



CORE
SERVICES

核 心 服 務

創造價值 Creating Values



69,544

處理個案數目
Cases Served



241,868

個案服務人次
Case Beneficiaries



≥84%

個案成功率
Case Success Rate



26,706

新登記會員人數
New Registered Members



16,526

新登記義工人數
New Registered Volunteers



1,010,058

義工服務時數
Volunteer Service Hours

優化體驗 Optimising Experiences



4,909,307

活動參與人次

Programme Attendance



35,045

活動數目

Programmes Delivered



35,307,357

網上聯繫人次

Online Engagement

持續創新 Continuing Innovation

85

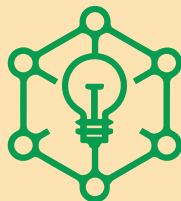
創新項目
**Innovative
Projects**



53%

創新服務模式或手法

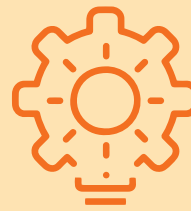
New Service Models or Approaches



47%

新服務類型

New Service Types



29%

應用科技

Use of Technology

“我加入「跨代鄰舍大使」義工服務計劃，最初是因為自己熱愛足球，同時希望能為社區盡一分力。我性格比較羞澀，不知該如何跨越如此大的年齡差距與長者溝通。幸好在社工的指導下，我開始和一班長者一起設計有趣的體育遊戲，我的自信心慢慢提升，漸漸學會帶領活動、分享想法，最終累積服務超過一千人次。與長者相處讓我明白到「陪伴」的真正價值。無論年齡大小，我們每一個人都有能力凝聚社區。

I joined the Intergenerational Neighbour Ambassador Programme because I love football and wanted to give back to my community. At first, I was shy and unsure how to connect with elderly neighbours across such a wide age gap. With guidance from the social worker, I worked with older residents to create fun physical games. As my confidence grew, and what started as a small idea became something I was proud to lead, eventually reaching more than 1,000 participants.

The seniors' encouragement changed my perspective and showed me that spending time matters. This was more than volunteering; it showed me that, whatever our age, we can all help bring a community together.”

阿香 Ah-Heung

服務概覽

本着為青年創造空間的信念，青協轄下21間青年空間致力聯繫青年，成為他們發展潛能、探索興趣及鍛鍊才能的平台，讓青年踏出參與社區建設的第一步。近年積極推動創新科技及人工智能學習，同時透過「UP（Unleash Potential）」課程，以強項為本及循序漸進的培育模式，協助兒童及青年發掘興趣、建立自信，全面發展個人潛能。「鄰舍第一」由3,000名青年自發推動，以建立鄰里關係及共融社區為目標。位於大埔青年空間的PH2為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	20,775
活動參與人次 Programme Attendance	2,485,800
個案數目 Cases Served	3,890
個案服務人次 Case Beneficiaries	51,470
鄰舍隊 Neighbourhood Teams	100
鄰舍隊義工 Neighbourhood Volunteers	3,000
PH2 入住率 PH2 Occupancy Rate	100%

Service Overview

The Federation's 21 Youth S.P.O.Ts (Spaces for Participation, Opportunities and Training) enable young people to explore their potential, pursue their interests and develop their talents, while encouraging them to take their first steps in community participation and building. In recent years, Youth S.P.O.Ts have actively promoted learning in innovation, technology and artificial intelligence. Through the UP (Unleash Potential) Programme, which adopts a strengths-based and progressive development approach, children and young people are supported in discovering their interests, building confidence and realising their full potential.

NEIGHBOURHOOD First is a youth-led initiative powered by 3,000 young volunteers, aiming to strengthen neighbourhood connections and foster inclusive communities. Located above the Tai Po Youth S.P.O.T., PH2 is Hong Kong's first completed youth hostel project, providing affordable and comfortable accommodation for working young people.





社會福利署資助服務
Subsidised Service by the Social Welfare Department

本會部分服務
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Part of HKFYG's services
are subsidised
by the Social Welfare
Department



年度重點

為青年創造呼吸空間

現今青年面對來自學業、生活及未來的種種挑戰與壓力，其身心健康一直是我們深切關注的問題。我們充分利用青年空間在社區凝聚青少年的優勢，陪伴青年渡過每一個關鍵時刻，從情緒支援、身心調適到多元體驗，全方位關顧青年的身心靈發展。

青年空間在重要時刻為青年提供情緒支援：於開學舉辦打氣活動並送上關懷禮物，鼓勵青年以正向態度迎接新學年；「SPOTs Sound」音樂會及DSE放榜前音樂聚會，以音樂凝聚青年，提供抒發情緒及互相扶持的平台；於DSE放榜當日，全線青年空間由專業社工及朋輩支援團隊提供即時情緒疏導與鼓勵，陪伴他們面對學習路上其中一個大關卡。

在身心靈調適方面，青年空間推動「熄機一小時」，鼓勵青年暫停使用電子產品，重新連結自我、家人及朋友，建立健康的生活習慣。同時，透過舉辦「重啟連結日營」，協助青年舒緩壓力、提升抗逆力；並以輕鬆自在的「療愈咖啡廳」為媒介，讓青年在溫馨的氛圍中分享感受、建立朋輩連繫，深化精神健康推廣。

在多元體驗與正向成長方面，暑假期間特別推出「Play Hard Together——暑假認真玩」系列活動，推出逾6,300項活動，錄得超過22萬人次報名。

Highlights of the Year

Creating Space for Well-Being

Navigating school, family, and future plans can leave young people feeling overwhelmed. **Our Youth S.P.O.Ts give youth a safe place to pause, catch their breath, and find reliable support.**

We offered support during some of the most stressful points of the academic year. From back-to-school encouragement activities to music gatherings before HKDSE results were released, students were given positive ways to relax and connect. On HKDSE results day, social workers and peer supporters were on hand to offer timely care, practical guidance and a listening ear.

Through the Unplug for an Hour challenge and Reconnect Day Camps, young people were encouraged to take a break from screens, enjoy time offline and develop practical ways to manage everyday stress. For those who simply needed a calm, informal space to talk, the Healing Café offered comfort, conversation and connection.

Our Play Hard Together summer programme also kept young people active, engaged and connected. More than 6,300 activities welcomed over 220,000 enrolments.





「鄰舍第一」動員青年建立共融社區

「鄰舍第一」自2011年起推動，是一項由青年主導的社區關懷行動。年度盛事「鄰舍團年飯」由近2,000位青年義工帶頭籌劃，招待全港18區近萬名坊眾同步共享盆菜、歡度新春，氣氛熱鬧溫馨。

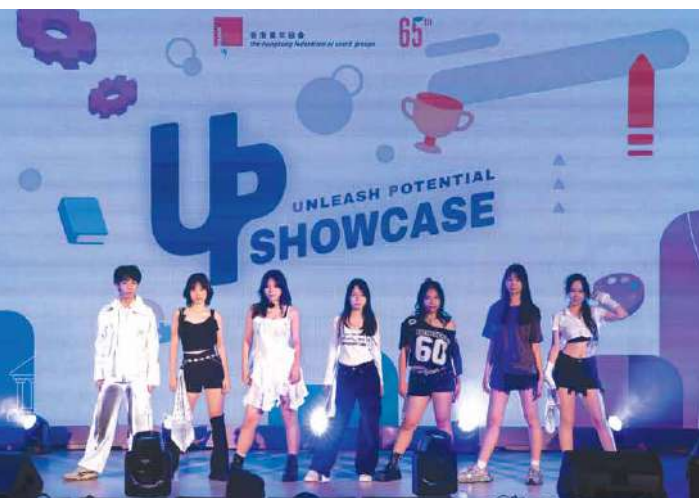
年內，逾3,000名14至35歲青年自發組成100支「鄰舍隊」服務社區。其中，逾200名隊員更參與「里想社區」計劃，主動辨識社區痛點並提出解決方案。從發掘問題、構思方案到落地實踐，青年全程自主參與，展現為社區帶來正面改變的能量。不少參加者表示，過程讓他們深刻體會受助者的處境，更提升了解難能力、同理心與公民責任感。



Inspiring Youth for Community Cohesion

Since its launch in 2011, NEIGHBOURHOOD First has enabled young people to take the lead in building stronger, more caring neighbourhoods. At this year's NEIGHBOURHOOD Reunion Lunch, nearly 2,000 youth volunteers hosted simultaneous Lunar New Year Poon Choi gatherings across all 18 districts, welcoming close to 10,000 residents to celebrate together.

