



**THE FEDERATION
AND YOUNG PEOPLE**

青 協 與 青 年

相 信 青 年

我們相信每一位青年都擁有獨特潛能，
致力開拓多元平台和實踐機會，
鼓勵他們按照個人步伐探索與成長，
把構想付諸行動，在過程中磨練自我、
累積經驗，進而將所學轉化為影響力。

Believing in Youth

Believing in the unique potential of every young person, we provide the platforms and practical opportunities they need to explore, act on their ideas, gain experience, and turn learning into meaningful impact.

放手信任，成就潛能：青協李兆基書院創校二十年

Trust That Empowers: HKFYG Lee Shau Kee College Turns Twenty

香港青年協會李兆基書院創校二十周年，一直提供各種機會，讓學生主導學習、發展所長。就讀中四的 Sophie Lam 和應屆畢業生 Horace Cheung，在書院的悉心培育下，各自譜寫出精彩的成長篇章。

信任學生，自主學習

Sophie在校內身兼多職——副領袖生長、英語話劇學會導演、學生編輯、辯論隊成員。適逢二十周年校慶，她獲委任為學生導演，統籌整個學生團隊，於戲曲中心公演大型音樂劇。

「老師、校長和管理層不會因為我們年紀小而諸多限制，反而刻意退居幕後，將領導權和創作空間完全交給學生。」密集排練期間，她需要協調眾人的時間表，同時與專業劇場工作者合作，壓力不小。正是被託付的重量，讓她迅速成長，自信有能力帶領團隊。

Horace對此深有同感。中五那年，他獲委任為領袖生長，帶領一支由50名學生組成的團隊。「最難忘的經歷是籌辦日營和領袖訓練宿營，從零開始規劃流程、協調後勤、分配職責，還要撰寫開幕與閉幕致辭。老師只在必要時提供指引，其餘時間由學生全權主導。」

信任成了推動他向前的力量：「當學校把這麼大的責任交給你，你自然希望做到最好。」

Sophie十分認同學校提倡的自主學習文化：「世界轉變得很快，今天背誦的知識，明天或許已不適用。自行學習如何學習的能力，卻終身受用，永遠不會過時。」

For two decades, HKFYG Lee Shau Kee College (HLC) has given students the space to shape their own learning and discover their strengths. In this nurturing environment, Form 4 student Sophie Lam and recent graduate Horace Cheung each found their own journey.

Trusting Students to Lead

Sophie juggles a host of roles at HLC. To mark the College's 20th Anniversary, she was appointed Student Director, steering an entire student team to stage a large-scale musical at the Xiqu Centre.

"Our teachers, principal, and management never saw our age as a constraint. We were free to create and lead." During the intensive rehearsals, Sophie coordinated everyone's schedules and worked alongside professional theatre practitioners. The pressure was considerable, but the role accelerated her growth and sharpened her confidence as a leader.

Horace had a similar experience. Appointed Head Prefect in Form 5, he led a team of 50 students. "Organising an overnight leadership camp was particularly memorable. We planned everything from scratch, including the programme, logistics duty rosters. Teachers only stepped in when necessary."

Trust became an important foundation stone. As Horace said, "When the College places such a major responsibility in your hands, you naturally want to do your very best."

For Sophie, it was equally about the College's culture of self-directed learning. "The world is changing rapidly. Knowledge we memorise today may become obsolete tomorrow, but knowing how to learn independently is a skill for life."





放手，但不放任

給予空間不代表袖手旁觀、任由學生獨自摸索。書院的師長們始終在旁，適時提供指引和支持。

Horace坦言物理科曾是他的一大難關，為複雜概念吃盡苦頭。「物理老師 Ms Joys Leung 不遺餘力地幫助我，課外時間也樂於解答疑難。」日子有功，他不再抗拒物理，甚至開始享受解題的過程。

支援不止於學術層面。當 Sophie 在領袖崗位上遇到挑戰、陷入自我懷疑，老師耐心聆聽，提醒她聚焦自身的強項。「老師就像定海神針，助我在忙亂中宏觀大局，記得自己一路以來的進步。」

Stepping Back, Staying Close

Giving students freedom did not mean that they were left to struggle alone, as the teachers stayed close, ready to offer guidance and support at the right moment.

As Horace recalled, Physics was a tough subject for him. "My Physics teacher, Ms Joys Leung, spared no effort in guiding me through difficult concepts, even outside school hours." With time and persistence, he began to enjoy solving Physics problems.

Sophie found similar support beyond academics. When self-doubt crept in, her teachers gently reminded her of her strengths. "They steadied me like anchors, so I could keep sight of the bigger picture and remember just how far I had come."

