skills Transformation Centre, which features extended reality (XR), metaverse, digital creation and green screen studios, supporting innovation and creativity with the latest trends in artificial intelligence and technological applications. Media and information literacy programmes are organised to promote digital literacy.

服務數據 Service Data

數碼媒體課程及活動數目 Digital Media Courses and Programmes	451
已受培訓的數碼媒體青年導師數目 Trained Digital Media Youth Mentor	53
數碼媒體課程及活動參與人次 Attendance at Digital Media Courses and Programmes	71,306
「創作者社群空間」創作者 Creators in the M21 Creator Space	253
數碼媒體製作 Digital Media Productions	100
數碼影片製作總時長 (分鐘) Length of Digital Media Production (minutes)	1,545
網上聯繫人次 Online Engagement	3,060,651



年度重點

推動數碼媒體素養及數碼技能增值

在數碼時代，媒體素養及數碼技能已成為青年不可或缺的關鍵能力。M21獲優質教育基金支持，舉辦「青少年媒體素養與數碼素養 — 學習與實習」培養學生獨立思考及全面分析資訊的能力，並掌握新媒體製作技巧。此外，我們獲香港賽馬會慈善信託基金捐助，與香港大學教育學院聯合主辦「賽馬會『科·苗』計劃」，為基層高中生提供學習新興科技的機會，掌握數碼經濟時代所需技能，提升數碼競爭力，為未來的職業生涯鋪路。



Highlights of the Year

Promoting Media Literacy and Digital Skills

In today's information-saturated digital age, media literacy and digital skills are essential for young people. To address these needs, M21 organised the following: **Media Literacy and Digital Literacy for Youth Programme**, supported by the Quality Education Fund, this initiative helped develop students' critical thinking and information analysis skills, while mastering new media production techniques.

The Jockey Club Youth Tech Project, funded by The Hong Kong Jockey Club Charities Trust and hosted by the University of Hong Kong's Faculty of Education and M21, provided underprivileged secondary students with training in emerging technologies, which equips them with essential digital skills for a tech-driven economy and enhances their career competitiveness.

多元共融服務加強非華語學生數碼媒體技能

M21與香港銀行公會合辦「大灣區創科探索·多元共融服務計劃」，積極推廣多元共融服務，提升非華語學生數碼媒體技能，加強他們的競爭力。計劃讓非華語青年了解大灣區發展及銀行數碼服務，學習銀行及數碼媒體製作知識，並透過翻譯工具和XR技術製作影片，促進跨文化交流和宣傳所學。周大福教育集團「Embrace Tech for Change」邀請M21為不同文化背景學生設計社交媒體營銷、影片製作等實用技能課程，並提供實習及就業機會，提升非華語青年自信及個人成長，同時幫助他們開拓職涯路向，亦為香港培育非華語族群的勞動力。

Enhancing Digital Media Skills through Inclusive Services for Non-Chinese-Speaking Students

Embracing Diverse Horizons, in partnership with the Hong Kong Associations of Banks, this initiative was to enhance digital media skills and competitiveness among non-Chinese-speaking (NCS) students. This programme provided NCS youth with insights into the Greater Bay Area's development, digital banking and media production. Participants created videos using translation tools and XR technology to promote cross-cultural communication.

Embrace Tech for Change, commissioned by CTF Education Group, M21 designed practical courses in social media marketing and video production targeted at students from diverse backgrounds. The programme also included internship and job opportunities. This initiative bolstered the confidence and personal growth of NCS youth, fostering a more inclusive and empowered workforce.



M21媒體空間

M21 Multimedia Services

為青年搭建與施政者直接溝通及交流的平台

M21為青年提供與施政者直接溝通及交流的平台，鼓勵他們關心社會事務，積極參與表達意見。今年民政及青年事務局局長麥美娟及財政司司長陳茂波分別出席《施政Online@M21》及《預算案Online@M21》直播節目，吸引了近500位青年踴躍參與，他們爭取與施政者直接交流，對政府的施政方向提出看法與建議。青年們關注的議題不僅限於個人層面，如升學機會和學生津貼，更涵蓋了香港的長遠發展、政府資源的合理運用，以及如何更積極地參與地區事務等。這些直接的交流機會，不僅讓青年的聲音得以被聽到，更有效提升了他們對社會事務的參與感。

Dialogue with Policymakers

M21 serves as a vital platform for dialogue between young people and policymakers, fostering social responsibility and encouraging youth participation in government discussions. This year, **Secretary for Home and Youth Affairs Alice Mak and Financial Secretary Paul Chan joined the live broadcasts of Policy Online@M21 and Budget Online@M21**, which engaged nearly 500 enthusiastic young participants. Subjects of interests ranged from personal issues like education and student allowances, to broader topics such as Hong Kong's long-term development, public resource management and active community involvement. These interactions not only amplified young voices but also enhanced their engagement in social matters.



孕育創意社群，與青年共創

M21去年成立首個全天候開放的創作者社群空間，這個實體聚腳點凝聚了一班青年創作者，他們不僅能在這空間自我增值，還能建立支援網絡，與同行互動交流，交換技能，共同成長。今年「賽馬會青年共遊計劃」為12至17歲對媒體製作有濃厚興趣的青少年，提供參與媒體製作體驗，青年獲得機會主導製作音樂、遊戲、周日遊、到外地進行街訪等節目。同時，M21與知專設計學院合作，共同探索延展實境（XR）在社區中的應用。學生利用虛擬製作拍攝技術，將課堂所學應用到M21的XR工作室中，創作出多個日常應用生活場景。這些作品不僅豐富了M21的XR體驗、教學及媒體製作，更為學生提供了實踐創意、拓展創作邊界的機會。

Engaging Youth in Creative Collaborative Projects

Creator Space, launched last year, this round-the-clock platform brought together a community of young creators to enhance their skills, build networks, and share expertise.

The Jockey Club 'The Year of GO', offered media production opportunities to teens aged 12 to 17 passionate about media creation, allowing them to lead projects like music, games, and street interviews abroad.

Exploration of Extended Reality (XR) applications is done in partnership with The Hong Kong Design Institute by utilising virtual production techniques where students transformed theoretical knowledge into practical XR experiences. These initiatives enriched M21's offerings and empowered students to unleash their creativity, nurturing the next generation of talent.





主要服務 Key Services

目的 Objectives	活動 Programmes
增強溝通及表達技巧 Enhancing communication skills	全港校園配音大賽 Hong Kong Inter-school Dubbing Competition
培養閱讀及理解能力，並推廣閱讀文化 Promoting a reading culture	全港校園導讀比賽 Hong Kong Inter - school Guided Reading Competition
啟發青少年以創新方式講故事，推廣閱讀文化 Inspiring young people to tell stories in an innovative way to promote a reading culture	青少年故事達人計劃 Young Storytelling Ambassador Scheme
推動銀髮族與數碼世代青年交流 Promoting cross-generational communication	「聲夢傳耆」配音體驗 Voice Acting Programme for the Elderly



就業支援

Employment Services

阿茶患有專注力不足及自閉症，過往工作因缺乏清晰指示經常出錯，對自己工作能力失去信心而辭職。「職做」共融職場計劃為他提供職前培訓，包括撰寫履歷表、面試及溝通技巧等。社工協助他配對連鎖西餅店的烘焙師崗位，協助他準備面試及適應新工作，定期與公司人力資源部同事及其直屬上司緊密溝通，幫助阿茶持續穩定就業。現時他工作穩定，表現亦令僱主滿意。

Ah Cha, navigating the challenges of ADHD and Autism, faced difficulties at work due to unclear instructions, which led to repeated mistakes and ultimately his resignation. Through our Career Link Inclusive Workplace Programme, we provided him with essential training in resume writing, job interviews and communication skills. With personalised job matching, he secured a position as a baker at a large bakery chain. Our dedicated social worker supported him with his interview preparation and workplace adjustments, ensuring regular communication with HR and his supervisor. Today, Ah Cha is stable in his role, and his employer is satisfied with his performance.



服務概覽

加強裝備青年規劃事業及實踐創業理想。青年就業網絡以「生涯規劃」概念推廣未來技能，協助青年順利由學校過渡至職場，同時連繫企業提供就業機會。青協賽馬會社會創新中心則推出社創教育、創業孵化、種子基金及多項配套。作為「前海深港青年夢工場」發起機構之一，「前海香港青年發展中心」積極為初創青年拓展海內外市場。三項社會企業包括咖啡空間21、PH3派對場地及青協賽馬會有機農莊提供多元商品和服務。

服務數據 Service Data

活動數目 Programmes Delivered	1,223
活動參與人次 Programme Attendance	72,430
個案數目 Cases Served	1,178
個案服務人次 Case Beneficiaries	2,280
創業大賽參與隊伍數目 Entrepreneur Competition Teams	425
創業活動參與人次 Entrepreneur Programme Attendance	21,096

Service Overview

The Youth Employment Network drives life and career planning, develops future skills, facilitates the transition from school to the workforce, and fosters connections with corporations to provide employment opportunities. The HKFYG Jockey Club Social Innovation Centre provides social innovation education, business incubation, seed funding, and support services. It also assists local start-ups in expanding business networks beyond Hong Kong through its Qianhai Hong Kong

Youth Development Centre, as one of the initiators of the Qianhai Shenzhen-Hong Kong Youth Innovation and Entrepreneur Hub. Additionally, the Federation operates three social enterprises: Café 21, party venue PH3, and the HKFYG Jockey Club Organic Farm.



年度重點

填補社會欠缺25-39歲高學歷職涯諮詢服務的缺口

香港的青年就業服務往往忽視了25-39歲、具備大學學歷的青年在生涯規劃上的需求。事實上，無論學歷高低、年齡大小，每個人都會在職涯的不同階段遇到各種挑戰，如轉工、轉行、自我增值的方向選擇，甚至辦公室適應等問題。「職涯建未來計劃」針對填補這個服務缺口。我們的目標是提升青年解決就業上遇到困擾的能力，包括協助他們明確工作方向、建立支援網絡、提升職場自信心等。通過參與我們的計劃，青年將在日後遇到問題時，擁有足夠的能力去面對及解決困難。



Highlights of the Year

Filling the Career Service Gap

Noting a gap in youth employment services, specifically for individuals aged 25 to 39 with university degrees, **Project Careerpillar** initiative was designed to address these needs, including challenges at various career stages, job changes and industry transitions, further education and adapting to office cultures. The Project was to empower participants by helping them identify their career paths, build supportive networks, and enhance their workplace confidence. Through our programme, young people developed the skills necessary to navigate and overcome employment challenges.

就業支援

Employment Services

提供平台及教育推動社會創新及青年創業

本會每年舉辦多個項目，為有意或經已創業的青年提供支援、平台和機會，提供創業資助金、配對生意夥伴和擴展商機。今年的項目有「瑰麗慈善基金創業家大獎2025」、羅桂祥基金贊助的「創科N世代」、「前海粵港澳台青年創新創業大賽2024」香港賽區及「香港青年創業計劃」等。本會衷心感謝所有支持和參與這些項目的捐款者和贊助商，他們的慷慨支持為青年創造機會和希望。



有機農莊推動科技農業教育

科技發展改變農業運作模式，有見香港的傳統農業教育與現代學習需求存在差距，我們通過「賽馬會氣候智能耕種教育計劃」，對「青協賽馬會有機農莊」進行了全面的翻新與升級，將智慧農業、低碳飲食及再生能源等現代農業理念融入其中，向公眾展示如何運用科技協助農業應對氣候變化，帶動實踐低碳可持續的生活模式。我們不僅實踐了智慧農業，還提供有機農產品，組織教育活動，創造休閒空間，讓公眾能夠親身體驗和學習現代農業的運作模式，進而提升他們對氣候變化和可持續發展的認識。



Social Innovation and Youth Business

Every year, we host a variety of projects to support and empower young entrepreneurs on their journeys. This year's highlights include, the prestigious **Rosewood Foundation Entrepreneurship Awards**; the **Young Techpreneur Project** sponsored by the Lo Kwee Seong Foundation; the exciting **Qianhai-Guangdong-Hong Kong-Macao-Taiwan Youth Innovation and Entrepreneurship Competition 2024 (Hong Kong Division)**; and the **Youth Business Hong Kong** initiative.

Promoting Technology-driven Agricultural Education

Technological advancements have revolutionised agriculture. Recognising the gap between traditional agricultural education in Hong Kong and modern needs, **The HKFYG Jockey Club Organic Farm was upgraded through the Jockey Club Climate Smart Agriculture Educational Project. This initiative integrates cutting-edge concepts like smart farming, low-carbon diets, and renewable energy, showcasing how technology can help agriculture combat climate change and promote a sustainable lifestyle.** We also provided organic produce, hosted educational activities, and created recreational spaces, allowing the public to engage with modern agricultural practices and deepen their understanding of climate change and sustainable development.