Beyond festive celebrations, the initiative inspires year-round action. Over 3,000 youth aged 14 to 35 formed 100 NEIGHBOURHOOD Teams to address local needs. Through the Empathetic Community project, more than 200 participants led efforts to uncover community issues and implement solutions. By running these projects, participants deepened their empathy, honed their problem-solving abilities, and took real ownership of their role in the community.



青成共創，賦能青年蛻變為共創夥伴

「賽馬會21世紀綜合青少年服務中心計劃」旨在貫徹「以青年為本」與青年自主的核心價值，透過「玩翻轉青年空間」、「試吓實驗室」及「撈Ideas」等創新項目，匯聚「青成共創」的力量。計劃融合AI、媒體、音樂、運動與身心靈等元素，透過舉辦大型互動劇本殺、音樂會、文創市集、電競比賽及青年提案，打破傳統服務框架，建構出讓青年實踐夢想與跨界合作的平台。透過這套賦權體制，青年從「參加者」晉升為「共創夥伴」。今年45位「Youth Advisor」自主策劃活動並參與青年空間的未來規劃，全面提升自信、能力感與社會參與度。

Co-creating Youth Services

The 21C@JC Project is grounded in a simple belief: **young people should have a genuine role in shaping the services designed for them.** We foster youth-adult partnerships, bringing young people and adults together as equal partners to co-create fresh, relevant, and engaging experiences. Integrating AI, media, music, sports, and holistic well-being, we introduce a range of innovative programmes, including interactive mystery games, concerts, creative markets, esports competitions, and youth-led initiatives. It moves beyond traditional service models to provide a platform where young people can realise their aspirations and foster cross-disciplinary collaboration.

Over the past year, **45 Youth Advisors designed their own initiatives and contributed to the future direction of our Youth S.P.O.Ts.** In doing so, they gained practical experience, strengthened their confidence and developed a stronger voice in their communities.





青年帶動跨代運動連結社群

面對人口老化與長者孤獨問題，我們推動賽馬會「躍動鄰舍」跨代運動計劃，促進青年與長者共同參與新興運動。透過調整運動規則及共建，讓跨代能並肩享受樂趣，加強連結。我們亦著力提升青年在推動銀齡運動方面的專業能力，推出「跨代運動及全健管理實務證書課程」，系統化培訓青年策劃與執行長者運動的專業技巧，以及目標培訓100位青年為「銀齡運動大使」。計劃首年已在社區建立恆常據點，未來將持續擴充至其他社區。透過人才培育與社區推廣，營造跨代共融的運動文化，展現跨代介入模式在促進社會連結與提升整體生活質素上的正面影響力。

Providing Co-creating Experiences for Young People

Addressing elderly loneliness is an important and growing community need. Sport can offer a simple but powerful way for people of different ages to meet, move and have fun together. **Through the Jockey Club "Active Neighbours" Intergenerational Sports Scheme, young people and seniors join forces to play emerging sports with rules tailored for all ages and fitness levels.** To back this up with real expertise, we introduced the **Intergenerational Sports and Wellness Practitioners Course. The course equips young people with practical skills to design and lead safe, engaging sports activities for older adults,** aiming to train 100 youth as Sports Ambassadors. In this first year, the initiative established regular community spots across local neighbourhoods. Through hands-on sports and youth leadership, we are building a more inclusive community where generations stay active and connected.

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	玩翻轉青年空間 Revolutionize the Youth S.P.O.Ts
	UP 匯演及展覽 UP Showcase
	青年空間運動會 Youth S.P.O.Ts Athletics Meet
培育青年關心社區 Nurturing caring for the community	「鄰舍第一・送米助人」 NEIGHBOURHOOD First – Rice Giving Scheme
加強青年數碼技能 Enhancing digital skills	Try Lab —— A.I. 心願映像館 Try Lab – A.I. Wish Image Studio
	Sport x AI 沉浸互動遊戲 Sport x AI Immersive Interactive Game



M21 除了培育青年媒體人才，亦積極推動導師培訓，讓青年在教學相長中提升專業技能、領導力與社區參與意識。

Alongside cultivating youth media talent, M21 is dedicated to instructor training, encouraging young people to refine their professional expertise, leadership qualities and community engagement through mutual learning.

我們的導師 Our instructors:

“M21讓我看見媒體教育的另一種可能。透過帶領青年參與媒體創作和體驗活動，我不但提升了教學及溝通技巧，更深刻體會到陪伴青年成長的意義。

M21 showed me another side of media education. I learnt how to be a better communicator and teacher through guiding young people. I also deepened my understanding of how meaningful support can empower young people to thrive.”

Karen, 24

“我認識了一群志同道合的夥伴，一同探索如何善用創新科技回應社區需要。

I've connected with a group of like-minded peers and together we've been exploring creative ways to use innovative tech to tackle local community needs.”

Esme, 21

“我學到許多新興科技的專業知識，並有機會將所學轉化為服務。

I gained practical and specialised knowledge of emerging technologies and turned my learning into meaningful action through service.”

Mercy, 23

服務概覽

M21媒體空間致力透過體驗式學習培育青年的未來技能，結合媒體教育、創意科技及數碼創作，提升媒體素養、創意思維、協作能力及數碼技能。透過培訓課程、創作項目、校本合作及業界交流，青年得以接觸真實創作及媒體工作環境，探索個人潛能與發展方向。配合人工智能（AI）、延展實境（XR）等新興技術發展，M21提供創新體驗，鼓勵青年掌握科技趨勢、發揮創意潛能；同時推動數碼及媒體素養教育，提升批判思維及資訊辨識能力，裝備他們迎接數碼時代的機遇與挑戰。

Service Overview

At M21 Multi-media Centre, we help young people build the skills and confidence to thrive in a fast-changing digital world. Through experiential learning in media, creative technology and digital content creation, we connect training with real-world opportunities, including creative projects, school partnerships and industry exchanges. By embracing emerging technologies such as Artificial Intelligence (AI) and Extended Reality (XR), we nurture creativity, media literacy and digital competence, helping young people discover their potential and explore future pathways.