擺脫標籤，發現潛能

書院支持學生接受不同挑戰，藉此打破既定標籤和限制，長成更立體多面的模樣。

Sophie從沒料到自己有天會踏上國際科學舞台：「我以前偏愛英語、公開演說和藝術，對STEM沒太多想法，書院鼓勵我挑戰IAL的理科課程和校外比賽，結果竟對STEM發展出濃厚的興趣和潛力。」

2025年Sophie與團隊代表香港參加STEM Racing比賽，其後再接再厲，在OTIS Made to Move Communities™ Challenge中運用創新科技，協助前線救援人員在能見度極低的環境中提升視野及通訊能力，勇奪全球冠軍。

Horace在書院的培育下同樣脫胎換骨：「書院的文化是『走出舒適圈』，我初中時雖然害怕公開說話，依然選擇迎難而上，加入了公開演說與辯論隊。」數年訓練下來，他已能在高壓情況下旁徵博引、拆解對手論點，為隊方觀點辯護到底。

書院總是在學生看見自己的潛能之前，先一步相信他們，備好一方舞台，見證光芒綻放。正如 Sophie 所言：「人的潛能並非固定不變，只要身處合適環境，我們能做到的，會比原先想像的更多。」

Moving Beyond Labels

Both Horace and Sophie see HLC as a place that pushes students into unfamiliar territory, helping them shed preconceived labels to grow into well-rounded, multifaceted individuals.

Sophie never imagined she would step onto an international science stage. "I used to gravitate towards English, public speaking, and the arts. The College inspired me to challenge myself through IAL Science subjects and external competitions. To my surprise, I discovered both a passion and an aptitude for STEM."

In 2025, Sophie and her team represented Hong Kong at the STEM Racing competition. They later went on to claim the global championship at the OTIS Made to Move Communities™ STEM Challenge, where they harnessed innovative technology to improve visibility and communication for frontline rescuers working in extremely low-visibility conditions.

"The culture at HLC is about stepping out of your comfort zone," said Horace. "Even though public speaking terrified me in the junior forms, I felt encouraged to join the Public Speaking and Debate Club." After several years of training, he now feels confident to defend his position under pressure.

HLC places faith in its students, recognizing their abilities often before they see them in themselves, and providing opportunities where potential can unfold. As Sophie says, "Potential is not fixed. In the right environment, we can achieve far more than we initially believed."



The NEIGHBOURHOOD First Youth Roundtable: Taking the Lead, Connecting the Community

香港青年協會「鄰舍第一青年圓桌」由資深鄰舍隊青年代表組成，讓年輕人自主策劃社區項目。現屆十位成員中，Jacqueline正在大學修讀幼兒教育，Jacky則是團隊中最年輕的成員，面試時為中四學生。

本屆圓桌先後籌辦鄰舍團年飯、青年空間運動會等大小活動，最令二人難忘的，要數暑假登場的「玻璃之城・心靈烏托邦」活動營。

自主背後的重重考驗

團隊在活動營中加入沉浸式體驗與遊戲互動元素，藉此凝聚各區青年空間鄰舍義工隊。Jacqueline解釋背後理念：「現代社區關係疏離，我們希望增加人與人之間的連結，打破地域隔膜，為參加者創造學習以外的健康社交空間。」

HKFYG's NEIGHBOURHOOD First Youth Round Table brings together experienced youth representatives from district Neighbourhood Teams, empowering them to plan community projects of their own. Among its ten current members are Jacqueline, an early childhood education undergraduate and Jacky, who was still in Form 4 when he interviewed for the role, making him the team's youngest voice.

The Roundtable organised events ranging from Reunion Lunch to Youth S.P.O.T. Sports Day. For Jacqueline and Jacky, the highlight was the summer camp, *City of Glass: A Utopia for the Mind*.

The Hard Lessons of Doing It Yourself

Combining immersive experiences with interactive games, the camp was designed to unite young volunteers from NEIGHBOURHOOD Teams across different districts. "Community ties are becoming weaker," Jacqueline explains. "We wanted to connect people across districts and create a healthy social space beyond school and study."



在兩日一夜的活動營中，義工深入了解器官移植受贈者、基層家庭、更生人士及被遺棄動物服務等不同群體的處境，其後回到各自社區帶領服務。從內容設計到流程安排，整個活動均由圓桌成員負責。自主代表要承擔不同挑戰，他們發現過程比想像中困難。

Jacky憶述：「我們設計了一場大型角色模擬遊戲，最初版本經內部試玩後，效果未如理想，團隊於是一次又一次修改。碰巧該時段我忙著準備考試，間中需要早退，其他成員很有義氣地留守到深夜繼續測試。以前習慣單打獨鬥，他們教會我何謂團隊精神。」