主要服務 Key Services

目的 Objectives	活動 Programmes
協助DSE畢業生尋找升學或就業方向 Guiding DSE graduates in identifying pathways for further education or employment	「畢業同學會」—— 升學就業輔導 DSE Graduates – Guidance for Further Education and Employment
裝備青年以AI技術提升求職能力 Equipping youth with AI technology to enhance job-seeking skills	「互動招聘博覽2025」 Career Fair 2025
擴闊小學生職業視野，加強他們對各種職業的敏感度 Broadening primary pupils' career perspectives and understanding of professions	「夢想小種籽」—— 小學生生涯規劃 Dream Seeding – Primary School Career Education
培養創新及企業家思維 Fostering innovative thinking and entrepreneurship	「中學生青年創業學課程」 Youth Entrepreneurship Learning Programme
增進創業青年對內地發展機遇的了解及促進跨地區合作 Enhancing young entrepreneurs' understanding of opportunities on the Mainland and facilitating cross-regional cooperation	「內地青年考察研學班」 Mainland Youth Study Tour





Kevin身兼多職——他是公司創辦人、寫作計劃導師，也是活動主持人。是甚麼驅使他肩負這麼多角色的？是一顆關心香港年青人的心。在中學時期，Kevin參加了我們的《香港200》領袖計劃，各種各樣的領袖培訓鞏固了他「願意為香港」的信念。他深切關注年輕人的成長，並用自身經驗透過寫作及社交媒體，鼓勵年輕人勇敢接納自己的獨特之處。此外，他創立了一家心理輔導公司，為這座城市中情緒上需要支持的人提供專業的幫助與關懷。Kevin積極回饋社會，擔任青協寫作計劃導師、分享嘉賓及活動主持人，以不同身分服務青年，實踐他對社會的承擔與熱忱。

Kevin wears many hats — a company founder, a creative writing mentor, and an event host. What drives him to take on so many roles? During his secondary school years, Kevin embarked on a transformative journey with our Hong Kong 200 Leadership Programme, where he discovered a deep passion for service. His commitment to nurturing the potential of young people shines through in everything he does. Drawing from his own experiences, Kevin writes inspiring articles and social media posts that encourage youth to embrace their individuality with courage and pride. With a heart for helping others, Kevin also founded a counselling company dedicated to providing professional support to those facing emotional challenges. He now serves as a mentor, guest speaker and host at our events, connecting with young people in various roles and sharing his wisdom.

服務概覽

青協自2000年已培訓逾20萬名立根香港、心連祖國、放眼世界的青年領袖。青協領袖學院坐落於別具歷史價值的前粉嶺裁判法院，保留了簡約古典的建築風格，結合現代科技，為訪客帶來互動體驗。學院設有清晰的培訓階梯，為全港學生以至行政人員提供專業的領袖課程。配備全新營舍提供深度訓練、生活體驗和歷奇活動，促進內地及海外青年領袖交流，裝備他們在未來承擔環球領袖的角色。

Service Overview

Since 2000, the HKFYG has nurtured over 200,000 young leaders rooted in Hong Kong, connected to the nation and equipped with a global vision. Housed in the historic former Fanling Magistracy, the HKFYG Leadership Institute (HLI) blends neoclassical architecture with modern technology, delivering an engaging and interactive experience for visitors. With a structured training pathway, it caters to primary, secondary, and tertiary students as well as young professionals. Newly refurbished accommodation is available for a comprehensive and immersive training experience complemented by life-enriching and adventurous activities. Through exchanges between local, Mainland and overseas youth, leaders are equipped to connect with the city, the nation, and the world.

服務數據 Service Data

活動數目 Programmes Delivered	270
青年領袖培育人次 Youth Leaders Nurtured	26,490
參觀人次 Visitor Attendance	73,732





年度重點

為社會培育具創意及影響力領袖

領袖學院積極為香港培育具創意及影響力的人才。與恒生銀行合作的「Seek Our Ways」社創計劃，以「社會未來，等你探索」為主題，圍繞「環境與可持續發展」、「推廣全民運動」及「樂齡健康」等社會議題，鼓勵青年了解社會痛點，運用創意思維出謀獻策。首屆活動反應熱烈，吸引近千名中學及大專生報名，最後甄選出超過400名學生組隊參加。經歷超過10,000小時的學習及培訓，包括與行業領袖對談、參訪社會企業及初創公司、兩日一夜的訓練營、走入社區收集意見等，最終參加者為社會構思了近90個創意方案，推動社會進步。三隊得獎隊伍的學生獲得港幣20,000元現金獎，以及參與恒生銀行提供的職場體驗機會。

Highlights of the Year

Nurturing Innovative Leaders

HLI is dedicated to nurturing innovative leaders for Hong Kong. Supported by Hang Seng Bank, the **Seek Our Ways Social Ideation Programme**, themed **"Future Exploration is in the Hands of Youth"**, focused on three key areas: **Environment and Sustainable Development, Promoting Sports for All, and Elderly and Wellness**. This initiative empowered young people to address social issues with creative solutions. The inaugural edition garnered nearly 1,000 applications from students. After **over 10,000 hours of diverse learning and mentorship**, which included dialogues with industry leaders, visits to social enterprises, 2-day training camps, and community outreach, the participants developed nearly 90 innovative proposals for social progress. Three winning teams received HK\$20,000 each, along with valuable career immersion opportunities at Hang Seng Bank.



領袖培訓

Leadership Training



為社會培育綠色領袖

可持續發展議題日益受重視，領袖學院積極培育各個範疇的綠色領袖，為香港提供人才。與滙豐銀行合作的「綠色技能提升計劃」，為本地中學生及大學生提供深入的知識和實踐經驗，涵蓋綠色建築、綠色金融、綠色市場營銷和ESG影響評估等關鍵學科。通過工作坊、沉浸式研討會、實踐培訓和與行業領袖的戰略合作，學員們獲得了對可持續發展領域的寶貴見解，並開啟了眾多有前景的就業機會。

Empowering Green Leaders

With sustainability gaining prominence, HLI actively nurtures green leaders for Hong Kong. In collaboration with HSBC, the **Upskilling for a Greener Future** programme offers immersive workshops, hands-on training, and strategic partnerships with industry leaders, equipping students with valuable insights into the sustainability sector and opening doors to numerous job opportunities.



旗艦青年培育計劃 為香港培訓領袖接班人

《香港200》領袖計劃自2006年起，每年選拔 200 位別具領導潛質，並抱有服務社會心志的青年，培訓他們成為本地的明日領袖。計劃至今已培育3,600 青年，不少舊生已在社會不同崗位發揮影響力，包括特區政府主要官員、立法會及區議會議員、商界領袖、社會企業創辦人等。今年計劃以培育有慎思明辨能力，有熱誠積極從政商社、體制以外為社會提出良策的青年領袖為目標，讓青年探索參與公共及政治的可能性。學員透過社區體驗及與領袖對話拓闊眼界，緊貼社會發展脈絡。同時經Skill Labs及專題式學習掌握通用技能，為未來發展做好準備。經一系列培訓後，學員於Project for Hong Kong Pitching角逐優勝計劃。今年優勝的兩組隊伍建議分別為：設立「駐校長者」制度，視學校為社區空間的一部分，讓青銀兩代了解彼此的人生故事及課題；及以老火湯為靈感及廿四節氣為主軸，揉合長者對傳統習俗及社會知識的認識，製成符合廿四節氣的湯包於社區小店出售。

Flagship Leadership Programmes

Every year, since 2006, the **"Hong Kong 200" Leadership Project** has been training 200 promising youth who have demonstrated leadership potential. Thus far, **the programme has empowered 3,600 young people, many of whom now hold significant roles in society, including serving as principal officials in the government, members of the Legislative and District Councils, business leaders, and founders of social enterprises.** After a series of training sessions, participants showcased their ideas in the Project for Hong Kong Pitching, resulting in two standout teams. One proposed a "school-based elderlies" system to foster intergenerational story-sharing, promoting inclusivity and harmony. The other team created soup packs inspired by traditional herbal recipes, blending elders' wisdom and social insights, to create soup packs aligned with the twenty-four solar terms, to be retailed in community shops.



「香港青年協會英語演講比賽」踏入第22屆，旨在加強青年慎思明辨能力及演說技巧。今年吸引了1,800多位來自200間學校的中學生參加，並設「最佳進步獎」，肯定參加者在整個培訓及參賽過程的成長。今年首次應用人工智能技術，為學校及參賽者提供個人化的演說分析及建議，冀透過科技提升他們的學習體驗。同時，為鼓勵參賽者力求突破，今年增設友師小組，由歷屆得獎者及青協舊生組成，他們悉心培訓其中100名參賽者競逐「最佳進步獎」3個席位。今年初中組題目探討「香港教育制度急需什麼改變，才能幫助年輕人在2030年茁壯成長？」；高中組題目則邀請學生就「認識自己乃一切智慧之始」分享意見。總決賽包括提問環節，考驗參賽者的即場反應。

The HKFYG English Public Speaking Contest has been Hong Kong's premier platform for young speakers, enhancing critical thinking and public speaking skills for the past 22 years. This year, it drew over 1,800 secondary students from 200 schools, featuring a Best Progress Award to celebrate participants' growth throughout the Contest. **A notable addition to this year's Contest was the use of AI-powered tools to provide personalised feedback to contestants' video entries**, elevating the learning experience. Additionally, mentor groups comprised of past winners and HKFYG alumni guided 100 contestants vying for the Best Progress Award. In the Junior Division, participants explored what is "the most pressing change Hong Kong's education system needs to help youth thrive in 2030", while the Senior Division reflected on whether "knowing yourself is the beginning of all wisdom". The Grand Finals featured a dynamic Q&A session to test participants' quick thinking and wit.

主要服務 Key Services

目的 Objectives

加強青年對香港立法制度、憲制基礎及基本法的認識
Enhancing youth's understanding of the legislative system, constitutional foundation and the Basic Law of the Hong Kong SAR

推廣古蹟保育
Promoting heritage conservation

活動 Programmes

青年立法會議政訓練證書課程
Youth LegCo – Policy Training Certificate Programme

前粉嶺裁判法院導賞團
Former Fanling Magistracy Guided Tours



義工服務

Volunteer Services

誰不渴望一個雙贏的局面？做義工不僅是「付出」，更是一種「獲得」。即將大學畢業的準教師 Andrew，參與「全城義工推廣大使計劃」已有兩年。他積極推廣義工文化，視之為一個雙贏的機會——既讓青年學習義工精神，也為自己的職業發展鋪路。作為導師，他走進校園主持多場義工培訓，將所學的教學理論與技巧付諸實踐。透過實際操作，他不斷吸取寶貴經驗，並在反思與回饋中持續改進。參與義工服務不僅讓 Andrew 在事業發展、社會責任感及領導能力方面有所成長，也為社會培育出更多具責任感的青年。

Who doesn't aspire to a mutually beneficial outcome? Volunteering is not merely about giving—it's also about gaining. Prospective teacher Andrew spent two transformative years in the Citywide Volunteer Ambassador Programme, where he actively promoted a culture of volunteering as a win-win for both personal growth and community impact. By leading campus volunteer training sessions, he put into practice the teaching skills, theories, and invaluable hands-on experiences he had learnt. This journey not only enhanced his career development, but also deepened his sense of social responsibility and leadership. Through his efforts, Andrew is nurturing future generations of caring, responsible young people, to make their meaningful contribution to society.

服務概覽

青協設有全港最大的青年義工網絡，登記義工人數超過26萬，年度服務時數達90萬小時。透過「好義配」網上配對平台(easyvolunteer.hk)，以及「好義學」增值活動，義工可隨時搜尋合適的服務機會；同時設有「好義配」義工嘉許計劃，並每年舉辦「有心計劃」，連繫學校與企業，合力推動學生服務社區及企業履行社會責任。

Service Overview

With over 260,000 registered volunteers contributing nearly 900,000 service hours each year, the Youth Volunteer Network is the city's largest youth volunteer organisation. It features an online portal (easyvolunteer.hk) and the Easy Learning self-enrichment initiative, connecting volunteers with suitable opportunities, including the annual Heart to Heart Project which unites students and corporate volunteers. To encourage volunteerism and acknowledge contributions, members are nominated for the Easy Volunteer Service Award.

服務數據 Service Data

活動數目 Programmes Delivered	318
活動參與人次 Programme Attendance	87,643
「好義配」新登記人數 New Registered Volunteers on easyvolunteer.hk	8,983
義工服務時數 Voluntary Work Hours	907,465
好義配嘉許的義工人數 easyvolunteer.hk Service Award	6,905
賽馬會眾心行善 —— 義工推廣校園夥伴計劃連繫學校 Schools under JC Volunteer Together School-based Programme	95
賽馬會眾心行善 —— 義工推廣校園夥伴計劃中、小學生參與人次 Attendance of Students under JC Volunteer Together School-based Programme	14,128



年度重點

帶領義工投身國家體育盛事，開拓個人眼界

青年義工網絡一直鼓勵青年透過參與本地及海內外的國際盛事，藉此提升服務技巧，培養個人能力及責任感。今年，我們積極響應「第十五屆全國運動會（香港賽區）」賽事的義工招募，推薦逾400位青年以義工角色投入運動賽事。義工透過專職崗位訓練及賽事實戰體驗，學習專業服務技巧及待人接物的禮儀，進一步提升應變解難能力及團隊合作精神。義工投入國家體育盛事，這不單是一次服務機會，對青年而言更是成長歷程。我們不僅為青年提供了成長的平臺，也為國家體育盛事的順利進行出一分力，實現了青年成長與參與國家發展的雙贏局面。



Highlights of the Year

Serving In and Out of Hong Kong

The Youth Volunteer Network empowers young people to enhance their service skills and cultivate a sense of responsibility by participating in local and international events. This year, **we recommended over 400 young volunteers for roles at the 15th National Games (Hong Kong)**. Through tailored training and hands-on experience, these volunteers gained professional service skills and interpersonal etiquette, boosting their problem-solving, collaboration, and communication abilities. This was more than just a service opportunity; it was a transformative journey of personal growth. By fostering youth development, we also played a vital role in the successful execution of a national event, creating a win-win for both the participants and the broader community.