服務數據 Service Data

數碼媒體課程及活動數目

Digital Media Courses and Programmes **352**

已受培訓的數碼媒體青年導師數目

Trained Digital Media Youth Mentors **130**

數碼媒體課程及活動參與人次

Attendance at Digital Media Courses and Programmes **32,205**

網上聯繫人次

Online Engagement **3,922,999**



年度重點

專業獲認同，獲邀量身打造青年媒體教育活動

作為專業媒體教育平台，我們很榮幸與Master Edutainment Ltd合作，為參加香港浸會大學舉辦的賽馬會多元出路計劃「鼓掌·創你程」「多媒體故事創作」高中應用學習課程的學生，共同策劃及推行「電競」及「虛擬實境（VR）」專題訓練營。我們緊扣青年的興趣，透過高互動性的工作坊及團隊協作，帶領學生親身操作業界常用的數碼工具，並在虛擬平台中創作3D遊戲，完整貫通從「概念構思」到「實際落地」的過程。我們透過培訓理論與實踐並重，提升學生的創意思維及解難能力，同時讓他們掌握前沿的數碼創作技能，深化對電競與VR等新興科技的理解。



憑藉在青年媒體教育領域的口碑與專業認受性，我們亦獲委託為參與內地交流的中學生，設計與創新科技有關的交流前培訓。我們因應學生交流的學習目標，將AI與XR技術連結至智慧城市、文化創意及媒體製作等真實產業場景，輔以多媒體互動體驗與實際案例分析，啟發學生的視野。這種交流前「實踐導向」與「產業對接」的教學，讓學生看到科技與日常生活之間的連繫，提起學習興趣，實地考察時亦能從科技創新與產業發展的角度深入理解內地發展，再思考未來的升學抉擇與職涯規劃。

Highlights of the Year

Tailored Learning, Real-World Experience

As a dedicated platform for media education, our industry professionalism and proven expertise continue to earn the trust of education partners. Together with Master Edutainment Ltd, we **delivered a bespoke Esports and Virtual Reality (VR) Bootcamp** for students in the **Applied Learning Course in Multimedia Storytelling** under the Jockey Club CLAP for Youth @ JC Programme, organised by Hong Kong Baptist University.

Our bootcamp brought digital creation to life through hands-on workshops and collaborative teamwork. **Using industry-standard tools, students designed original 3D virtual games, from first concept to final creation.** The immersive experience strengthened their creative thinking, problem-solving skills and readiness for careers in the digital creative industries.

We also delivered customised **AI and XR pre-trip training for secondary students joining mainland study tours.** Through practical examples from smart-city development, creative industries and media, **students explored how new technologies shape everyday life, developing the curiosity and critical-thinking skills to make informed choices about their futures.**



引導青年善用數碼工具創造有價值的影響力

我們注重「技能培育」與「數碼素養」並重，教導青年掌握媒體製作技術，更引導他們善用媒體，創造有價值的影響力。例如「321! Reels創作挑戰賽」以「學生防騙攻略」為主題，鼓勵學生透過時下流行的短片普及防騙知識。我們協助參賽學生將概念落實，提供免費的防騙知識與短片製作工作坊，並開放拍攝工作室、綠幕室及專業剪輯設施等資源，由專業導師全程指導。青年的作品以創新視角靈活演繹網上詐騙、訊息陷阱及情感騙局等熱門議題，實踐運用手上的數碼工具創造價值。

Digital Skills for Social Good

At M21, we believe **digital skills should create positive impact**. Our **321! Reels Challenge** invited students to use **short-form video to raise awareness of online scams, including phishing, fraud and romance scams**. Free workshops on scam prevention and video production, together with **mentorship from industry professionals and access to our green-screen studios and editing suites**, helped students turn bold ideas into engaging public education content. Their creativity showed how young people can **use digital tools not only to tell stories, but also to inform, protect and empower their communities**.

主要服務 Key Services

目的 Objectives

活動 Programmes

為青年搭建與施政者直接溝通及交流的平台 Fostering dialogue between youth and policymakers	《預算案 Online@M21》 Budget Online@M21
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
促進閱讀文化，提升閱讀理解能力及廣東話、普通話語文水平 Promoting a reading culture and strengthening reading comprehension, Cantonese and Putonghua language skills	全港校園導讀比賽及齊聽書閱讀頻道 Hong Kong Inter-school Guided Reading Competition cum Reading Podcast Channel
提升基層青少年數碼競爭力 Enhancing the digital competitiveness of youth from low socio-economic backgrounds	賽馬會「科·苗」計劃 Jockey Club YouthTech Project
培養學生獨立思考的能力以及媒體素養能力 Cultivating students' independent thinking skills and media literacy	青少年媒體素養與數碼素養——學習與實習 Youth Media Literacy and Digital Literacy—Learning and Internship
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
培育青年多媒體創作及內容製作能力 Developing young people's multimedia content creation and production skills	M21媒體製作培訓及實踐計劃 M21 Media Production Training and Practicum Programme

“BLACKPINK Lisa竟然在演唱會上穿了我設計的衣服?! 作為一名香港設計師，我創立的潮流品牌近年能夠在國際時尚界大放異彩、從香港一步步走上國際舞台，背後最重要的推手正是青協的「粵港澳大灣區青年創業啟航計劃」。這項計劃為我注入關鍵資金並指引方向，其後更協助我的品牌進駐「中山易創空間」。有完善的配套作後盾，我才能毫無後顧之憂地全心投入產品研發與市場拓展。

在計劃的全力支持下，我的品牌甚至登上了巴黎時裝週這個頂尖國際舞台。回看這段由大灣區起步到飛向國際的歷程，證明了只要有合適的扶持與平台，香港青年創業家的作品絕對可以在國際舞台上發光發亮！

Lisa of BLACKPINK wore my design on stage?! That would never have even been possible without the comprehensive support of the HKFYG Youth Entrepreneurship Voyage in the GBA. This programme gave me more than funding and a place to work; it gave me the confidence and space to grow. With that support, I was able to establish my business in the Zhongshan E-Park Entrepreneurship Incubation Base, and then to focus on creative development and market expansion, step by step.

Thanks to the full support of the scheme, my brand even made it to the prestigious international stage of Paris Fashion Week. Reflecting on this journey from the Greater Bay Area to the global stage, it proves that with the right support and platform, the work of Hong Kong's young entrepreneurs can truly shine internationally! ”

曾志豐 Tsang Chi-fung

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，服務對象由高小學生到39歲在職青年。青協社會創新及青年創業部則推出社創教育、創業孵化、種子基金及多項創業支援配套。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。

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 Social Innovation and Youth Business Unit provides social innovation education, business incubation, seed funding and entrepreneurship support services. We also assist 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.

服務數據 Service Data

活動數目 Programmes Delivered	936
活動參與人次 Programme Attendance	72,687
個案數目 Cases Served	1,537
個案服務人次 Case Beneficiaries	5,581
創業大賽參與隊伍數目 Entrepreneur Competition Teams	571
創業活動參與人次 Entrepreneur Programme Attendance	911





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Department



年度重點 Highlights of the Year

填補DSE學生的支援空隙

Filling the Gap for DSE Students



90%學生 Student

更了解工作世界 Better Understanding of Work
更清晰未來工作方向 Clearer Career Direction

我們每年舉辦近700項就業活動，協助青年探索出路、規劃未來，並持續檢視青年生涯規劃路上的服務缺口，提供適時而精準的支援。我們發現，中六學生離校至文憑試放榜期間，往往缺乏持續的升學及就業支援；但這段過渡期卻是規劃前路的重要時機。為填補這個支援空隙，青年就業網絡與4間中學合作舉辦「畢業同學會」，透過行業探索、職場體驗及個人諮詢服務，協助學生加深對工作世界的認識，並規劃未來發展方向。

今年活動幫助200名中學生認識25個行業，並於放榜後給予他們升學及擇業諮詢支援，幫助他們作出前路選擇。



By offering 700 employment programmes annually, we support thousands of young people as their study and career choices take shape. **There is a major gap, particularly between leaving school and receiving HKDSE results**, and to address this, our Youth Employment Network and four secondary schools **launched the Graduates' Alumni Club**, offering industry exploration, workplace exposure and mentorship opportunities. Ultimately, 200 students successfully explored 25 industries and received tailored pathway guidance, equipping them with the right resources at the right time.