經過反覆試驗與修訂，遊戲最終順利完成。眼見參加者投入其中，團隊深受鼓舞；未料營會翌日，團隊面臨更大的考驗。

「其中一位講者臨時失聯，活動即將開始仍找不到他，必須馬上制定應急方案。」Jacqueline回想時猶有餘悸。「我們即時與另一位講者商討延長環節，並加入互動，確保流程順暢，以免影響參加者的體驗。」

青協是夢想成就者

談及青協同事在過程中扮演的角色，Jacqueline認為「夢想成就者」是最貼切的形容。

「若非加入圓桌，縱使我有千萬個想法，也未必找到平台和資金實踐這些社區項目。」青協同事悉心教導成員如何申請資助、化解難題，卻不會事事代勞。「就像講者失聯那次，社工並無即時介入，先從旁安撫眾人的緊張情緒，再引導我們思考解決方法。」

Jacky十分感謝青協的信任：「青協相信年紀最小的我能勝任圓桌職務，隨後助我融入年齡差距頗大的團隊。社工他們沒有大人的架子，與大家打成一片，每當難題出現，又會成為最強後盾。」

Across the two-day camp, volunteers came to understand the realities faced by various groups, such as organ transplant recipients, underprivileged families and rehabilitated offenders, then returned to serve in their own neighbourhoods.

Roundtable members managed the entire programme, from concept development to delivery. Yet with autonomy came challenges, and the process proved far more demanding than they had expected.

"We built a large-scale role-playing simulation. Our first trial did not work well, so we revised it repeatedly," Jacky recalls. "I happened to be buried in exam revision then and sometimes had to slip away early, while the others stayed late into the night. I used to prefer working alone and they showed me the true meaning of teamwork."

Trial after trial, the game eventually took shape. Watching participants dive in was a real boost, but a bigger test awaited them the following day.

"One of the speakers suddenly became unreachable just before the session," Jacqueline shudders at the memory. "We rushed to work out an extended slot with another speaker and added interactive elements, keeping everything on track so it wouldn't spoil the experience for participants."

HKFYG as a Dream Enabler

To Jacqueline, HKFYG staff are best described as "dream enablers".

"Without the Roundtable, I might have endless ideas but no platform or funding to put them into practice." Staff coached members through hurdles, but never took over. "When we lost contact with the speaker, social workers didn't intervene immediately. They eased our anxiety, then nudged us towards finding our own solutions."

Jacky echoes the same feeling of trust. "HKFYG believed that I could take on the role even though I was the youngest member, and helped me fit into the team. Social workers treated us as equals. Whenever problems arise, they are our firmest support."



在承擔中長大

一年下來，二人明顯察覺到自身的轉變。

「以前我比較自卑，對社區問題自覺無能為力。參與圓桌後，我的能力得到認可，亦開始相信自己能為社區帶來改變。」 Jacqueline 說。

Jacky 由偶爾做義工的中學生，成長為帶領義工活動的青年領袖，身邊人都稱讚他成熟不少。

當被給予空間和信任，年輕人證明了他們有能力承擔重任、回應社區需要，在實踐中持續成長。

Growing Through Responsibility

A year on, the two have seen a marked change in themselves.

"There was a time when I lacked confidence and felt powerless to address community issues," says Jacqueline. "The Roundtable affirmed my abilities and convinced me that I can make a real difference in the community."

Once a secondary school student who volunteered occasionally, Jacky has now blossomed into a youth leader and those around him have also noticed his newfound maturity.

Given space and trust, young people have shown that they can rise to the occasion, respond to community needs and grow steadily with every step they take.



青年創研庫（創研庫）自2015年成立，至今匯聚超過250位不同背景的青年，為社會建言獻策，合力完成85份報告、逾360項政策建議。

現為香港理工大學博士生的Jerry表示：「創研庫是屬於青年的智庫，聚集一群理念相近、想為社會做點事的年輕人。成員由19歲到近30歲，橫跨醫療、法律、教育、科技等各行各業，討論政策時能碰撞出精彩的思想火花。」

即使意見偶爾不同，成員習慣以數據和事實為基礎，聆聽彼此觀點，在交流辯證間逐步完善構想。

由青年主導的倡議小組

去年成員參與了施政報告倡議小組，屬創研庫十周年的特別項目。有別於平時由青協研究員居中協助，倡議小組整個研究過程由青年成員全權主導及負責。

社會民生組副召集人Justline難忘當時的投入程度：「我負責的範疇是優化香港卓越獎學金計劃，從選定議題、搜集資料、安排訪問、研究分析，到撰寫報告、匯報結果，都由我們一手一腳去做，過程中亦動用了不少私家『人情牌』。能在有限時間內做出一份扎實的研究，向政府提出有價值的倡議，非常有成功感。」

Since 2015, Youth I.D.E.A.S. has brought together more than 250 young people from all walks of life to shape ideas for a better Hong Kong, producing 85 research reports and over 360 policy recommendations along the way.