義工服務

Volunteer Services

表揚傑出義工，傳承義工精神

「好義配」義工嘉許計劃旨在表揚有傑出表現的義工及團體，肯定其行善助人精神，同時激勵全港青年積極參與義工活動。本年度計劃共嘉許逾6,900名義工及80個團體，他們的總服務時數超過160萬小時。今年頒獎禮以「傳承・躍動」為主題，凸顯運動與義工服務的共同價值觀——無私奉獻、團結協作、堅毅忍耐，並鼓勵青年透過參與大型運動的義務工作，體會體育精神及義工服務的價值。

Recognising Outstanding Volunteers

Our annual **"Easy Volunteer" Volunteer Service Award** recognises exceptional volunteers and groups, celebrating their dedication and engagement in volunteerism. This year, we honoured over 6,900 volunteers and 80 groups, who collectively contributed more than 1.6 million service hours. The award ceremony, themed "The Shared Value of Volunteerism and the Power of Sport", emphasised the common principles of selflessness, solidarity, and perseverance, motivating young people to take on volunteer roles in large-scale sporting events.





從小培養同理心，宣揚關愛助人精神

我們積極推動「賽馬會眾心行善 —— 義工推廣校園夥伴計劃」，透過義工課程建立同理心及學習義工精神。今年我們為 95 間學校提供義工培訓及服務機會，另外吸引全港逾200間學校響應「香港學校義工節 2024」，於12月內進行各種社區行善活動；「傑出服務策劃比賽」吸引了61支隊伍交流各種服務點子和策劃成果，優勝隊伍更獲得7千至5千元種子基金延續及實踐服務計劃。

Nurturing a Serving Heart

We actively promote the **JC Volunteer Together – School-based Programme**, using volunteer training to cultivate empathy and a serving heart. This year, we trained 95 schools and engaged over 200 in the Hong Kong School Volunteer Campaign 2024, where participating schools undertook various community service activities in December. The Outstanding Service Award attracted 61 teams to showcase their service ideas and results. Winning teams received seed funding, ranging from \$5,000 to \$7,000 to support and implement their ongoing projects.

主要活動 Key Services

目的 Objectives

便利義工隨時隨地搜尋合適服務機會
Enabling volunteers to search for suitable service opportunities

便利義工自學服務技巧
Enabling volunteers to enhance skills through self-learning

培育大專生推動中、小學義工發展
Nurturing tertiary students to promote the development of volunteering in primary and secondary schools

活動 Programmes

「好義配」義工搜尋器
Easyvolunteer.hk Online Volunteer Matching Platform

「好義學」義工領袖網上自學計劃
“Easy Volunteer, Easy Learning” Volunteer Self-learning Online Programme

全城義工推廣大使
Citywide Volunteer Promotional Ambassador

現在的阿靜喜歡彈結他，與父母關係良好，不知道他過去的人，一定會以為他的成長一帆風順。其實他以前曾因家庭缺乏情感支持，誤信朋輩而加入社團，參與欺凌行為而曾經被捕。在接受感化令期間，我們的社工透過音樂活動啟發他的興趣，並結合價值教育、行為反思及義工服務，協助他重建自我認同。阿靜在創作與表演中找到成就感，也在輔導過程中學會尊重與同理，理解過往行為的影響，並透過社區參與感受到被接納。社工亦促進他與父母的溝通，修補關係，使他重新感受到家庭的愛與支持。我們一連串介入不僅令他不再重犯，更讓他建立正向人生方向，成為今日的他。

Ah Ching enjoys playing the guitar and has a good relationship with his parents. To those unaware of his past, it might be easy to assume he had a trouble-free upbringing. In fact, in the past, due to a lack of emotional support at home, Ah Ching joined a gang and engaged in bullying, which eventually led to his arrest. While serving his probation order, our social worker supported him through musical activities, integrating values education, behavioural reflection, and volunteer service to aid in reconstructing his sense of identity. Through composing and performing music, Ah Ching developed a sense of accomplishment. Counselling sessions helped him understand respect and empathy for others, enabling him to realise that his actions had consequences. Through active participation in the community, he felt a newfound sense of acceptance. Our social worker also facilitated communication between Ah Ching and his parents, repairing their relationship. Our interventions not only prevented him from further offending, but also guided Ah Ching towards leading a positive life.

服務概覽

青年違法防治中心透過地區外展社會工作隊、深宵青年服務、青年支援服務和抗毒服務專隊，就犯罪違規、性危機、吸毒及網絡罪行等問題，為青年及其家人提供預防教育、危機介入與評估、輔導治療等，另推動跨專業協作和研發倡導。「青法網」應用程式和熱線8100 9669分別提供守法資訊、被捕支援和求助方法。青協亦為18歲至24歲處於不利環境的青年，提供短期住宿服務。

Service Overview

The Youth Crime Prevention Centre (YCPC) operates through regional Outreaching Social Work Teams, the Extended Service for Young Night Drifters, the Youth Support Scheme and the Anti-Drug Service. It also offers resources via the YouthLaw app and 8100 9669 hotline to provide legal and other resources for those arrested and seeking help.

服務數據 Service Data

活動數目	Programmes Delivered	822
活動參與人次	Programme Attendance	264,907
處理個案數目	Case Served	5,521
個案服務人次	Case Beneficiary	67,482
網上聯繫人次	Online Engagement	1,081,861

In addition to preventive education and crisis intervention, the Centre provides assessments, counselling, and promotes multi-disciplinary collaboration, research, and advocacy and supports young people and families impacted by youth and cyber-crime, deviance, sex-related crises and drug abuse. Short-term accommodation services are available for youth-in-need aged 18 to 24.



年度重點

發展多元化預防教育，強化守法意識

青年違法防治中心致力設計多元化且富有趣味性的預防教育活動，提升青少年、家長及社區人士的守法意識，避免他們誤入違法的陷阱。我們通過多媒體和體驗式活動，吸引參與者的興趣，並加深他們對法律知識的理解，重點項目包括：與保安局跨部門反恐專責組合作推行「Safe Community Plus+」安全社區流動體驗館，巡迴50個社區地點及學校，推廣安全社區訊息；「Project iSmarter」計劃以模擬法庭形式，聯同義務律師團隊，指導學生透過角色扮演剖析網絡罪行案例，增強網絡安全與法律意識；於商場舉行「呃Pop Up」反詐騙展覽，協助社區人士識別詐騙陷阱，提升防騙能力；於社區舉行「抗毒市集」禁毒宣傳活動及毒氣現場體驗活動，揭示「依托咪酯」及其他毒品的危害，推廣抗毒意識；針對賭博、毒品、偷竊、網絡安全、電子煙等青少年常見危機，在YouTube上發布預防教育短片，廣泛傳播守法訊息。

Highlights of the Year

Strengthening Law Abiding Behaviour through Innovative Educational Strategies

Our Youth Crime Prevention Centre (YCPC) is dedicated to creating diverse preventive education initiatives to engage young people and deter them from illegal activities. We actively involve youth, parents, and community members through multimedia and experiential activities that promote law-abiding behaviour.

Key projects include:

- **Safe Community Plus+:** A mobile experiential programme in collaboration with the Security Bureau's Interdepartmental Counter Terrorism Unit, touring 50 community locations and schools to promote safety.
- **Project iSmarter:** A mock courtroom experience with volunteer lawyers, helping students analyse cybercrime scenarios through role-play to enhance their understanding of cybersecurity and legal issues.
- **Anti-Fraud Pop-Up Exhibition:** Held in shopping malls to educate community members on identifying fraud traps.
- **Anti-Drug Markets:** Community events promoting drug prevention awareness and educating participants about substances like etomidate and other illicit drugs.
- **YouTube Videos:** Preventive education videos addressing issues such as gambling, drugs, theft, cybersecurity and electronic cigarettes, widely sharing messages about law-abiding behaviour.



以創新手法促進青年改變與成長

青年違法防治中心堅信青年在成長路上蘊藏無窮的改變潛力，通過提供合適的成長平台與機會，有助青少年的正向改變，預防重犯。本年度，我們舉辦了第十二屆「重新出發」青年嘉許計劃，以「改變的力量」為主題，表揚8位勇於改過自新的青年，激勵更多青少年積極求變；與葵青警區及香港律師會攜手發起「Project Gates」計劃，安排青年個案向中學生分享改變歷程，肯定個人改變與成長；與懲教署合作「Project RESTART」計劃，首次採用寵物介入模式，讓青年與拉布拉多犬合作探訪長者中心，通過與寵物的互動，重塑他們的正向價值觀，培養他們的同理心與責任感。我們持續發展專業輔導服務，例如採用接納與承諾療法、辯證行為治療、優勢取向認知行為治療等，幫助身處危機邊緣的青少年處理他們的犯罪違規、性危機及毒品相關行為，以及與焦慮及攻擊性相關的情緒問題，遠離違法危機。



Inspiring Transformation and Growth with Creative Solutions

By providing growth opportunities, the YCPC aims to foster positive transformations and prevent reoffending.

Turning Point – Youth Improvement Award: This year's theme, 'The Power of Change', honoured 8 young people who have made significant transformations in their lives and who have inspired others to pursue positive change. This was the 12th year that the awards ceremony was held.

Project Gates: Held in collaboration with the Kwai Tsing Police District and the Hong Kong Bar Association, vulnerable young people shared their personal growth journeys with secondary school students.

Project RESTART: This new initiative, in collaboration with the Correctional Services Department, saw the **introduction of a pet intervention model** which allowed youth to interact with Labrador dogs and visit elderly centres. Through these interactions with pets and the elderly, the young people were able to cultivate feelings of empathy and responsibility.

Counselling services: To support at-risk youths, we use therapeutic approaches like Acceptance and Commitment Therapy, Dialectical Behaviour Therapy, and Strengths-Based Cognitive Behavioural Therapy, helping them address criminal, risky sex, and drug-related problems, as well as anxiety and aggressive emotional challenges while steering them away from illegal activities.



深化線上與線下外展服務的相互配合

青年違法防治中心加強線上線下外展服務，針對高危及違法青年提供全方位、多層次的支援，以期及早介入，預防違法行為的發生。地區外展社工主動接觸涉及犯罪違規、性危機及吸毒問題的高危青少年，及早介入預防及阻止違法行為；社工到高危場所識別及接觸犯罪違規的青少年，並會到法庭主動接觸干犯毒品罪行的青年及其家人，協助他們面對審訊過程，引導行為反思與改變，制訂個人計劃，並提供情緒支援，幫助他們度過困難時期；「Project Shield」計劃針對「依托咪酯」的問題，在高危毒品地點設流動抗毒教育挑戰站活動，以抗毒遊戲方式主動接觸高危青少年，鼓勵他們尋求幫助，並識別有需要的青年進行跟進；每月兩次舉辦夜墟活動，結合運動、音樂、情緒健康及正向價值等主題，吸引深宵活躍的青少年參與，建立安全和健康的夜間社區網絡。



在線上外展服務方面，持續運用人工智能大數據分析方法，追蹤社交媒體平台上的毒品問題，識別及主動接觸高風險用戶，提供必要的支援和引導；「Project Meta」計劃專注於青少年常用的交友及社交媒體平台，主動識別及接觸高危用戶和隱蔽吸毒者，並提供禁毒資訊及跟進支援。我們亦會在社交媒體上進行直播，探討青少年關注的熱門話題，例如：流行電影、健身、性教育等，吸引青少年瀏覽、點讚及留言互動，提升線上聯繫青少年的成效，更能夠在他們的日常生活中植入正向的價值觀。

Implementing All Round Online and Offline Outreach Services

The YCPC provides comprehensive online and offline outreach services to at-risk and offending youth for early intervention to prevent unlawful behaviour.

Outreaching social workers proactively engage with high-risk youth involved in crime, sex-related crises, or drug abuse at initial stages to prevent and stop criminal activities. Social workers visit high-risk venues to identify and connect with youth involved in criminal or deviant behaviour. They also reached out to support young people charged with criminal offenses, as well as their families, during court proceedings, guiding them through the judicial process, encouraging reflection and behavioural change, assisting in the development of personal plans, and offering emotional assistance and moral support.

Project Shield focussed on the drug etomidate by setting up anti-drug challenge stations in high-risk areas, using games to engage youth and encouraged them to seek help.

Night Markets is a bi-monthly event that combines sports and music, while offering emotional health awareness and extolling positive values, creating a safe night time community network.

Online outreach utilises artificial intelligence and big data analytics to monitor drug-related issues on social media, allowing us to identify and reach high-risk users.

Project Meta targets popular social networks and dating platforms, to reach out to hidden drug users and at-risk youth, with anti-drug information and follow-up support.

Live Broadcasts on trending topics that interest adolescents, such as movies, fitness, and sex education, enhancing our online engagement with young people and instilling positive values in their lives.