就業支援 Employment Services

青年大灣區創業新機遇 Opening the Door to the GBA



8個

創業比賽
Entrepreneurship
Competitions



47個

優秀項目
Outstanding
Projects



HK\$9,510,000

創業資助
Startup Funding



60+個

本地及大灣區策略伙伴
Strategic Partners in
HK & GBA

每年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。我們近年積極配合國家發展大局，全力協助青年抓緊大灣區蓬勃發展的機遇。

Through our annual entrepreneurship initiatives, we provide seed funding, partner matching and business development support to help young people bring their ideas to life and move them closer to market. Furthermore, in line with broader national development goals, we actively help young entrepreneurs to capture the expanding potential of the Greater Bay Area.

活動回顧

Programme Highlights



孕育中學生的創新及企業家精神 Growing Social Innovation Early



90%

更理解商業模式與創意思維
Better understanding of business
models and creative thinking



89%

增進財務知識
Enhanced financial
literacy



92%

強化市場推廣知識與應用能力
Improved marketing knowledge
and practical application



90%

加強演說技巧
Strengthened
presentation skills

我們亦重視將「社會創新」與「企業家精神」的種子深植於新生代心中，引導青年在求學階段便具備應對未來挑戰的視野。為此，我們積極深入校園，全面推動雙創教育，已為超過1500名學生提供以「設計思維」為核心，融合商業、法律及會計知識的專業課程，讓他們在實踐中掌握創業技能。

We are equally committed to sowing the seeds of social innovation and entrepreneurship in the younger generation, helping young people build the vision to address future challenges while still at school. Taking our programmes directly to the classroom, we were able to combine design thinking with business, legal and accounting concepts. More than 1,500 students took part in these interactive programmes, gaining early exposure to the mindset, language and problem-solving skills that underpin innovation.

主要服務 Key Services

目的 Objectives

活動 Programmes

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
提升中學生及大學生的生涯規劃知識與技巧 Improving secondary and university students' career planning knowledge and skills	中學生生涯規劃服務 Careers Guidance Service for Secondary Students
	大學生職場準備服務 Workplace Preparation for University Students
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



領袖培訓

Leadership Training

“ Seek Our Ways社創計劃讓我增廣見聞、獲益良多。透過逐步在比賽中晉級和改善方案的過程，我變得更有自信，亦學會了如何領導團隊和利用創意思維去解決社會議題。

The Seek Our Ways Ideation Programme was an incredibly rewarding experience for me and opened my eyes to new possibilities. As our team progressed through the competition and refined our proposal step by step, I grew more confident, learnt how to lead a team and discovered how creative thinking can help tackle real social issues.”

Sara，中三 F.3

“ 我在參與《香港200》計劃時第一次接觸簡報與提案技巧，同時我學會把天馬行空的想法一步步落實為可行方案，也累積了寶貴的領導經驗。正因為這裡曾帶給我成長與歸屬感，所以我回來擔任組長，希望能陪伴新學員經歷這段成長歷程。

The “Hong Kong 200” Leadership Project was where I first learnt to present and pitch ideas. It showed me how to turn an ambitious idea into a practical plan, while building my confidence as a leader. The project gave me both a sense of growth and belonging, which is why I returned as a team leader, to support new participants as they discover their own potential and begin their journeys.”

Christy，大學一年級 University Year 1

“ 成為文化保育大使並在這座三級歷史建築中學習，從導賞培訓到策劃活動，我學會了如何生動地講述歷史，更體會到每個人對同一個地方都有他們獨特的理解與回憶。這段經歷讓我重新認識了這片社區，感受到人與人之間的連結。

Becoming a Cultural Ambassador and learning in this Grade III historic building took me on an unforgettable journey. From guide training to event planning, I learnt how to bring history to life. I also discovered that the same place can hold very different stories and memories for different people. The experience helped me see the community anew—and appreciate the meaningful connections between people.”

Zoey，在職青年 Working Youth

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, HKFYG has nurtured more than 200,000 young leaders who are rooted in Hong Kong, connected to the nation and ready to engage with the world. Located 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 and provides an inspiring setting for leadership development. Through a structured learning pathway for primary, secondary and tertiary students, as well as young professionals, HLI offers programmes that build confidence, character and practical leadership capabilities. Newly refurbished accommodation further enriches the residential experience, complemented by outdoor adventures, life-enriching activities and exchanges with peers from Hong Kong, the Mainland and overseas.

服務數據 Service Data

課程及活動數目 Courses and Programmes Delivered	228
青年領袖培育人次 Youth Leaders Nurtured	43,248
古蹟參觀人次 Heritage Visitor Attendance	75,001





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年度重點

專業培訓提升青年領導力

領袖學院針對青年人才需求，提供涵蓋溝通與思辯、創新科技、未來就業技能、團隊發展及領導等範疇的課程，裝備他們在未來承擔社會領袖的角色。本年度我們更精準拓展培訓對象，推出兩大全新系列：針對在職青年的「職場領導系列」，著重激發創新思維與應變力，助其於職場脫穎而出；以及專為家長、教師及社工打造的「家庭領導系列」，提供實用指導，陪伴青年應對成長挑戰。



Highlights of the Year

Skills for a Changing World

We deliver dynamic, multi-dimensional training that helps young people meet the opportunities and challenges of a fast-changing world. Our practical curriculum develops communication, critical thinking, innovation and technology literacy, future employment skills, and teamwork, making sure that every participant is ready to lead with confidence and purpose.

This year, we expanded our offerings with **two new series tailored to different stages of life**. The **Workplace Leadership Series** supports young professionals in navigating career challenges and growing in their fields, while the **Family Leadership Series** offers practical guidance for parents, educators and social workers. Together, these programmes strengthen the support network around young people at important points in their development.

領袖培訓

Leadership Training

兩大旗艦計劃孕育青年思辯與解難力

領袖學院每年兩大旗艦項目《香港200》領袖計劃與英語演講比賽均已舉辦逾二十載，歷年來深受老師及學生歡迎。《香港200》領袖計劃自2006年成立以來，每年選拔200位別具領導潛質的青年，培訓成為本地的明日領袖。計劃至今已培育3,800名具潛質及服務熱忱的青年，不少已成為政府官員、區議員及商界等領域的領袖。計劃緊貼時代脈搏，今年結合人工智能與專題學習，引導學員透過「Project for Hong Kong」親身解決青少年心理健康等社會痛點。

踏入第23屆的「英語演講比賽」則致力提升青年的思辯與演說能力，今屆吸引120間學校、逾千名學生比賽。比賽更突破界限，首設「大灣區邀請賽」，促進兩地青年以英語深度交流，開拓廣闊視野。兩大計劃相輔相成，將思辯力、問題解決力與社會責任感深植於青年培育之中。



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人才。與恒生銀行合作的「Seek Our Ways」社創計劃，聚焦三大主題：「環境與可持續發展」、「樂齡健康」及「文化藝術」，鼓勵青年了解社會痛點，運用創意思維出謀獻策。第二屆活動吸引近900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、兩日一夜訓練營、走入社區收集意見等，最終參加者為社會構思超過80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現金獎，以及參與恒生銀行提供的職場體驗機會。

From Potential to Purpose

Over the last decades, our cornerstone initiatives, the "Hong Kong 200" Leadership Project and the HKFYG English Public Speaking Contest have helped young people find their voice, sharpen their thinking and act with purpose.

Since 2006, the "Hong Kong 200" Leadership Project has selected and trained 200 high-potential secondary students annually, building a vibrant network of 3,800 passionate alumni who serve the communities as public servants, district councillors and business leaders. This year, the Programme incorporated AI and project-based learning into the Project for Hong Kong, challenging students to develop innovative responses to issues such as youth mental health.