"Youth I.D.E.A.S. is a think tank that belongs to young people," says Jerry, a doctoral student at The Hong Kong Polytechnic University. "It brings like-minded individuals together, all eager to make a difference. Our members range in age from 19 to nearly 30 and due to their different backgrounds, exchanges can spark some remarkable ideas."

Even when opinions diverge, members ground their debates in data, listen to one another and refine their ideas through reasoned debates.

A Youth-Led Advocacy Group

Last year, the team joined the Policy Address Advocacy Task Force, a special initiative marking the think tank's 10th Anniversary. Unlike regular projects facilitated by HKFYG researchers, this one was driven entirely by young members themselves.

"My study focused on enhancing the Hong Kong Scholarship for Excellence Scheme," recalls Justline, Deputy Convenor of the Society and Livelihood Group. "We did everything together, research, interviews, analysis and presentation, even tapping our own networks. Delivering a solid study within a tight timeframe and submitting real proposals to the Government was hugely rewarding."





凌晨開會 全情投入

創研庫的研究從不閉門造車，成員不時針對個別議題走進社區，務求使分析建議更貼近社會需要。

Justline舉例：「研究預製菜，我們會落區訪問食店和業界代表；探討跨境醫療，專程拜訪深圳醫療機構；甚至為了解回收現況，到綠在區區考察一段時間。」

眾人各有正職，仍樂於在繁忙日程中鑽研討論。Jerry形容熱血是創研庫的特色：「試過好幾次開會至凌晨，翌日照常上班。大家真心想做出有質素的報告，不會為交功課而敷衍了事。」投入背後，是對聲音被聽見的渴望。「青年對社會有想法，平時未必有渠道系統化地表達，創研庫提供了一個理想的平台。」

參與未有隨報告完成而結束，Justline將研究理念帶入地區諮詢平台，擴展影響力至其他公共事務領域；Jerry則在學院提出相關倡議，亦曾獲邀在聯合國ECOSOC青年論壇上發言，與各國青年交流想法。

Meetings Past Midnight

Research at Youth I.D.E.A.S. is never conducted in an ivory tower. Members regularly venture into the community to study particular issues, keeping their analyses grounded in real life.

“For our study on prepared dishes, we interviewed eateries and industry representatives,” Justline explains. “When exploring cross-border healthcare, we made a special trip to medical institutions in Shenzhen. We even spent time observing GREEN@COMMUNITY recycling stations to understand the recycling industry.”

These commitments often run late. Jerry sees this dedication as the think tank’s defining quality. “Several of our meetings continued past midnight, and everyone still had to work the next morning. We truly wanted to produce quality research!”

Behind that dedication lies a deep desire to be heard. “Young people have views on society, but often lack a channel to express them systematically. Youth I.D.E.A.S. gives us that platform.”

Their engagement continues beyond publishing a report. Justline has carried the research mindset into her work as a district committee, while Jerry has taken his proposals into academia and was even invited to speak at a United Nations ECOSOC Youth Forum.

沒有包袱的創新視角

在Justline眼中，青年參與政策研究的優勢，在於突破既定框架。「每期主題皆由青年建議，我們沒有太多包袱，敢於提出新思維。例如早於2023年，AI尚未廣泛應用之時，成員已提出以人工智能券資助企業發展的概念。」

創意要轉化為具體倡議，青協研究員的專業支援同樣重要。「我們是相輔相成的關係，青年成員拋出天馬行空的創新意念，青協同事則與大家一起評估研究價值與可行性，並連繫外界持分者，讓研究得以順利展開。」Jerry補充道。

創研庫提出的300多項建議中，約十分之一獲政府考慮或採納，印證青年研究的價值。「建議獲採納固然值得高興，」Jerry說，「但認真梳理政策議題的過程，本身已極具意義。」以研究回應社會、用行動累積改變，正是創研庫逾十年來不變的初心。

A Fresh Perspective, No Baggage

For Justline, young researchers have the advantage of seeing policy issues from new angles. "We are less burdened by preconceptions and ready to explore new approaches. Back in 2023, long before AI went mainstream, our members had already floated the idea of an AI voucher to support enterprise development."

HKFYG researchers also play an essential role in turning innovative ideas into practical proposals. "We complement one another," Jerry explains. "Young members contribute bold and imaginative ideas, while HKFYG colleagues help us assess the research value and feasibility. They also connect us with external stakeholders, so the project can take flight."

Roughly one in ten of the 300-plus recommendations from Youth I.D.E.A.S. have been considered or adopted by the Government, demonstrating the value of youth-led research. "Seeing our ideas accepted is always encouraging," Jerry says, "yet the process of examining policy issues thoroughly is meaningful in itself."

This is the ultimate spirit of Youth I.D.E.A.S. for over a decade: responding to societal needs through research and driving change through action.