主要服務 Key Services

目的 Objectives	活動 Programmes
支援犯事青年更生及建立守法行為 Supporting the rehabilitation of delinquents to promote law-abiding behaviour	青年環保先鋒計劃 Youth Environmental Pioneer Programme
	「重新出發」青年嘉許計劃 Turning Point – Youth Improvement Award
	「Project RESTART」更生青年支援服務 Project RESTART – Cross-professional Collaboration to Better Support Rehabilitated Youth with Training on Law-abiding Attitudes
加強青年抗毒意識，遠離毒品 Steering young people away from drugs and harmful behaviour	「Project RADAR III」隱蔽吸毒及干犯毒品罪行輔導計劃 Project RADAR III – A Counselling and Treatment Programme for Young People with Hidden Drug Abuse Problems and Drug Related Criminal Offences
	「自選人生 III」社區健康教育計劃 Project CHOICE III – Community-based Healthy Life Style Online and Offline Interactive Comprehensive Educational Project
	「心渡歷情 II」預防雙重診斷教育輔導計劃 Healthy Transition II – Preventive and Educational Programme for Substance Abuser with Mental Health Issues
	「生命啟航 III」在職及隱蔽吸毒青年抗毒計劃 Project SEToff III – Anti-Drug Programme for Working Youth and Hidden Drug Abusers
	「從家開始 III」 Begin from Family III
	「生命地圖 II」意義中心取向抗毒教育及輔導計劃 Project MAP II – Meaning-centred Approach Drug Education and Counselling Programme



加強守法意識及正向價值觀 Promoting law-abiding awareness and positive values	「好想法」青少年守法教育計劃 Mind+: Youth Crime Preventive Education Programme
	「職」法總動員 Career & Law in Action
透過運動建立青年健康生活模式 Building up a healthy lifestyle through sports	「逆風計劃」籃球及排球訓練 Project The Wind – Training in Basketball and Volleyball
	「青協奮進計劃」跑步訓練 HKFYG YCPC x Operation Breakthrough – Professional Running Training Programme for High Risk Youth
	「追夢者」青少年攀登訓練計劃 Dream Chasers: Youth Climbing Training Programme
促進青少年自我探索和建立人生目標 Fostering youth self-exploration, and the establishment of life goals	「生命解碼XVII」師友計劃 Life Decode XVII- Mentorship Programme
	「獅友計劃 II」 Youth Positive Development Programme II
	「X計劃」青年正向價值計劃 Project X: Youth Positive Values Programme
支援青少年的賭博成癮行為問題 Supporting youth with gambling addictions	【不迷。賭】II Youth Don't Gamble II



為甚麼一位前途無限的建築師要轉行成為輔導員？建築師阿Ta於經歷情緒低谷期間，報讀了「心靈解憂師」課程，成為全健師。她透過課程學習到情緒健康的知識和輔導技巧。在幫助他人的過程中，除了促進自我成長，服務使用者的正面反饋，讓阿Ta找到幫助人的意義及使命感。這些經驗成為了阿Ta職業生涯的轉捩點，她辭去建築師的工作，現擔任情緒熱線工作員，並準備將來攻讀輔導學碩士，投入助人行業。

What factors might lead a promising architect to switch paths and pursue a career in counselling? Amid her emotional distress, architect Ah Ta took a transformative step by enrolling in our Mental Health Counsellor course and became a wellness practitioner. There, she learnt about emotional health and developed counselling skills. As she helped others navigate their challenges, Ah Ta not only grew personally but also found profound meaning and purpose in her work, bolstered by the positive feedback from those she assisted. This journey became a pivotal turning point in her life. Leaving behind her architectural career, she embraced her new role as an emotional hotline worker. Now, Ah Ta is preparing to pursue a master's degree in counselling, fully dedicating herself to the helping profession.

服務概覽

倡導「全人健康」概念，涵蓋身體、心理、社交、職業、數碼和環境健康，助青年活出意義人生。透過全健綜合大樓、全健空間、「同傾・同行」平台、「關心一線2777 8899」、uTouch網上外展、駐校社工及臨床心理輔導等建立專業支援；同時關注情緒健康、多元學習需要和媒體素養。「校易網」(easyschoolconnect.hk)為學校提供1,000多個專業服務，支援教育工作。

Service Overview

The Federation's counselling services encompass physical, mental, social, occupational, digital, and environmental wellness, addressing issues like mental health, diverse learning needs, and media literacy. Its comprehensive support network brings together the Wellness PLUS Complex, Wellness PLUS, Shall We Talk · Shall We Walk, Youthline 2777 8899, uTouch Cyber Youth Outreach Service, school social work service and clinical psychology services. The EasySchoolConnect portal (easyschoolconnect.hk) offers over 1,000 educational resources to support schools.

服務數據 Service Data

活動數目	Programmes Delivered	3,095
活動參與人次	Programme Attendance	517,642
個案數目	Case Served	59,992
個案服務人次	Case Beneficiaries	118,856
網上聯繫人次	People Engaged Online	3,387,773
完成培訓的全健師人數	Trained Wellness Practitioner	217





培育青年參與「社會處方」提升社區健康水平

青協着力培育青年參與基層醫療，幫助應對人口老化問題，嶄新成立全健綜合大樓，是全港首個專為青年而設，提供健康管理服務、培育全健人才。我們為全港首個引入英國「社會處方」健康管理模式的青年服務機構，其理念有別於「健康=藥物治療」的傳統概念，更強調「非醫藥」及「社會」元素的融入。此服務由我們培訓的青年全健經理、醫護人員及社工組成跨專業團隊，以共同個案管理的方式，為受情緒或體重困擾的兒童、青年及長者制定個人化健康改善方案。在過去一年，我們的服務合作伙伴已拓展至醫院及社福機構，共同實踐醫社協作，不僅在社區層面為服務對象提升健康知識、建立持續健康生活方式，更連結社區資源提供專業支援，有效紓緩公共醫療系統壓力。今年我們成功服務了349個個案，期望能逐漸增加受惠人數，發揮「社會處方」模式在提升社區健康水平的潛力。

Youth Training in Social Prescribing

We are committed to training young people in primary healthcare to tackle the challenges of an aging population. The newly established Wellness Plus Complex is the first of its kind in Hong Kong. It offers health management services and cultivates talent in holistic wellness. We are the first organisation in Hong Kong to implement the UK's social prescribing health management model which emphasises the integration of non-medical and social elements. Our interdisciplinary team consists of youth wellness managers, healthcare professionals, and social workers. They collaborate through shared case management to create personalised health improvement plans for children, young people, and older adults facing emotional or weight-related issues. In the past year, we've expanded our service partnerships to include hospital and social welfare organisations. This growth has improved health knowledge among service users, supported sustainable healthy lifestyles in the community, and connected resources to ease the burden on the public healthcare system. This year, we successfully served 349 cases and aim to increase our beneficiary count, fully realising the potential of the social prescribing model.



輔導服務 Counselling Services

多層介入、演練及培訓 強化青年精神健康服務

針對青少年情緒健康問題的攀升，我們一方面提供到校專業介入服務，另一方面強化前線同工、教師和義工的應對能力。我們的介入服務採用「階梯支援模式」，第一層透過評估篩查與身心健康教育，不僅提升大眾對精神健康需求的警覺，也普及情緒紓解技巧，同時辨識潛在個案，掌握青年精神健康概況。第二層是針對輕微至中等困擾的「指導式自助低密度心理治療服務」，第三層針對中等至嚴重困擾人士的「學校臨床心理服務」。服務結合認知行為治療（CBT）及接納與承諾治療（ACT），參加者普遍表示情緒狀態明顯改善，能更有效管理壓力與情緒，重拾自信與生活動力。

面對中學生拒學、自我傷害等情緒危機的增加，我們強化校園危機應對能力，透過「校園危機事故演練」與「情緒困擾學生支援訓練」等內外部專業培訓，提升前線同工與教師的危機識別、介入技巧，並建立支援網絡，同時確保每年更新危機應對資源，使前線同工及老師能為學生提供即時且持續的支援。

我們同時與業界聯營「賽馬會青少年情緒健康網上支援平台 – Open 嚶」，提供24小時網上情緒支援服務。去年，我們完善義工發展階梯，培訓資深義工為義工友師，支援義工督導及訓練，加強義工服務質量及成效，亦加大培訓義工規模達至279人，以應付殷切的網上輔導需求，為青年提供即時支援。

Strengthening Student Mental Health Services through Comprehensive Interventions and Training

In response to the growing emotional health challenges among adolescents, we **provided on-campus professional intervention services using the Stepped Care Model and enhanced the coping skills of frontline staff and teachers.**

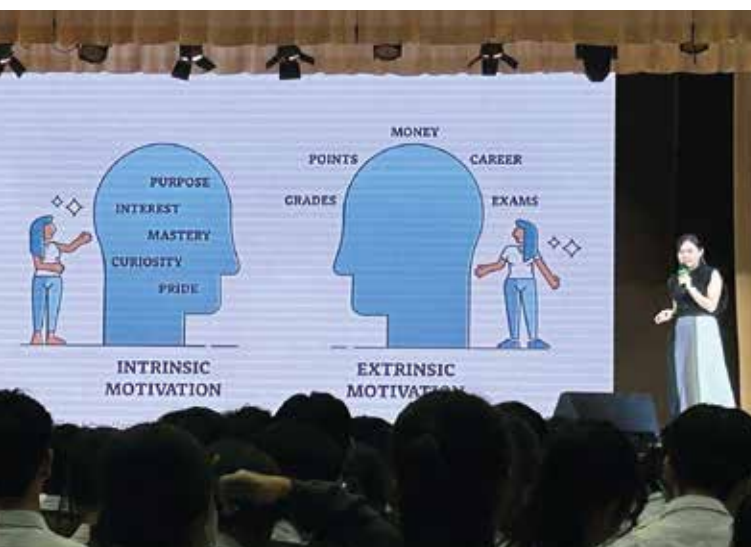
Tier One involved assessments and screenings, together with physical and mental health education, which raised public awareness and popularised techniques for emotional relief, while identifying potential cases and mapping the mental-health profile of young people.

Tier Two addressed mild to moderate issues with guided self-help and low-intensity psychological interventions.

Tier Three provided school-based clinical services for those facing moderate to severe challenges, utilising cognitive behavioural therapy (CBT) and acceptance and commitment therapy (ACT). Participants reported improvements in their emotional well-being, stress management, and overall motivation.

To tackle rising incidents of school avoidance and self-harm, we strengthened our schools' crisis response capabilities through **Crisis Drills and professional training**. These initiatives empowered staff and teachers to identify and intervene in crises effectively, fostering supportive networks. We also ensured that our crisis-response resources are updated annually, guaranteeing immediate and sustained support for our students.

We also operate the **Jockey Club Online Youth Emotional Support platform – "Open Up"**, offering 24-hour online emotional support. Last year, we strengthened our volunteer development by **training senior volunteers to act as mentors, supporting volunteer supervision and training**. This initiative aimed to enhance the service quality and impact of our volunteers. Additionally, we expanded our volunteer training programme to accommodate 279 people to address the urgent need for online counseling and to offer immediate support to young people.





年度重點

幫助青年擺脫社會比較焦慮

青年長時間沉浸在社交媒體的虛擬世界中，頻繁接觸他人精心策劃的生活展示，如外貌、旅遊、社交活動及成就等，不自覺地與他人進行比較，進而產生對自身生活的不滿足感，甚至引發自卑和低自尊的負面情緒。這種現象被稱為「社會比較焦慮」，持續比較行為，可能導致情緒困擾及社交退縮，對青年的心理健康造成嚴重影響。為此，uTouch與香港中文大學新聞與傳播學院攜手設計了《Re: Imagine Lab OMO 網絡形象重塑企劃》，以ETC (Ecology, Technology, Care) 為介入手法，通過個人化社交媒體分析、網絡紅人分享、形象改造及實踐工作坊等，讓青年深入理解社交媒體生態(E)，學習如何善用科技工具(T)，關注自身情緒(C)，從而減輕焦慮，提升對生活的掌控感。



Highlights of the Year

Overcoming Social-comparison Anxiety

Young people often find themselves deeply immersed in the virtual world of social media, where they encounter carefully curated displays of others' lives, focused on appearances, travel, social activities, and achievements. This constant comparison can lead to dissatisfaction, feelings of inferiority, and low self-esteem, resulting in "social-comparison anxiety". Such behaviour can cause emotional distress and social withdrawal, significantly impacting mental health. In response, uTouch and the School of Journalism and Communication at The Chinese University of Hong Kong partnered to design the **Re: Imagine Lab OMO Online Image Remodelling Project**, utilising ETC (Ecology, Technology, Care) as an intervention approach. The project offers personalised social media analysis, influencer training, image makeovers, and hands-on workshops, enabling participants to gain insights into the ecology of the social media landscape (E); learn to leverage technological tools (T); and care for their own emotional well-being (C), ultimately reducing anxiety and empowering them to regain control over their lives.

建構高小學生的抗逆力和正面思維

學童自殺的年齡呈現下降趨勢，高小學生的情緒問題日益嚴重，為此，青苗計劃發起「賽馬會『童心理情』計劃」和「從Oops到Wow『逆』是精彩：支援學童逆境成長計劃」，著力提升高小學生的情緒健康及抗逆力，預防悲劇的發生。這兩個項目分別以「社交情緒」和「成長思維」為理論基礎，以有趣的故事和挑戰任務為媒介，透過實體與線上遊戲、生命鬥士的分享、體驗式工作坊，以及線上線下的諮詢服務，為學生提供全面的支援。參與的學生不僅學會認識和管理自己的情緒，更學會在面對困難時，運用有效的方法幫助自己，提升抗逆力與正面思維。



Building Resilience and Positive Thinking in Upper Primary Pupils

In response to the alarming rise of youth suicides, our Student Guidance Team launched the **JC Playful Minds and Oops to Wow: Empowering Students' Growth and Resilience in Adversities Programmes**, aimed at **enhancing the emotional health and resilience of upper-primary pupils to prevent tragedies**. Rooted in social-emotional learning and growth mindset theory, these initiatives incorporated engaging stories and challenging tasks. Through a combination of face-to-face and online games, real-life story sharing, experiential workshops, and a blend of online and offline counselling services, the programmes provided comprehensive support. Participants learned to identify and manage their emotions while gaining practical strategies to navigate challenges, ultimately boosting their resilience and fostering positive thinking.