Now in its 23rd year, the HKFYG English Public Speaking Contest continues to refine critical thinking and oratorical excellence, drawing over 1,000 students from 120 schools. The inaugural Greater Bay Area Invitational extended the platform beyond Hong Kong, bringing young people together for cross-cultural exchange and dialogue while broadening their regional and global perspectives.

Ideas That Create Impact

We partnered with Hang Seng Bank for the second year on the Seek Our Ways Social Ideation Programme to empower young people to turn social challenges into creative, community-centred solutions. Focusing on Environment and Sustainable Development, Elderly and Wellness, and Culture and Arts, the Programme received more than 900 applications. 400 selected participants completed over 10,000 hours of learning through conversations with industry leaders, social enterprise visits, an intensive two-day training camp and hands-on community outreach. Their efforts resulted in more than 80 proposals for social progress. Three winning teams each received HK\$20,000 in seed funding, alongside career-immersion opportunities at Hang Seng Bank.



活動回顧
Programme Highlights

主要服務 Key Services

目的 Objectives

活動 Programmes

加強青年對國家的認識，並鼓勵青年了解香港立法制度、憲制基礎及基本法 Enhancing youth's understanding of the nation, the legislative system, constitutional foundation and the Basic Law of the Hong Kong SAR	《識法守法代言人》工作坊 Law-abiding Workshops
	法院小公民工作坊 Legal Citizens Workshop
為粵港澳大灣區青年提供一個專業平台進行調解相關的人才培訓及交流 Providing professional mediation training and exchange for Greater Bay Area youth	大灣區青年調解訓練中心 Greater Bay Area Youth Mediation Training Center
推廣古蹟保育 Promoting heritage conservation	前粉嶺裁判法院導賞團 Former Fanling Magistracy Guided Tours
	非遺手作市集 Intangible Cultural Heritage Handicraft Market
	駐場藝術家計劃 Artists in Residence Scheme
為青年提供與專業人士建立聯繫的平台，並為未來的職業發展奠定堅實的基礎 Providing youth with a platform to connect with industry professionals and lay a solid foundation for their future career development	未來職人冬季學校 Winter Schools for Professionals
	未來法律領袖：模擬法庭暑期學校 Future Legal Leaders: Moot Court Summer School
	全球公共衛生暑期高峰會 Global Public Health Summer Summit
	英語主播訓練暑期學校 English News Anchors Summer School



“青協的義工服務讓我可以嘗試自己想做的事，發掘不同的自己。

HKFYG's volunteering opportunities have pushed me to step beyond what I thought I was capable of and along the way, I've discovered so much more about myself.

加入青協的義工網絡後，我開啟了一段完全超出預期的國際級經歷。很多人以為做義工只是送暖，但青協的義工服務讓我從擔任大型活動主持，到踏上海內外盛事的舞台——包括遠赴比利時安特衛普參與香港龍舟節、出席中國國際進口博覽會，以及服務第十五屆全國運動會（香港賽區）。在這些寶貴的經歷中，我累積了豐富的經驗，鍛鍊出高壓下的應變、解難與協作能力。義工服務大大開闊了我的眼界和自信，讓我看到更多貢獻社會的可能性。



Through the Youth Volunteer Network, I've been lucky to experience moments I once could only have dreamed of, from emceeing major local events to representing Hong Kong on both national and international stages, including at the Hong Kong Dragon Boat Festival in Antwerp, Belgium, the China International Import Expo and the 15th National Games (Hong Kong Competition Zone). Each experience came with its own challenges, and every one taught me something new: how to think quickly, stay composed under pressure and work as part of a team when it matters most. Most of all, these opportunities have opened my eyes, boosted my confidence, and inspired me to see a bigger future where I can truly contribute myself.”

Kady

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100萬小時。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，讓企業實踐社會責任，並支持青年服務社區，為社會創造更大價值。

Service Overview

With over 260,000 registered volunteers contributing nearly 1,000,000 service hours each year, the Youth Volunteer Network is the city's largest youth volunteer organisation. Through its online portal (easyvolunteer.hk) and the Easy Learning self-enrichment initiative, it connects volunteers with meaningful opportunities, including the annual Heart to Heart Project, which brings together students and corporate volunteers. To encourage sustained participation, outstanding members are recognised through the Easy Volunteer Service Award.

服務數據 Service Data

活動數目 Programmes Delivered	243
活動參與人次 Programme Attendance	80,826
「好義配」新登記人數 New Registered Volunteers on easyvolunteer.hk	9,596
義工服務時數 Voluntary Work Hours	1,010,058
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	19,928



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年度重點

「好義配」義工嘉許計劃：激勵青年長遠承諾

肯定每一分付出，是推動善意延續的重要力量。「好義配」義工嘉許計劃旨在透過具認受性的嘉許制度，表揚青年的服務精神與貢獻，鼓勵青年將服務熱誠轉化為持續參與社會的動力。本年度嘉許計劃特別聯同「有心計劃」，同步表揚積極支持義工發展的「有心企業」與「有心學校」，建構出「學校推動、企業支持、青年行動」的文化。頒獎禮以「共建未來」為主題，響應聯合國「國際義工永續發展年」，鼓勵青年透過義工服務增強與社區的連繫及歸屬感，共同推動未來的可持續發展。

Highlights of the Year

Recognising Service, Inspiring Action

Through easyvolunteer.hk Service Award and the Heart to Heart Project, we celebrated the contributions of volunteers, Heart to Heart Companies and Heart to Heart Schools, creating a strong network of schools, businesses and young people working together for the common good. Under the theme "Building a Sustainable Future Together" and in alignment with the United Nations International Volunteer Year, the Award Ceremony strengthened community ties and inspired continued youth engagement in service.



嘉許 7,096 義工
Volunteers Recognised



嘉許 100 團體
Organisations Honoured



超過 170 萬服務時數
1.7+ Million Service Hours Contributed



賦能青年參與國家盛事：

第十五屆全國運動會（香港賽區）服務成果

青年參與國家級盛事能開拓眼界、累積歷練並深化對國家的認識及歸屬感。在第十五屆全國運動會香港區賽事中，我們積極推動青年參與，**獲推薦的228位青年憑卓越表現獲委任為義工及義工領袖**，為賽事順利舉行貢獻力量。賽事期間，青年義工全面支援主媒體中心、男子籃球及鐵人三項等項目，**展現極高應變能力**；部分優秀義工更獲安排專項崗位培訓，擔當反興奮劑教育、賽事頒獎及小組領袖等核心重任。青年義工盡心盡責的表現，充份展現香港青年的責任感與服務精神。

At the Heart of National Events :

the 15th National Games (Hong Kong Zone)

National events provide meaningful platforms for youth learning and deepen their national identity. At the 15th National Games (Hong Kong Zone), **we nominated 228 outstanding young people to serve as volunteers and leaders**, where they provided vital operational support throughout the Games. Combining specialized training with **proven problem-solving skills** and a strong sense of responsibility, they addressed challenges efficiently and carried out their roles with dedication, earning wide recognition and praise.

青協
HKFYG

十大義工團隊

Top 10 Largest
Volunteer Groups

積極參與團體獎

Active Participation Award
(Organisation)個別青年
Individual
Youth

優質服務獎

Excellence Service Award

培育關愛的下一代

在學校推廣義工服務，能為社會培育具關愛精神與行動力的下一代。我們積極推動「賽馬會眾心行善——義工推廣校園夥伴計劃」，於中小學深耕義工教育，以能力培訓、成果表揚及社區連結，深化義工服務的長遠影響力。我們透過比賽賦能學生，精進其服務策劃技能，提升自信與視野；設立成果展示與嘉許平台，公開肯定學生及學校的卓越表現，增加大眾認同；響應「國際義工日」，號召全港學校主動走入社區，建立緊密的支援網絡，提升凝聚力。在2025/26學年，我們於91所中、小學提供逾860節培訓，參與學生人數近20,000人。

Nurturing a Spirit of Care

Volunteer education in schools plays an important role in shaping a caring and proactive generation. Through the **Jockey Club Volunteer Together School-based Programme**, we delivered volunteering education across primary and secondary schools, **strengthening capability, confidence, and community engagement**. Student competitions built planning skills while fostering self-confidence. We also celebrated and recognized students' contributions to enhance their motivation and visibility. This past year, we reached 91 schools, delivered over 860 training sessions, and engaged nearly 20,000 students.