發掘具特殊教育需要青年的潛能

特殊教育需要（SEN）青年常被誤解和邊緣化，他們的潛能和價值往往被忽視。為了打破這種偏見，並針對SEN青年的成長與發展需要，我們推出「反轉SEN學堂」職場實習計劃，透過實際工作體驗，協助SEN青年發掘自身潛能，建立工作技能和進入職場的信心。為了讓社會更了解SEN青年的獨特價值，我們更出版了《SEN心思詩》一書。這本書以創意文字及原創插畫，展現SEN青年獨特的藝術才華，讓大眾重新認識SEN青年，理解他們的內心世界，並看到他們的無限可能。

Uncovering SEN Potential

Individuals with special educational needs (SEN) are often misunderstood and marginalised, with their potential frequently overlooked. To challenge these prejudices and support the growth of SEN youth, we launched the **Flipping SEN Classroom Workplace Internship Programme**. This initiative provided hands-on work experience, helping SEN youth discover their potential, develop workplace skills, and gain the confidence needed for employment. To further promote understanding of the unique value of SEN individuals, we published the **SEN Poetry Collection**. This book highlights the artistic talents of SEN youth through creative writing and original illustrations, allowing the public to appreciate their inner worlds and recognise their potential.



主要服務 Key Services

目的 Objectives	活動 Programmes
表揚在逆境中自強不息、樂觀進取的青少年 Acknowledging young people who have overcome adversity in life	中電新世代・新動力獎勵計劃 CLP Energy for Brighter Tomorrows Award
為高中生提供一站式升學應試支援 Providing one-stop examination and career support for senior secondary students	DSE27771112 —— 升學輔導計劃 DSE 27771112 Education and Career Planning Services
提升有特殊教育需要的學生的學習動機、學習技巧及改善情緒和行為問題 Enhancing learning motivation and learning skills, and reducing emotional and behavioural problems of students with special educational needs	「心渡歷情 II」預防雙重診斷教育輔導計劃 Healthy Transition II – Preventive and Educational Programme for Substance Abuser with Mental Health Issues
培養低收入家庭兒童及青少年均衡健康飲食及運動習慣 Cultivating a balanced diet and exercise habits in children and adolescents from low-income families	全健展愛計劃 Live WELL Programme
提升有自殺和自殘傾向青少年的精神健康管理能力 Enhancing mental health management skills of youth with suicidal and self-harm tendencies	「依正念」—— 高危青少年精神健康支援服務 Project E. Positive – Mental Health Supporting Service for At-risk Youth
支援高中生及大專生的精神健康及福祉 Supporting mental health and well-being of senior secondary and tertiary students	HKFYG X Maybelline 「勇敢同行」計劃 HKFYG X Maybelline “Brave Together” Campaign
為有志投身基層醫療的青年提供專業知識訓練 Providing professional training for youth aspiring to engage in primary healthcare	全健師證書培訓課程 Wellness Practitioner Certificate Training

輔導服務

Counselling Services

青協提供駐校社工服務學校列表

List of Schools Served by School Stationing Services

中學 Secondary Schools

1. 孔教學院大成何郭佩珍中學	Confucian Tai Shing Ho Kwok Pui Chun College
2. 天主教慈幼會伍少梅中學	Salesians of Don Bosco Ng Siu Mui Secondary School
3. 保良局莊啟程預科書院	Po Leung Kuk Vicwood K.T.Chong Sixth Form College
4. 德貞女子中學	Tack Ching Girls' Secondary School
5. 聖芳濟書院	St. Francis Xavier's College
6. 聖公會林裘謀中學	S.K.H. Lam Kau Mow Secondary School
7. 喬色園主辦可藝中學	Ho Ngai College (Sponsored by Sik Sik Yuen)
8. 獅子會蔣翠琮中學	Lions Clubs International Tseung Chui King College
9. 寶血會上智英文書院	Holy Trinity College
10. 香港道教聯合會圓玄學院第一中學	HKTA The Yuen Yuen Institute No. 1 Secondary School
11. 佛教大雄中學	Buddhist Tai Hung College
12. 拔萃女書院	Diocesan Girls' School
13. 惠僑英文中學	Wai Kiu College
14. 崇正中學	Tsung Tsin Middle School





小學 Primary Schools

1. 寶血會伍季明紀念學校	Kwai-ming Wu Memorial School of The Precious Blood
2. 寶血會思源學校	Si Yuan School of the Precious Blood
3. 寶血會嘉靈學校	Ka Ling School of The Precious Blood
4. 寶血會培靈學校	Pui Ling School of The Precious Blood
5. 寶血小學	Precious Blood Primary School
6. 華富邨寶血小學	Precious Blood Primary School (Wah Fu Estate)
7. 海怡寶血小學	Precious Blood Primary School (South Horizons)
8. 慈幼葉漢小學	Salesian Yip Hon Primary School
9. 聖保羅書院小學	St. Paul's College Primary School
10. 聖士提反女子中學附屬小學	St. Stephen's Girls' Primary School
11. 浸信會沙田圍呂明才小學	Baptist (STW) Lui Ming Choi Primary School
12. 香港青年協會李兆基小學	HKFYG Lee Shau Kee Primary School
13. 耀山學校	Iu Shan School
14. 港大同學會小學	HKUGA Primary School
15. 大埔舊墟公立學校(寶湖道)	Tai Po Old Market Public School (Plover Cove)
16. 香港中文大學校友會聯會張煊昌學校	C.U.H.K. F.A.A. Thomas Cheung School
17. 吳氏宗親總會泰伯紀念學校	Ng Clan's Association Tai Pak Memorial School
18. 瑪利曼小學	Marymount Primary School
19. 景林天主教小學	King Lam Catholic Primary School
20. 樂善堂楊仲明學校	L.S.T. Yeung Chung Ming Primary School
21. 激活英文小學	Gigamind English Primary School
22. 港九街坊婦女會孫方中小學	HKKKWA Sun Fong Chung Primary School
23. 光明學校	Kwong Ming School
24. 李陞大坑學校	Li Sing Tai Hang School
25. 嘉諾撒聖瑪利學校	St. Mary's Canossian School

學前教育 Pre-primary Institutions

1. 香港青年協會青樂幼稚園	The Hong Kong Federation Of Youth Groups Ching Lok Kindergarten
2. 香港青年協會鄭堅固幼稚園	The Hong Kong Federation Of Youth Groups KK Cheng Kindergarten
3. 救世軍吳國偉紀念幼稚園	The Salvation Army Ng Kwok Wai Memorial Kindergarten
4. 救世軍中原慈善基金幼稚園	The Salvation Army Centaline Charity Fund Kindergarten
5. 救世軍慶恩幼稚園	The Salvation Army Hing Yan Kindergarten
6. 救世軍田家炳幼稚園	The Salvation Army Tin Ka Ping Kindergarten
7. 救世軍富強幼稚園	The Salvation Army Fu Keung Kindergarten
8. 救世軍陳昆棟幼稚園	The Salvation Army Chan Kwan Tung Kindergarten
9. 救世軍源林潔和幼稚園	The Salvation Army Rosita Yuen Kindergarten
10. 救世軍平田幼稚園	The Salvation Army Ping Tin Kindergarten
11. 救世軍卜凱賽琳幼兒學校	The Salvation Army Catherine Booth Nursery School
12. 救世軍蘇屋幼稚園	The Salvation Army So Uk Kindergarten
13. 救世軍梨木樹幼兒學校	The Salvation Army Lei Muk Shue Nursery School
14. 救世軍三聖幼兒學校	The Salvation Army Sam Shing Nursery School
15. 救世軍荃灣幼兒學校	The Salvation Army Tsuen Wan Nursery School
16. 救世軍大窩口幼兒學校	The Salvation Army Tai Wo Hau Nursery School

Karen現在的生活充滿幸福感，因為她將興趣轉化為事業，於自己的網店銷售以花藝作品轉化的商品。其實她大學畢業後最初也是投身文職工作，日復一日的例行公事讓她開始尋找新的事業方向。在一次偶然的機會下，她報讀了我們持續進修中心的「花藝師培訓證書」課程。起初對花藝一無所知的Karen，在課堂上逐漸發現了自己對花卉的熱愛與天賦。憑藉在課堂上所學的專業知識與技能，她大膽地踏出了舒適圈，創立了自己的網店。現在，她每天都能從事自己擅長且喜歡的工作。

What could be more rewarding than turning your passion into a career? After graduating, Karen found herself in a mundane office job that left her unfulfilled. Seeking a change and taking a chance, she enrolled in the Certificate in Florist Training at our Continuous Learning Centre. Initially unfamiliar with floristry, Karen soon discovered a hidden passion and natural talent for arranging flowers. Leveraging her newfound professional knowledge and skills, she bravely ventured beyond her comfort zone to launch her own online shop. There, she transformed her floral designs into sophisticated and elegant products, successfully turning her passion into a thriving business.



服務概覽

青協設有兩所非牟利幼稚園及幼兒園、一所非牟利幼稚園、一所資助小學及一所直資英文中學。五校致力以優良師資及具啟發性的教學環境，為香港培養優秀下一代，達致全人教育的目標。持續進修中心針對人才發展需求，開辦多元職業導向課程，多項課程獲資歷認可。青協生活學院則鼓勵青年享受生活、學習生活，讓持續學習與生活融為一體。其課程環繞興趣、技能和生活體驗，協助參加者拓展個人潛能。

日校學生人數

Number of Students in Day Schools **1,760**

持續進修中心及生活學院課程數目

Courses Delivered by CLC and LLA **542**

持續進修中心及生活學院活動參與人次

Course Attendance of CLC and LLA **46,669**

Service Overview

The Federation operates two non-profit kindergartens-cum-nurseries, a non-profit kindergarten, an aided primary school, and a Direct Subsidy Scheme secondary school, all dedicated to a whole-person education approach. These institutions aim to cultivate confident, disciplined self-learners. The Continuous Learning Centre offers a variety of career-oriented programmes to address talent development needs, with many of its courses being accredited. Additionally, the HKFYG LIVING Life Academy promotes lifelong learning through dynamic courses centred on interests, hobbies, skills, and experiences.





年度重點

幼稚園教育

於學習黃金期培養基礎能力

六歲前是幼兒的學習黃金期，我們一直致力將最好的教育提供予幼兒，從小培育他們主動學習和喜愛學習的態度，奠定學習的基礎。今年鄭堅固幼稚園通過教育局質素評核，是對我們課程規劃及學生學習成果的重要肯定。青樂幼稚園今年與學者合作「繪本與博物館教育」，以細看、描述、想像、比較、挑戰、聯繫、提問這七大原則與幼兒討論博物館展品及描述他們的發現和感受，加強幼兒的思考、觀察和分析能力。家長教育工作亦是幼稚園的重點之一，因應我們的繪本教學，各校均積極推動親子閱讀，提升家長的共讀技巧，帶動家庭以致校園的閱讀氛圍。

小學教育

讓每位學生體驗成功的喜悅

於2000年開校，香港青年協會李兆基小學今年慶祝25周年。我們以校慶大匯演《失落音符的傳奇》慶祝這重要里程碑。經過整整一年的精心籌劃，從劇本創作、角色甄選、舞蹈編排到音響設計，每一環節都由師生共同完成，充分體現了我們「讓每位學生體驗成功的喜悅」的教育理念。此次大匯演有超過200名學生參與，他們在舞台上盡情展示學習成果。家長義工在幕後的辛勤付出同樣不可或缺，他們在舞台搭建、服裝設計、化妝和攝影等方面提供了無私的幫助，完美呈現了家校合作的強大凝聚力。

Highlights of the Year

Kindergarten Education

Building a Strong Foundation for Early Learning

The years leading up to age six are crucial for early learning, and we are dedicated to providing exceptional education that fosters initiative and a love of learning, laying a strong foundation for future studies. This year, our KK Cheng Kindergarten **successfully passed the Education Bureau's quality review, affirming our curriculum and student outcomes.** Meanwhile, Ching Lok Kindergarten partnered with academics on a **Picture Books and Museum Education project, employing seven guiding principles—observe, describe, imagine, compare, challenge, connect, and question—to engage children with museum exhibits, enhancing their thinking and analytical skills.** Parent education is another key focus; all schools actively promote parent-child reading to enhance shared reading techniques and create a vibrant reading atmosphere at home.

Primary Education

Let Every Student Experience the Joy of Success

Founded in 2000, our **HKFYG Lee Shau Kee Primary School celebrated its 25th Anniversary** this year with a spectacular gala performance, *The Legend of the Lost Note*. This milestone was the result of a year of meticulous planning—from scriptwriting and casting to dance choreography and sound design—collaboratively crafted by teachers and students, reflecting our commitment to fostering each pupil's success. More than 200 students took part in the gala, showcasing their learning achievements on stage. Parent volunteers' hard work behind the scenes was equally indispensable; they selflessly assisted with stage construction, costume design, makeup and photography, perfectly demonstrating the strong cohesion of home-school partnership.

教育服務

Education Services

全港首個小學航天學習基地

我們與中國宇航學會合作，建立全港首個小學航天學習基地。這個專門的太空探索站配備各種互動設施，包括航天發展歷史牆、北斗互動學習區、衛星模擬實驗角、太空秤重機等，讓學生貼身接觸航空航天技術。基地的成立標誌着學校在STEAM及科學教育上的新里程，廣闊學生的學習視野，助學生探索宇宙奧秘，種下科學探索的種子。



中學教育 教育創新

香港青年協會李兆基書院致力推動學生使用科技自主學習，我們透過一系列教師培訓，加強教師應用電子學習工具和人工智能。我們將人工智能融入課堂，成功提升學生的課堂參與度和學習效能，並獲得了教育局和業界的正面反饋。我們在STEAM教育方面也取得了顯著進展，在正式課程中加入設計思維技巧，在非正式課程中積極培養學生解決問題的技能，並激發他們對創新的興趣。學生在各種比賽表現出色，包括贏得「F1 in Schools賽車比賽」，反映學生在設計和實踐、企業家精神、團隊合作、制定預算和向商業贊助商推銷的能力。

First Space Exploration Station

In partnership with the Chinese Society of Astronautics, we launched **Hong Kong's first Space Exploration Station in a primary school**. This innovative facility features interactive amenities, including a **history wall detailing the evolution of space exploration, a Beidou (Northern Dipper) learning area, a satellite simulation corner, and a space-weighing device**. These resources offer students hands-on experience with aeronautical and aerospace technologies. The establishment of this center marks a new milestone in our STEAM and science education, expanding students' learning horizons, deepening their exploration of the universe's mysteries, and igniting their curiosity about science.

Secondary Education

Advancing Blended Learning and Innovation

HKFYG Lee Shau Kee College is at the forefront of blended learning for Self-Directed Learning (SDL), driven by innovative staff development initiatives. With a **strong focus on eLearning tools and Artificial Intelligence (AI)**, the College has **significantly enhanced student engagement and learning outcomes**, earning praise from **Education Bureau inspectors, school principals, and teachers alike**. The College has also made significant progress in enhancing STEAM education, integrating design thinking into the formal curriculum while fostering problem-solving and innovation in the informal curriculum. Students have also excelled in various external competitions, including winning the Championship in the F1 in Schools Car Racing Competition, where they designed and built model cars, honing essential entrepreneurial skills like teamwork, budgeting, and pitching to business sponsors.



培育明日領袖

書院矢志透過多元化的計劃，全面推動學生的全人發展。我們的關注點不僅限於學業成就，更積極倡導正向教育，全面關顧學生的自我評價、精神健康、抗逆力及領導技能的培養。為了提升學生的媒體素養，我們安排學生參觀新聞機構，強化他們的批判性思維，並培養他們精準解讀媒體資訊的能力。在課外學習週期間，我們策劃本地教育營和內地參訪活動，開闊學生的視野。書院尤其重視學生的道德教育，透過服務學習計劃，我們致力培養學生的同理心，為他們成為未來的領袖奠定堅實的基礎。

Shaping Leaders

The College is dedicated to fostering holistic student development through various initiatives. Our focus on Positive Education, **promoting self-esteem, mental health, resilience, and leadership**, ensures a comprehensive education that transcends academics and guides students toward a fulfilling life. To enhance media literacy, we organised visits to news agencies, empowering students to think critically and interpret media information accurately. During Life-Wide Learning Week, students broadened their horizons through overnight local camps and trips to Mainland China. Additionally, our graded service-learning programmes emphasised moral development, empowering all to engage with diverse groups that fostered empathy.



教育服務 Education Services

持續進修

專業培育 職能提升

持續進修中心致力為社會培育專業人才，針對人才發展需求，開辦多元職業導向課程，涵蓋醫療護理、心理輔導、職前培訓及寵物護理等熱門範疇，協助青年掌握實用技能，拓展職業發展路向。其中9項課程獲香港學歷及職業資歷評審局認可，並納入持續進修基金可獲發還款項課程名單。為提升課程專業認可性，中心積極與業界專業機構合作，其中「專業調解員培訓證書」及「樓宇檢驗助理培訓證書」分別獲香港律師會及物業管理業監管局的持續專業發展(CPD)認可，確保課程內容緊貼行業標準，有效提升學員就業競爭力。



Continuous Learning

Professional Training and Skills Enhancement

Our **Continuous Learning Centre** is dedicated to nurturing professional talents, offering career-oriented courses such as healthcare, psychological counselling, pre-employment training and pet care, helping young people acquire practical skills and broaden their career pathways. Currently, we have **9 programmes accredited by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications on the list of reimbursable courses under the provision of the Continuing Education Fund**. Our **Certificate in Professional Mediator Training** and the **Certificate in Building Inspection Assistant Training** are recognised for Continuing Professional Development (CPD) by the Law Society of Hong Kong and the Property Management Services Authority. These recognitions signify that the course content is closely aligned with industry standards and effectively enhances participants' employability.



培訓青年校園調解領袖

青協生活學院推出「青年調解大使計劃」，致力培訓青年領袖成為校園調解的先驅，推動以和平方式解決校園衝突。計劃結合領袖培訓、學校約章及教師工作坊，引領青年大使在校園及社區宣揚調解文化，普及青年對調解的認識及應用。過去一年，計劃成功培育70位青年調解大使，並為超過100位教師提供專業培訓，促進校園和諧共融氛圍。

Training Leaders in School Mediation

The HKFYG Life Academy (LLA) introduced the Mediation Youth Ambassador Programme, pioneering the training of leaders in school mediation to resolve conflicts in a constructive manner. This programme combines leadership training, school charters and teacher workshops to nurture ambassadors who promote a culture of mediation in schools and the broader community. It aims to enhance young people's comprehension and utilization of mediation techniques. In the past year, the programme successfully trained 70 youth mediation ambassadors and provided professional training to over 100 teachers. This initiative has contributed to fostering a harmonious and inclusive atmosphere within schools.

青協生活學院推出兩期《好學·生活》雜誌，精選最新教育與職業趨勢，每期剖析一個學習主題。透過名人專訪及青年導師經驗分享，以真實故事啟發讀者終身學習。雜誌內容緊扣生活應用，為大眾提供實用進修指南，持續推動學習型社會發展。



This year, LLA released two issues of the *Learning for Good* magazine. These publications provide readers with the most recent updates on education and career trends, along with thorough explorations of various educational themes. Featuring celebrity interviews and insights from young mentors, the magazines aim to motivate individuals towards embracing lifelong learning. With a focus on practical, real-world applications, the content serves as a valuable resource, offering readers a comprehensive guide to continuing education.



照顧患有自閉症的兒子令陳太身心俱疲，兒子隨時的情緒爆發、學校的持續投訴、家人不理解的指責，讓她長期活在自責與絕望中。幸運的是，她接觸到我們「從父母開始」計劃的家長支援小組。在這個小組中，陳太遇到了許多與她有著相似經歷的家長，他們互相扶持，分享彼此的經驗和感受。透過我們的專業指導，她學習了自我關懷和情緒管理的技巧，逐漸意識到，唯有先照顧好自己，才能以平和的心態面對孩子的狀況。陳太漸漸學會了善待自己，不再讓自責和絕望主宰她的心靈。她開始用更積極正面的方法應對教養自閉兒子的挑戰，並以平和的心態去理解和支持兒子。現在的她，已經成為了一位堅韌的母親，為兒子創造一個充滿愛與理解的成長環境。

Caring for her son with autism left Mrs Chan feeling physically and mentally drained. His emotional outbursts, constant complaints from school and family filled her with guilt and despair. Thankfully, she connected with our Start from Parents Project. In the support group, she found a community of parents facing similar challenges, sharing experiences and offering mutual support. With our professional guidance, Mrs Chan learned self-care and emotional management skills, and realised that only by taking care of herself, could she be able to face her child's needs with clarity and calm. Mrs Chan gradually learned to treat herself kindly and no longer allowed guilt and despair to dominate her mind. This shift helped her adopt a positive approach to the challenges of raising an autistic child and she was able to support her son with a peaceful heart. Now, she has become a resilient mother, able to create a nurturing environment filled with compassion and understanding for her son.

服務概覽

家長全動網（簡稱PSN）與家庭生活教育組的線上線下服務，幫助家長應對與子女相關的問題和挑戰，以及掌握管教技巧。另舉辦多元的家長學習課程、講座、小組工作坊及家庭教育活動，推動家庭和諧，鼓勵家長和青少年子女增進知識、同步成長。當中設有家長互助小組，冀加強家長之間的支援網絡，協助有需要的家庭。



Service Overview

The Parent Support Network (PSN) and Family Life Education (FLE) Unit offer online and offline services to help parents tackle challenges and develop effective child-rearing strategies through courses, talks, workshops, and activities. By establishing mutual aid groups, we strengthen support networks for families in need, promoting family harmony.

服務數據 Service Data

活動數目	Programmes Delivered	510
活動參與人次	Programme Attendance	32,926
處理個案數目	Case Served	577
個案服務人次	Case Beneficiaries	814
網上聯繫人次	Online Engagement	144,623
WhatsApp 聯繫人數	People Connected through WhatsApp	7,810



年度重點

「自我關懷」紓緩SEN孩子家長教養壓力

教養特殊教育需要（SEN）孩子的父母，承受的壓力遠超常人理解，他們在應對孩子獨特需求的同時，還需處理來自學校和社會的挑戰。這些父母常感孤立無援，社會的理解和支持不足，加上對孩子未來的擔憂，使他們承受巨大心理負擔。「從父母開始」計劃專門針對4-12歲SEN兒童的家長，提供精準的教養壓力緩解支援。我們融入「自我關懷」的理念於治療小組、親子活動及支援網絡，評測結果顯示，參加者整體的負面情緒下降了20%，這意味著他們在情緒管理上有了顯著的進步。更令人鼓舞的是，250位參與家長，超過80%表示，他們已經能夠運用在計劃中學到的技巧，有效地應對教養壓力，這不僅提升了他們的自我效能感，也為他們和孩子創造了更和諧的親子關係和家庭環境。



Highlights of the Year

Embracing Self-compassion to Reduce Parental Stress

Parents of children with Special Educational Needs (SEN) face pressures that often go unrecognised. While addressing their children's unique challenges, they encounter difficulties from schools and society, leading to feelings of isolation and significant psychological burdens. Our **Start from Parents Project** directly supported parents of SEN children aged 4 to 12, providing targeted assistance to ease parenting stress. We integrated self-compassion into therapy groups, parent-child activities, and support networks. Evaluations showed a 20% reduction in negative emotions among participants, indicating improved emotional management. More than 80% of 250 parents participants reported successfully applying the skills learned, enhancing their self-efficacy and fostering a more harmonious relationship with their children.

家長服務

Parenting Services

客製化親職教育學校服務

我們的「家長學」服務成功走進全港70間中小學及幼稚園，為家長提供校本親職教育，減輕學校老師在家長教育工作的負擔。我們的計劃配合教育局的家長教育課程框架，精心編寫了系統化的親職服務教材，同時確保教材設計靈活，因應不同學校的獨特需要，提供客製化的課程內容，確保每一所學校和家長都能從中獲益。計劃共提供150個活動項目，吸引70間學校報名參與，服務超過5,000人次，有效支援學校推行家長教育工作。

Customised Parenting Education Services

Our **Parent Academy** service had a significant impact in 70 schools across Hong Kong. By offering school-based parenting education, we lightened the workload for teachers while **aligning with the Education Bureau's parental education framework**. Our **dynamic, tailor-designed materials addressed the unique needs of each school, ensuring that all parents could benefit**. With 150 activities offered, we engaged 70 schools and served over 5,000 individuals.





培訓家長領袖回饋社區

「家長領袖培訓計劃」成功培育具領袖潛質的家長，為他們帶來了個人成長和家庭角色上的轉變。計劃創新地結合專業技能培訓與社區服務，為家長們提供領袖導師、編織技能及山藝導師等多樣化的專業培訓，豐富了他們的個人經歷，更為他們在家庭和社區中擔任領導角色奠定了基礎。通過學以致用，家長學員在社區展開了多項活動，包括提供領袖療愈體驗、於年宵市場銷售手工編織作品，以及帶領親子遠足活動。家長領袖培訓計劃不僅為社區培育了一群具專業技能的家長義工團隊，更為參與的家長們提供了個人成長的機會，為孩子們樹立了良好的榜樣。

Transforming Parents to Leaders

Leadership training can lead to positive transformations in parents. Our **Parent Leadership Training Programme** empowered parents with essential skills, fostering personal growth and changes in family dynamics. By combining professional training with community service, we offered sessions in singing bowls, weaving, and mountaineering. Parents applied their skills by hosting activities and selling products at the Lunar New Year market. This Programme not only developed a team of skilled parent volunteers but also provided opportunities for personal growth, setting a positive example for their children.