學生義工
Student
Volunteers

88%

深化對社會現狀的理解
Gained deeper social insight

88%

增強助人意欲
Increased motivation to help

85%

參與更多義工服務
Volunteered more



主要服務 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 youth 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 Learning Volunteer Self-learning Online Programme

全城義工推廣大使

Citywide Volunteer Ambassador



“我曾因極度好勝而誤入歧途，那時的我打架、酗酒，結交童黨。後來父親過世、自己被捕，我跌到了人生的最低谷。

剛開始社工主動聯繫我時，我根本不信任任何人，所以總是與他保持距離。但他沒有放棄。過了一段時間，他漸漸打開我的心房，也幫我修補了與媽媽的關係。社工還讓我明白自己其實是有選擇的：我可以把好勝運用在不同的地方。這就是我接觸到健身的契機。它給了我生活的規律、一個可以專注的目標，以及宣洩憤怒的管道。如今，我正在朝著成為一名私人健身教練而努力，希望我的經歷能夠啟發其他人改變。

I did not realise how far I had fallen until everything caught up with me. I was getting into fights, drinking too much and mixing with the wrong crowd. I hit my lowest point when my father passed away and I was later arrested.

I did not trust anyone and so I kept my distance when a social worker first reached out. But he did not give up. Over time, he helped me open up and rebuild my relationship with my mum.

He also helped me see that I had a choice: to use what had previously got me into trouble in a different way. That is how I found fitness. It gave me structure, something to focus on, and a way to deal with my anger. Today, I am working towards becoming a personal trainer, hoping my journey can inspire others to change.”

Jim

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、性危機及吸毒三大問題，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」網站與流動應用程式及支援熱線8100 9669分別提供守法資訊、被捕支援和即時求助。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。

服務數據 Service Data

活動數目 Programmes Delivered	812
活動參與人次 Programme Attendance	180,079
處理個案數目 Cases Served	5,374
個案服務人次 Case Beneficiaries	72,045
網上聯繫人次 Online Engagement	509,115



Service Overview

The Youth Crime Prevention Centre supports young people and their families facing challenges linked to criminal offences, sexual crises and drug abuse. Whether someone has just been arrested or is struggling to find a way forward, we provide immediate legal information, practical assistance and emotional support through the YouthLaw website, mobile app and dedicated hotline (8100 9669). We also work through District Youth Outreaching Social Work Teams, the Extended Service for Young Night Drifters, the Youth Support Scheme and Anti-Drug Services. Through preventive education, assessments, counselling, research, advocacy and short-term accommodation for young people aged 18 to 24, we offer a connected system of care.



社會福利署資助服務
Subsidised Service by the Social Welfare Department

本會部分服務
由社會福利署資助
Part of HKFYG's services
are subsidised
by the Social Welfare
Department

年度重點 Highlights of the Year

專業手法助青年改變

Empowering Youth to
Transform Their Lives



專業輔導
Professional
Counselling



社會銜接
Social
Integration



修補家庭
Family
Reconnection



表揚獎勵
Recognition &
Encouragement



青年違法防治中心以專業策略，助力邊緣青年邁向健康守法的人生。我們以實證為本的專業輔導為核心，結合「終止犯罪理論」，靈活運用優勢視角認知行為治療、意義中心取向模式、元認知治療、分層分流服務模式及抗拒大麻訓練等介入手法，協助青年強化正向思維，實現持續改變。同時，我們與社會福利署及懲教署緊密協作，為獲釋青年提供無縫的轉介與社會銜接支援，輔導其重整生活、順利融入社會。

此外，我們積極推動家庭關係的修補，透過「強化家庭功能課程」提升親子溝通與家長管教能力，築起穩固的後盾。我們亦舉辦「重新出發」青年嘉許計劃及出版電子版書籍，同時委任「青年躍動大使」，充分發揮同輩影響力與正能量，以真實堅毅的生命故事見證青年蛻變，激勵更多迷途青年積極求變、重拾方向。

At our Centre, young people are supported to understand themselves better and begin making positive choices for the future. Using evidence-based counselling approaches rooted in Desistance Theory—including Strengths-Based Cognitive Behavioural Therapy, Meaning-Centered Approaches, Metacognitive Therapy, Stepped-Care Service Models, and Cannabis Resistance Training—our team helped them work through emotional pain, harmful behaviours, and the practical realities of rebuilding their lives. In close collaboration with the Social Welfare Department and the Correctional Services Department, we ensured seamless community reintegration, helping former offenders rebuild their lives with dignity.

We recognise that healing rarely happens in isolation. Over the past year, through our Strengthening Families Programme, we strengthened parent-child communication to heal family bonds. At the same time, initiatives like the Turning Point: Youth Improvement Award, published e-books, and the Youth Power Ambassadors created a positive peer influence. By sharing real stories of resilience, we inspired youth who had lost their way to embrace change, seek support, and rewrite their stories.



線上線下雙軌外展

我們採取「線上＋線下」雙軌外展策略，善用科技與創意活動主動走近高危與隱蔽青年，在違法行為惡化前及早預防與介入。線上方面，我們結合人工智能大數據分析，在青年常用的交友與社交平台進行網上外展，識別並接觸高風險的隱蔽青年；同時透過熱門話題直播與防罪短片（單支影片最高達40萬人次瀏覽），大幅擴大防罪宣傳的影響力。

線下方面，我們除了持續深化地區外展服務，即時介入涉及犯罪違規、性危機與毒品問題的高危青年外；更主動前往青少年高危犯罪、隱蔽吸毒、毒品次文化活躍地點和高危娛樂場附近外設置「流動抗毒挑戰站」。此外，我們每月定期於深宵時段舉辦兩次「夜墟」活動，建立安全健康的防罪網絡與教育平台，全面加強對高危及犯罪違規青少年的接觸與支援。

Bridging Tech and Touch

To reach and protect vulnerable young people wherever they are, we employ an innovative dual-track strategy that combines digital precision with an on-the-ground presence.

Online, we **harnessed AI big data analytics across popular social and dating platforms to detect and connect with isolated, high-risk youth**. By pairing this **targeted outreach with engaging livestreams on trending topics and short educational videos**, we sparked interest and brought essential crime prevention messages directly into their digital spaces.

Complementing our online presence, our offline teams operated directly at the heart of youth culture and crisis hotspots. Beyond **responsive district outreach** for immediate safety, sexual risk, and substance abuse crises, we deployed **Mobile Anti-Drug Challenge Stations near nightlife venues and hidden drug spots**, alongside hosting bi-weekly late-night markets. By blending technology with creative, physical spaces, we built a trusted support network that transforms initial engagement into lasting safety and connection.