Charmaine尋找職涯興趣的路與我們緊密相連。她於中學時期因參加我們的「基因工程訓練計劃」，意外發現自己對生物醫學的濃厚興趣，她開始留意我們的活動，及後在我們的「1+1科學優才計劃」中獲得資助與專業指導，與隊友共同完成了一項免疫治療的研究，堅定了她投身科研領域的心志。升讀港大醫學後，Charmaine積極推動科學普及，並憑「創新科技獎學金」的資助走向國際，前往劍橋和倫敦等地進行科研交流，更因此獲得香港科技大學校長葉玉如教授成為她的友師，確立她日後成為臨床科學家的決心。

Charmaine's journey in exploring her career interests is closely intertwined with our programmes. During her high school years, she participated in our Genetic Engineering Training Programme and unexpectedly discovered a profound interest in biomedical science. This led her to pay close attention to our activities. Subsequently, through our 1+1 Science Talent Programme, Charmaine and her team not only secured funding, but also invaluable mentorship, empowering them to lead a groundbreaking research project on immunotherapy. This experience deepened her commitment to a career in research. While pursuing medical studies at the University of Hong Kong, Charmaine actively promoted science. Her journey has been enriched by the Innovation and Technology Scholarship, which afforded her incredible research exchanges in Cambridge and London. Through the Scholarship, she met Professor Nancy Ip, President of the Hong Kong University of Science and Technology, who became a pivotal mentor in her life.



服務概覽

啟發青年創新創意和國際視野，並發掘科學潛能，勇於探索。青協創意教育組每年舉辦多項深受學界歡迎的科學比賽、課程和活動，藉此提升邏輯思維和解難能力，以創意回饋社會。青年交流部則舉辦海內外特色交流，協助青年建立國民身分認同和世界觀；另與旅遊事務署合辦的「香港青年大使計劃」已培育近6,000名青年，於旅遊景點及大型活動發揚好客之道。



Service Overview

The Creative Education Unit inspires youth innovation and global perspectives through exploration. Each year, we host competitions and programmes that promote logical thinking and problem-solving, challenging participants to create socially impactful inventions. The Youth Exchange Unit provides Mainland and overseas exchange opportunities that foster national identity and a global vision. The Hong Kong Young Ambassador Scheme, in partnership with the Tourism Commission, has nurtured nearly 6,000 young ambassadors to represent our city and showcase its hospitality at key events and tourist spots.

服務數據 Service Data

活動數目	Programmes Delivered	767
活動參與人次	Programme Attendance	331,579
義工服務時數	Voluntary Work Hours	43,372



年度重點

推動青年發揮創科潛能服務社會

創意教育組每年舉辦多項深受學界歡迎的活動和比賽，圍繞著各類社會關注的議題，激發青年關心社群需要，同時鼓勵他們運用創意與科學知識，提出創新性的解決方案。這些活動不僅有助培養青年的解難能力、科學思維、溝通合作等關鍵能力，更通過回饋社區的方式，讓學習過程更具意義與價值。本年度推出多個項目，其中以罕見病為主題的「香港學生科學比賽」，透過設計思維工作坊、專家講座及探究活動，引導青年深入了解罕見病的種類與影響，進而激發他們設計出能改善患者生活質素、提升幸福感的發明，從而培養同理心與社會責任感。此外，「Tech for Good設計思維與科技」研究式學習專為有志於設計創新及推動社會影響力的學生而設，學生從生活中的挑戰出發，遵循設計思維的五個步驟，探索如何將科技創意融入於解決方案中，進一步促進同理心、創造力及解難能力的發展。

Highlights of the Year

Harnessing Technology for Social Good

Our Creative Education Unit empowers youth to harness their innovation and technological skills for social good. Through a variety of events and competitions, young people are able to tackle real-world challenges using their creativity and scientific abilities. This year, we organised the **Hong Kong Student Science Project Competition, which focussed on rare diseases** and the **Tech for Good: Design Thinking and Technology Workshop, which combined design and scientific inquiry to engage students in vital social issues**. Unlike traditional academic events, our initiatives focus on creating real-world applicability, with empathy and innovative solutions. These programmes cultivate essential skills in problem-solving, communication, and teamwork, inspiring youth to contribute meaningfully to their communities and making their learning experiences more relevant and impactful.



多元實踐賦能成長 跨域交流拓寬視野

青年交流以多元實踐賦能青年成長，拓寬青年視野。

「香港穆斯林文化探索與交流工作坊」帶青年走進穆斯林社區，通過探訪文化景點、體驗清真寺禮儀、製作清真美食，拆解文化密碼，消弭文化隔閡；跨域實踐活動「高鐵青年號・雲南文化保育之旅」借高鐵之便，與青年尋覓文化與可持續發展的共生之道；「粵港澳大灣區網絡營銷計劃」結合區域優勢，以實戰課程助青年把握數字經濟機遇；「上海進博會青年義工團」打開國際服務窗口，青年在服務全球貿易盛會中展現擔當；「一帶一路中亞體驗行」搭建中外友誼橋樑。

Learning Through Experience and Cultural Exchanges

This year, the youth exchange programmes that empowered young people by broadening their horizons, included:

The Hong Kong Muslim Culture Exploration Workshop promoted understanding through engagement in the local Muslim community with site visits, experiencing mosque rituals and enjoying halal cuisine.

The Youth High Speed Rail Trip – Yunnan Cultural Conservation Journey combined cross border exploration with the convenience of high-speed rail travel, while learning about culture and sustainability.

The Guangdong-Hong Kong-Macao Greater Bay Area Online Marketing Programme leveraged regional strengths to provide practical lessons for young people in the digital economy.

The China International Import Expo Youth Volunteer Team offered youth the unique opportunity to engage in international service at a major global trade event.

The Belt and Road Central Asia Experience Tour helped build a bridge of friendship between Hong Kong young people and their counterparts in Central Asia.



培育青年說好香港故事 擦亮「香港旅遊名片」

香港青年大使計劃每年透過培訓和實踐，培育約270名青年成為香港親善大使，他們在旅遊景點及大型盛事中提供義工服務，向市民和世界各地旅客推廣香港的好客形象及獨有魅力，落實「無處不旅遊」的理念。這個計劃不僅為青年帶來珍貴的成長體驗，更助他們掌握專業溝通技巧，培養社會承擔感、香港情懷及國際視野。青年們秉持「做多一步」的服務精神，成為向世界展示香港活力與熱情的最佳窗口。

Sharing Hong Kong's Story

The Hong Kong Young Ambassador Scheme trains 270 young volunteers annually to represent Hong Kong at various tourist spots and major events. Our goal is to showcase the city's friendly image and uniqueness to locals and visitors, embodying the idea of "tourism is everywhere". Beyond offering valuable growth opportunities, the programme fosters professional communication skills, a sense of social responsibility and a love for Hong Kong, while expanding their global outlook. Our Ambassadors embrace a service-oriented attitude of going the extra mile, to showcase Hong Kong's energy and passion to the world.



主要服務 Key Services

目的 Objectives	活動 Programmes
提升大學生的國際視野，增加他們在所屬專業的行業經驗，並鼓勵他們日後投身於相關行業 Widening the international exposure of undergraduates, gaining industry experience and encouraging them to contribute	創新科技獎學金 Information and Technology Scholarship
啟發青年創科興趣 Inspiring interest in innovation and technology	科學恆常班 STEAM Voyage
	科學嘉年華 Science in the Mall
加強教師推行創科教育的能力 Improving teachers' skills in innovative technology education	Shell NXplorers小學老師培訓課程 Shell NXplorers Primary School Teacher Training Programme
	LEAD Engineer 導師培訓計劃 LEAD Engineer STEM Training Programme
提供平台發揮青年創科能力 Providing opportunities to facilitate abilities in innovative technology	香港機關王競賽 Hong Kong Greenmech Contest
	創意編程設計大賽 Creative Coder Competition
	香港創意數理科學4D Frame比賽 Hong Kong Creative Maths & Science 4D Frame Competition
加強青年認識中國文化 Enhancing youth's understanding of Chinese culture	迎挑戰·上武當 Wudang Trip
體驗高鐵便捷，認識內地發展 Experiencing the efficiency of high-speed rail and exploring the development of mainland China	「高鐵青年號」系列 Youth High Speed Rail Trip Series

阿葆現時經常在各類運動活動中擔任司儀，表現自信而專業。然而，過去的她對運動世界其實並不熟悉。她最初是因參與我們推動的「JC FitCity賽馬會好動城市計劃」而開始接觸運動，並在過程中逐步建立起興趣與認識。隨着參與愈來愈多，她不但親身體驗到運動的樂趣，更發現了運動產業的豐富與多元。從一位初次參與的運動愛好者，到今天能在各種運動活動中擔任MC，阿葆的蛻變正好印證了我們推廣運動工作的初心——打破大眾對運動產業的既有印象，啟發青年從不同角度參與其中，探索更多的可能性。

Ah Bo is now a familiar face at various sports events, frequently taking on the role of MC with confidence and professionalism. Yet, her journey into the world of sport began not with expertise. It was through her involvement in our JC FitCity Programme that she first began to engage with sport. In the process, she discovered the diverse facets of the sports industry and evolved from a participant to an MC. Her transformation is a testament to how our initiatives can redefine perceptions of sports, inspiring young people to engage with the industry from multiple angles and explore a wealth of opportunities.



服務概覽

增強新生代的毅力和體力，推動可持續發展。青協轄下四個營地及戶外活動中心，已拓展成全港最大的水上運動和培訓平台。中山三鄉青年培訓中心則促進青年對中國歷史文化和鄉鎮發展的認識。社區體育部大力推動團隊運動，新設的「運動測研館」結合遊戲元素，帶來嶄新運動樂趣。此外，青協積極發展文化藝術，透過無伴奏合唱、舞蹈、藝術教育等培育青年文化涵養及表演才華。

本年度的服務數據 Service Data of the Year

活動數目 Programmes Delivered	4,640
活動參與人次 Programme Attendance	288,556

Service Overview

The HKFYG's four camps and outdoor activity centres form the city's largest water sports training platform, enhancing young people's resilience and endurance while promoting sustainability. The Zhongshan Sanxiang Youth Training Centre deepens young people's understanding of Chinese history, culture, and township development. Meanwhile, the Community Team Sports Office promotes team sports through gamified experiences at the HKFYG Sports Lab. Additionally, the Federation fosters cultural arts, nurturing young people's literacy and talents in a cappella, art, and dance.





年度重點

歌舞藝術推動全健發展

青年身心健康是我們高度關注的問題，我們的「會飛大象」青年正向思維啟迪計劃，透過結合舞蹈與無伴奏合唱訓練、正向思維工作坊及體驗式學習活動，培養青少年的正向思維、建立良好品格及樹立自信心。參與青年接受專業導師指導，跨出舒適區接受挑戰及考驗；過程中，要求深度的團隊協作，透過合作、聆聽和相互磨合，促進自我認識及改善人際關係。最後以服務他人及登上大舞台公開表演，透過被看見和被欣賞的經歷建立自信，建立正向積極人生。計劃為期接近一年，合共超過200位中學生參與訓練，研究結果顯示參加者在多個正向發展指標中均有顯著進步，更有參加者表示經歷了深刻的個人轉變，由尷尬焦慮變得自信投入。

以運動助 SEN 學童改善個人發展

「Special Stadium 學校邀請賽——軟式曲棍球2024」特別針對小二至小六的SEN（有特殊教育需要）學童而設，希望幫助他們解決在社交、專注力及自信心等方面常見的困難。專業教練以多元教學手法及分級訓練，協助SEN學童循序漸進學習軟式曲棍球，讓他們在安全、具包容性的環境中建立運動興趣。訓練根據學童需要度身訂造，並設有適合興趣發展的比賽環節，鼓勵他們互相支持及合作。經過培訓後，不少學童不單提升了協作能力和自信，更成功融入團隊，並培養到積極的生活態度，對整體成長帶來正面影響。

Highlights of the Year

Wellness through the Creative Arts

Youth mental and physical well-being is a priority for us. Our **Respiration Youth Enlightenment Project** fostered positive thinking, character development, and self-confidence through a dynamic blend of dance, a cappella training, workshops, and experiential learning. Under the guidance of professional instructors, participants stepped out of their comfort zones, embracing challenges that required teamwork and collaboration, as well as self-awareness and interpersonal skills through cooperation, active listening, and mutual adaptation. The programme concluded with participants serving others and showcasing their talents on stage, reinforcing their confidence and encouraging a proactive life approach. Running for nearly a year, the project engaged more than 200 secondary students, with **research showing significant improvements in various positive development indicators. Some even reported profound personal transformations, transitioning from feelings of awkwardness and anxiety to confident engagement.**

Empowering SEN Students through Sport

Our **Special Stadium School – Soft Hockey 2024** was tailored for Primary 2 to Primary 6 SEN pupils, addressing challenges in social interaction, concentration, and self-confidence. Professional coaches engaged a range of teaching techniques and structured training to help pupils gradually learn soft hockey, nurturing their interest in sports within a secure and inclusive environment. The programme was customised to meet individual needs, incorporating competitive elements that encouraged collaboration and mutual support. Following the programme, many pupils not only improved their teamwork skills and confidence but also successfully integrated into teams and cultivated a more positive, proactive attitude to life, producing a favourable impact on their overall development.



降低水上活動參與門檻達致普及化

有見香港的水上運動門檻高、選擇少，我們推出「AQUA GO! Water Sport Gala」計劃，打破傳統框架，推動水上運動的普及與發展。我們組織創新水上活動如立划版水球、龍舟拔河及帆船等賽事，讓青年在專業的氛圍中體驗水上運動的樂趣；提供非訓練式的假日休閒體驗，讓參加者在輕鬆的環境下，以自己的節奏探索水上運動；實行個人預約制度，有別大部份水上活動要以團體報名的模式，個人或家庭都能以個別單位報名參與，大大降低參與門檻。我們不僅提供專業的水上運動體驗，更注重營造一個包容、開放的環境，讓每個人都能輕鬆接觸水上運動，擴大社區參與。



Lowering Barriers to Water Sports

Recognising the entry barriers and limited options for water sports in Hong Kong, we launched the **AQUA GO! Water Sport Gala** programme. This initiative features **innovative activities like stand-up paddleboard water polo, dragon boat tug-of-war, and sailing**, allowing young people to experience the thrill of professional water sports. We also **offered holiday leisure sessions for participants to explore water sports at their own pace in a relaxed environment**. To further enhance accessibility, we implemented an **individual booking system, unlike the usual group reservation requirement, enabling individual and family to participate**. Beyond offering professional experiences, we focused on creating an inclusive environment to ensure everyone can easily access water sports, fostering greater community involvement.



主要服務 Key Services

目的 Objectives	活動 Programmes
為青年提供發揮潛能的平台 Unleashing youth potential through different platforms	香港國際舞蹈營 Hong Kong International Dance Camp
	全港中學生舞蹈比賽 Hong Kong Dance – Joint School Dance Competition
	人聲訓練課程 Vocal training courses
	「青年舞台@HKCC」——週末拉闊音樂會 My Stage@HKCC– Saturday Music Live
	香港國際無伴奏合唱節2025 Hong Kong International a cappella Festival 2025
推廣運動文化 Advocating a culture for exercise	香港亞太區青年樂隊大賽、亞太音樂祭 Hong Kong Asia Pacific Youth Band Sound Competition, Asia Pacific Music Festival
	賽馬會好動城市計劃 JC Fit City
以運動建立正向價值及抗逆力 Instilling positive values and resilience through sport	V.cares 青年排球訓練計劃 2024 V.cares Youth Volleyball Training Program 2024
	「青協皇者盃 2025」——中學男子排球賽 HKFYG Premier Cup – Men's Volleyball Competition
	「全民騰飛・攞轉民坊」——帶式攞球訓練 Fly High Together Charity Sports Programme – Tag Ruby Training
	「小巨人運動成就計劃」——帶式攞球訓練 Little Giants Athletic Achievement Programme – Tag Ruby Training

研究出版

Research and Publications

寫作有療癒、慰藉和重建自我的功效，婷欣是一個例子。她參加我們的「青年作家大招募」計劃，獲得出版機會。本身患自閉症譜系障礙的她，為我們學校社工組出版了一本講述SEN學生心聲的詩集——《SEN心思詩》，用詩句抒發SEN學生的心跡、生活狀況及學習難處，為大眾打開了一扇理解SEN學生的窗口，也為SEN學生打開被理解的窗口。作品今年獲得第五屆「香港出版雙年獎」出版獎（心理勵志），獎項加強她的創作信心，為她找到出口，她亦從補習社的工作轉為支援SEN學生，幫助同路人。



Writing can have a healing, comforting, and self-rebuilding effect. Ting-yan participated in our Young Writers Programme, where, she authored the SEN Poetry Collection on behalf of our School Social Work Unit. Herself on the autism spectrum, her verses, captured the inner thoughts, lives, and learning challenges of SEN students, creating a window for the public to understand SEN students and, at the same time, for them to be better understood. Her exceptional work earned the Publishing Award (Psychological/Inspiration) at the 5th Hong Kong Publishing Biennial Awards this year. This recognition not only boosted her confidence as a writer, but also affirmed her belief in writing as a vital creative outlet. Ting-yan has since transitioned from a role at a tuition centre to actively supporting SEN students, offering a helping hand to those who share similar experiences.

服務概覽

青年研究中心30多年來持續進行具系統的研究項目，其中《香港青年趨勢分析》為社會各界提供重要參考；成立的青年創研庫由本地專才與大專生組成，就經濟、民生及青年發展議題定期發表研究報告，建言獻策。專業叢書統籌組鼓勵閱讀及寫作，出版青年工作及青年創作讀物；《香港青年》英文季刊以國際視野深度探討各議題；《青年空間》中文雜誌則分享青年故事和體驗；另舉辦寫作、採訪及出版相關培訓，提升青年的文創技能。



Service Overview

The Youth Research Centre (YRC) conducts rigorous empirical research and publishes its findings through its annual analysis of *Youth Trends in Hong Kong*. It supports Youth I.D.E.A.S. (Ideals, Dedication, Engagement, Aspirations and Service), a local youth think tank comprised of young professionals and tertiary students. They provide policy recommendations to the government on various economic, social, and youth development issues. Additionally, the Professional Publications Unit produces a diverse range of content, producing both fiction and nonfiction books, as well as two magazines: the English quarterly *Youth Hong Kong* and the Chinese language *Youth S.P.O.T.*, both of which invite young writers to contribute their work and support them with training in writing, interviewing, and publishing.



服務數據 Service Data

活動數目 Programmes Delivered	64
活動參與人次 Programme Attendance	99,927
創研庫專題研究 Youth I.D.E.A.S. Research	6
青年趨勢分析 Youth Trends in Hong Kong	1
國際青年價值觀比較 International Youth Values Comparative Study	1
《青年空間》 Youth S.P.O.T. Magazine	6期issues
《香港青年》 Youth Hong Kong Magazine	4期issues
專業叢書及青少年讀物 Professional and Youth Publications	10本books



年度重點

青年創研庫

青年研究中心於2015年成立**青年創研庫**，是本港一個屬於青年的智庫，透過科學研究和政策倡議，為香港社會的發展建言獻策。至今，創研庫共完成超過80多項研究，並與政策制定者及社會各界積極交流，部份建議更獲政府採納。第四屆（2023-2025年度）青年創研庫由近80位專業才俊、青年創業家與大專學生組成。5位專家、學者應邀擔任創研庫的顧問導師，就各項研究提供寶貴意見。

青年創研庫持續與青年研究中心定期發表研究報告。今屆創研庫以「連繫·創見」為主題，透過三項專題研究系列：（一）經濟就業；（二）青年發展；以及（三）社會民生，連繫青年、社區與社會各界，以研究和行動推動社會轉變。

Highlights of the Year

Youth I.D.E.A.S.

Established in 2015, **Youth I.D.E.A.S.** (Ideals, Dedication, Engagement, Aspirations and Service), is a local youth think tank conducting evidence-based research for policy advocacy. **To date, over 80 research projects have been conducted, with findings actively shared with policymakers and sector stakeholders. Notably, some of our recommendations have been adopted by the government.** The fourth cohort (2023-2025) features 80 young professionals, entrepreneurs, and post-secondary students, supported by 5 academic advisors. With a mission of *Connecting Community and Creating Impact*, Youth I.D.E.A.S. and the Youth Research Centre regularly explore crucial areas such as (1) Employment and the Economy, (2) Youth Development and Engagement, and (3) Society and Livelihood. Together, we aim to unite local youth and communities, fostering social change through research and action.

研究出版

Research and Publications



持續提升政策研究與倡議效能

我們為創研庫成員提供各種交流和培訓，持續提升政策研究與倡議效能。本年度，創研庫在特首發表任內第三份施政報告後，與民政及青年事務局副局長梁宏正和青年專員交流，就國家發展、精神健康、生涯規劃、創業等範疇積極發表意見，副局長樂見香港青年積極關注社會議題及踴躍表達意見。創研庫社會民生組年內到訪深圳的大灣區醫療集團及港澳居民健康服務中心，深入了解跨境醫療的發展，讓跨境醫療可以落實執行。我們亦為青年創研庫成員提供大數據實際應用及善用人工智能協助政策研究的培訓，加強他們剖析社會問題成因和探討解決方案的能力。

Member Engagement

This year, Youth I.D.E.A.S. provided members with enriching opportunities for exchange and training to boost policy research and advocacy effectiveness. **Members engaged in discussions with Under Secretary for Home and Youth Affairs Clarence Leung Wang Ching and the Youth Commissioner** on topics such as national development, mental health, career planning, and entrepreneurship. Clarence Leung praised the enthusiasm of Hong Kong youth for their interest in social issues and their desire to share their perspectives. Members of the Society and Livelihood Team also **visited a Greater Bay Area medical group and the Hong Kong-Macau Residents Health Service Centre in Shenzhen, gaining insights into cross-boundary healthcare services.** Additionally, we equipped members with training on big data and artificial intelligence applications in policy research, enhancing their ability to analyse social issues and propose effective solutions.





年內出版的研究報告，包括：

Reports published in the past year include:

日期 Date	主題 Topic
2024年11月 Nov 2024	從參與制服團隊看青年培育 Youth Uniformed Groups in Nurturing Young People
2024年11月 Nov 2024	經濟轉型下青年的應對與準備 Preparing Young People for Hong Kong's Economic Transition
2024年12月 Dec 2024	優化跨境就醫應對醫療需求 Enabling Robust Cross-border Health Services for HK Residents
2025年5月 May 2025	從鄉郊保育連繫青年 Connecting Young People with Countryside Conservation
2025年7月 Jul 2025	促進銀髮經濟惠及青年 How Young People can be Part of Hong Kong's Silver Economy
2025年7月 Jul 2025	從照顧雙方視角看居家照顧支援 Insights into the Lives of Community Carers and the Cared

青年價值觀指標

青年研究中心自1997年起持續進行「青年價值觀指標」調查，「青年價值觀指標2023」調查結果顯示受訪青年對自身能力及社會整體觀感的評價趨向正面，並對赴內地及海外發展的意願有所提升。然而，青年的社會參與度減弱、對國家和全球事務的關注度下降，值得各界關注。

Indicators of Youth Values

Since 1997, our Youth Research Centre has conducted the **Indicators of Youth Values** survey. The 2023 findings reveal a notable increase in young people's confidence in their abilities and a more optimistic outlook on society. There's also a rising eagerness to explore development opportunities in mainland China and abroad. However, the survey highlights a concerning decline in youth engagement with social, national, and global issues.

研究出版

Research and Publications

出版

專業叢書統籌組與專家、合作伙伴、服務單位及青年合作，在年內出版10本書。書籍均可在香港書展、書店及網店青協書室（books.hkfyg.org.hk）購買。我們出版的著作深受業界肯定。

Publications

In the past year, our Professional Publications Unit collaborated with writers, experts, and partners to release 10 impactful books, available in local bookstores and on our website (books.hkfyg.org.hk), as well as at the annual Hong Kong Book Fair. Our publications are gaining industry recognition.

《青年空間》雜誌

一本以「青年人 說自己」為宗旨的免費青年雙月雜誌，內容主要圍繞生活、文化等主題，透過走訪社區不同人和事，引發讀者更多思考空間。雜誌以「空間」為主體概念，設計上特意開了一扇窗，讓讀者每一頁都擁有屬於自己的空間。雜誌每期發行量20,000本。

Youth S.P.O.T. magazine

Youth S.P.O.T. is a free bimonthly magazine written and designed by young people, with content focusing on life, culture, and community stories. With a unique window-like cut-out on each page, the magazine encourages readers to envision their own space. With a circulation of 20,000, it invites creativity and connection.



考試大吉
Best of Luck on Exams
2024年4月 April 2024



好讀青年
The Well-Read Youth
2024年6月 June 2024



自己定義自己
Define Yourself
2024年8月 August 2024



我推的偶像
My Idol
2024年10月 October 2024



放眼世界
Broaden Your Horizons
2024年12月 December 2024



革新
Innovation
2025年3月 March 2025



英文季刊 《香港青年》

每期深入探討青年議題，讓讀者透過訪問、青年分享、統計數據及討論文章，了解香港青年的處境及想法。每期發行9,000本，配合網站發布，讀者遍及香港、亞洲及海外地區。

Youth Hong Kong

This English language quarterly focuses on different themes concerning young people. Through interviews, personal stories, statistical data and features, readers can get a deeper understanding of issues through their lens. Currently, with a circulation of 9,000 copies and an online version, the magazine reaches readers worldwide.

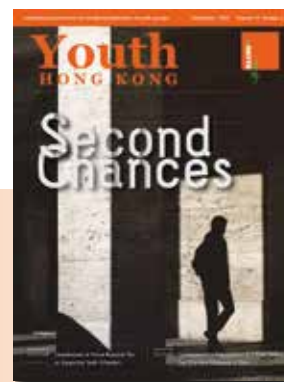
重構學習

Learning Reimagined
about AI in education
2024年6月 June 2024



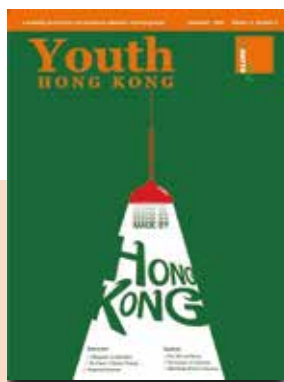
第二次機會

Second Chances
about released young
offenders
2024年9月 September 2024



香港製造

Made by Hong Kong
about creativity and
innovation
2024年12月 December 2024



新職涯攻略

The New Career Playbook
about trends in employment
2025年3月 March 2025



創意寫作

「校園作家大招募計劃」及「全港即興創意寫作比賽」是每年青協主辦的兩大推動青年寫作活動，今年共吸引329位學生報名參加。經過一系列學習、培訓、實踐和比賽，《煙花的十一顆子彈》及《摺千紙鶴的日子》獲選由青協書版，實現年青人的作家夢。

Creative Writing

The School Writers' Programme and the **Hong Kong Creative Writing Programme** are key annual events designed to inspire youth in creative writing. This year, a total of 329 students enrolled in the programmes. After a series of learning, training, practices and competitions, two books, *Eleven Bullets* and *Days of a Thousand Origami Cranes* were selected for publication. Through these initiatives, we empower young writers to pursue their dreams.