跨專業預防教育

跨專業協作能有效匯聚各界智慧與資源，發揮協同效應，從而大幅提升預防教育與早期介入的成效。我們首度聯同警方反詐騙協調中心推行「青年防騙守護平台」，為涉詐騙案或受害的青少年及其家庭提供及時支援。同時，我們突破性地與香港大學合作，運用AI大數據分析法庭判案書並建立「販毒量刑估算平台」，精準掌握最新判刑趨勢，以真實的法庭數據揭示違法的嚴峻代價，強化防罪教育的前瞻性。

此外，我們持續深入校園與社區推廣正向價值觀，相繼推行「好想法——青少年守法教育計劃」、「Safe Community Plus+：安全社區流動體驗館」，以及即將推出的「智醒校園：正向成長計劃」，讓守法意識與正向價值深植校園與社區。

Pioneering Cross-Sector Solutions

Cross-professional collaboration drives our most powerful breakthroughs in early intervention and preventive education. Through a **strategic partnership with the Police's Anti-Deception Coordination Centre, we launched the Youth No Scam Protection Hub**, extending a crucial lifeline and timely support to young people and families navigating the fallout of scams.

Redefining crime prevention through innovation, we also **joined forces with The University of Hong Kong to create the groundbreaking Sentencing Predictor for Drug Trafficking**. By harnessing AI big data to analyze real judicial precedents, this tool brings the legal consequences of crime into sharp focus, equipping us with the foresight to protect youth before tragedy strikes.

Beyond targeted interventions, we **actively cultivate positive values within schools and local communities**. Through **interactive mobile exhibits and tailored educational programmes**, we worked to instil respect for the law, promote healthy growth, and foster strong moral values among young people at every level of society.



主要服務 Key Services

目的 Objectives

活動 Programmes

協助違法青年改過自新及建立守法行為 Supporting youth rehabilitation and cultivating law-abiding behaviours	「重新出發」青年嘉許計劃及青年躍動大使 Turning Point – Youth Improvement Award and Youth Power Ambassador
	「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
為涉及詐騙個案的青少年及其家庭提供專業輔導與支援 Providing counselling and support services for fraud-affected youth and their families	青年防騙守護平台 Youth-No-Scam Protection Hub
加強青年抗毒意識，遠離毒品 Steering young people away from drugs and harmful behaviour	「盾護未來」青少年干犯毒品罪行輔導計劃 Project Shield: A Counselling and Treatment Programme for Young People with Drug-Related Criminal Offences
	「虛實次元」隱蔽吸毒青年支援計劃 Project Meta: An Online and Offline Support Project for Young People with Hidden Drug Abuse Problems
	強化家庭功能課程 Strengthening Families Programme
加強守法意識及正向價值觀 Promoting law-abiding awareness and positive values	安全社區流動體驗館 Safe Community Plus+
	Project iSmarter: 預防科技罪行・共建網絡安全校園計劃 Project iSmarter: Cybercrime prevention and building a secure cyberspace in schools
	兩性健康關係加強項目 Healthy Relationships Plus Programme
建立安全健康的深宵社區支援平台 Establishing a safe and healthy late-night community support platform	深宵青少年情緒與成癮問題支援服務 Late-Night Youth Support Services for Emotional and Addiction Issues

“感謝社工以耐心與同理心陪伴我，引導我重拾生活的自主權。

升讀大學時，我曾深陷情緒與社交的困擾，因為無法結交朋友而感到極度孤獨與抑鬱，甚至開始抗拒與人溝通。後來，我預約了「同傾•同行」平台網上輔導。社工耐心地協助我釐清問題，讓我意識到自己對人際關係抱有過高的期望，這份期盼反而帶來巨大的焦慮，阻礙了與人的交流，使我陷入封閉自我與缺乏自信的惡性循環。

在輔導過程中，社工先協助我建立「積極獨處」的習慣，透過安排每週固定的活動，讓我逐步重拾對生活的掌控感；接著，社工引導我對人際關係建立合理的期望，並陪伴我梳理出專屬的「社交工具箱」，讓我能從容應對不同的社交場景。在社工的陪伴與賦能下，我慢慢參加社區活動，並成功結識新朋友，建立關係。我的情緒得到了顯著改善，也慢慢找回了自信與人生方向。

When I transitioned to university, I struggled emotionally and socially. I felt alone, depressed and increasingly withdrawn. I eventually booked an online counselling session through the "Walk & Talk" platform, where a social worker helped me see how my high social expectations were fuelling my anxiety and left me caught in a cycle of isolation and low self-esteem.

Together, we began with small, practical steps: building positive routines for time alone so I could feel more in control of my days. I then learned to set more realistic expectations and created a personal "social toolkit" for various situations. With that support, I started joining community activities, made genuine friends and gradually regained my confidence, emotional well-being and sense of direction.

JAY

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 promote physical, mental, social, occupational, digital, and environmental wellness. They address issues including mental health, diverse learning needs and media literacy through an integrated support network comprising 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) also offers over 1,000 educational resources to support schools.

服務數據 Service Data

活動數目 Programmes Delivered	3,552
活動參與人次 Programme Attendance	1,039,702
個案數目 Cases Served	64,923
個案服務人次 Case Beneficiaries	171,090
網上聯繫人次 Online Engagement	3,446,696



社會福利署資助服務
Subsidised Service by the Social Welfare Department

本會部分服務
由社會福利署資助
Part of HKFYG's services
are subsidised
by the Social Welfare
Department



年度重點

學生精神健康政策建議

學生情緒健康是我們關注議題之一。我們舉行「學生精神健康支援」記者招待會，揭示約三成中學生於2025/26學年曾考慮輕生或自殘的情況，而我們的服務有效篩查需要第二層學生支援(跨專業服務)的學生，當中六成抑鬱徵狀有改善。我們因而提出多項建議，包括重新整合資源以更有效策略支援第二層學生，防止問題惡化；推出「精神健康校園服務」，提供校園全健師培訓、教職員危機處理技巧培訓及演練，加強學校師生應對危機的能力。議題獲傳媒廣泛報道，提高公眾對學生精神健康的關注。

Highlights of the Year

Advancing Student Mental Health Support

Student emotional well-being remains our core priority. We held a **press conference on Student Mental Health Support**, revealing that in the 2025/26 school year, approximately 30 per cent of secondary school students had considered suicide or self-harm. Crucially, our services successfully screened students requiring Tier 2 support (multidisciplinary services), with 60 per cent showing measurable improvements in their depressive symptoms.

Based on these findings, **we recommended redirecting resources towards more effective Tier 2 intervention strategies** to prevent mental health issues from escalating, as well as launching a dedicated "Mental Health Campus Service." This service encompasses **training for campus health coaches and crisis management workshops for school staff**. The issue received extensive media coverage and helped raise public awareness of student mental health.



社會處方研討會2025

作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，我們今年舉辦了「社會處方研討會」，以「他山之石和本地經驗的啟示」為主題，匯聚專家學者共同探討社會處方在香港的發展方向，吸引超過300名來自本地及海外的醫療、政策及社福界代表參與交流。研討會上，我們分享了與公立醫院的「醫社協作」模式，如何提供身心靈全方位的健康管理，進一步完善「病患旅程」；而我們培育的「青年全健師」亦分享了連繫醫療與社區資源的實踐技巧。此外，研討會展出了多個海外成功案例，為香港發展社會處方提供寶貴的國際經驗，有助探索可持續的跨界別協作模式，深化醫社合作。



「同傾同行·職時傾」職青支援計劃

剛踏入職場的18至30歲年輕人，常陷入職涯迷惘、工作倦怠及跨代溝通障礙，加上離開校園後面對輔導資源「斷層」，精神健康問題往往趨向隱蔽化。「同傾同行·職時傾」職青支援計劃正正針對過渡期缺乏支援與適應困難等痛點，透過與企業攜手協作，提供情緒健康支援、精神健康推廣及跨代團隊支援三大方案，為職青築起全方位的心理安全網。

Social Prescribing Symposium 2025

Building on our pioneering efforts as the first youth service organisation in Hong Kong to introduce the UK's Social Prescribing health management model, we hosted the **Social Prescribing Symposium 2025, under the theme *Advancing Social Prescribing in Hong Kong: Lessons from Abroad and Local Innovations***. This event brought together over 300 local and overseas delegates from the medical, policy and social welfare sectors, to chart a transformative path forward.

The Symposium examined holistic health management, spanning physical, mental and spiritual well-being. **We shared our Medical-Social Collaboration model developed with public hospitals, demonstrating how coordinated clinical and community support can strengthen the patient journey.** Our trained Youth Wellness Practitioner also shared practical experiences in connecting clinical care with community resources. Together with global case studies, the Symposiums generated practical insights for building sustainable cross-sector partnerships, deepening medical-social integration and empowering the next generation to lead the future of community health.

From Graduation to Growth



633

個案
Cases



89%

情緒改善

Improved Emotional Well-being

Addressing the critical transition from school to work, the **"GenZ King – Working Youth Support Scheme"** supported young adults aged 18 to 30 as they navigated career uncertainties, burnout, and intergenerational workplace challenges. Recognising that formal support often drops after graduation, the Scheme created a vital safety net to help young professionals build resilience to thrive.

計劃獲18家企業及商會全力支持，除了提供熱線、文字與視像等彈性輔導渠道服務外，亦舉辦靜觀體驗、頌鉢工作坊，並為管理層開辦「Z世代」溝通工作坊。這不僅幫助職青學會接納焦慮情緒，掌握職場溝通與界線管理等實用技巧以提升自我效能感，更打破傳統單對單輔導的框框，將服務推展至企業與社會層面，致力營造關愛友善的職場文化。



全人護航·共融同行：中小學專業社工服務

優質的小學及中學社工服務，能及早提供預防性支援，奠定學生心理健康與全人發展的根基。在小學，我們推行「青苗計劃」，旨在協助學童應對成長與未來挑戰，透過預防教育培養積極價值觀及情緒抗逆力，同時提供生涯規劃服務，引導學生提早認識自我特質；並藉由專責SEN服務，全方位訓練有特殊學習需要的學生，提升其個人能力及升學銜接順暢度。

中學方面，駐校社工團隊以「腦力多元」概念推動共融校園，透過體驗式學習引導中學生認識學習差異，培養同理心與尊重意識，本年已覆蓋27間學校並服務逾2,000名學生，獲得逾九成參加者的正面迴響。此外，我們每年聯同中電舉辦獎勵計劃，表揚20位逆境自強的青年，發放獎學金，安排生命導師配對，擴闊視野、積極面對人生。

In partnership with 18 corporations and Chambers of Commerce, the programme embedded well-being directly into corporate culture across three pillars: emotional support, mental health promotion, and intergenerational team building. It provided accessible care by combining flexible counselling—via hotlines, text, and video—with immersive mindfulness sessions and singing bowl workshops. Simultaneously, management teams participated in "Gen Z Communication" workshops designed to deepen empathy and foster mutual understanding.

By making these vital resources a natural part of daily work, the Scheme helped young adults manage anxiety, set healthy boundaries, and regain self-efficacy, thereby fostering an inclusive professional environment where the next generation can flourish.

Early Support for Wellbeing and Inclusion

High-quality primary and secondary school social work services provide early preventive support, laying a solid foundation for students' mental well-being and holistic development. At the primary level, through preventive education, we fostered positive values and emotional resilience while offering life planning guidance to help pupils explore their strengths early on. Additionally, specialised Special Educational Needs (SEN) services delivered comprehensive training to pupils with SEN, enhancing their individual capabilities and ensuring a smooth transition to secondary education.

At the secondary level, our stationing social work teams championed inclusive campuses centered around the concept of "neurodiversity." Through experiential learning, we guided secondary students to understand learning differences, cultivating empathy and mutual respect. This year alone, the scheme covered 27 schools and served over 2,000 students, achieving a positive feedback rate of over 90 per cent. Furthermore, in partnership with CLP, we organised an annual award scheme to recognise 20 resilient young people who had overcome adversity. The scheme provided scholarships and matched participants with life mentors to broaden their horizons and help them face the future with confidence.



主要服務 Key Services

目的 Objectives

活動 Programmes

提升小學生的抗逆力 Building emotional resilience in primary school pupils	「成長的天空計劃 (小學)」小學駐校社工服務 Understanding Adolescent Project (Primary), Primary School Social Work Service
提升小三及小四學生的情緒社交能力 Boosting social-emotional competencies in P.3 and P.4 pupils	賽馬會「童心理情」——小學生情緒健康計劃 JC "Playful Minds" Social Emotional Learning Programme
培養學童的成長思維 Fostering a growth mindset in children	從Oops到Wow「逆」是精彩：支援學童逆境成長計劃 "Oops to Wow": Empowering Students' Growth and Resilience in Adversities
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
提供文字、熱線及面談輔導、情緒健康評估及全健體驗 Providing integrated counselling (text, hotline, face-to-face), emotional health assessments, and holistic wellness services	「同傾·同行」輔導平台 "Shall We Talk Shall We Walk" Counselling Platform
提供24小時網上輔導 Providing 24/7 online counselling services	「Open 嚟」24小時青年網上情緒支援服務 Open Up - Round-the-clock Youth Emotional Support Online Platform
培養健康的自我觀，並提升情緒調節能力及心理韌性 Fostering a healthy self-image while strengthening emotional management and resilience	「這樣比較好」正向青年企劃 Youth Beyond Comparison: Empowering Youth Through Self-Discovery
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	Project C.O.A.C.H特殊教育需要支援服務 Project C.O.A.C.H – SEN Support Service

目的 Objectives

活動 Programmes

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
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
為有志者成為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
讓學生全面瞭解全人健康與生活方式醫學，並在醫療衛生實踐中引入「社會處方」原則 Providing students with a comprehensive understanding of holistic wellness and lifestyle medicine while introducing the principles of social prescribing in health care practice	設計及教授香港都會大學FHDHC醫療護理高級文憑課程必修科：NURS4125BF社區身心靈健康和賦權 Design and deliver NURS4125BF Community Wellness and Empowerment, a compulsory credit bearing course of the FHDHC Higher Diploma in Health Care, Hong Kong Metropolitan University



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. 嗇色園主辦可藝中學	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. 天水圍循道衛理中學*	Tin Shui Wai Methodist College
15. 順德聯誼總會翁祐中學*	Shun Tak Fraternal Association Yung Yau College
16. 佛教茂峰法師紀念中學*	Buddhist Mau Fung Memorial College
17. 宣道中學*	Christian Alliance College
18. 崇真書院*	Tsung Tsin College
19. 荃灣聖芳濟中學*	St. Francis Xavier's School, Tsuen Wan
20. 保良局甲子何玉清中學*	Po Leung Kuk Ho Yuk Ching (1984) College
21. 啓思中學*	Creative Secondary School
22. 萬鈞匯知中學*	Man Kwan QualiEd College
23. 景嶺書院*	King Ling College
24. 樂善堂余近卿中學*	Lok Sin Tong Yu Kan Hing Secondary School
25. 樂善堂王仲銘中學*	Lok Sin Tong Wong Chung Ming Secondary School
26. 新界喇沙中學*	De La Salle Secondary School, N.T.
27. 中華基督教會基新中學*	CCC Kei San Secondary School
28. 鳳溪廖萬石堂中學*	Fung Kai Liu Man Shek Tong Secondary School
29. 羅定邦中學*	Law Ting Pong Secondary School
30. 佛教覺光法師中學*	Buddhist Kok Kwong Secondary School
31. 佛教黃允畋中學*	Buddhist Wong Wan Tin College
32. 香港兆基創意書院*	HKICC Lee Shau Kee School of Creativity
33. 新界鄉議局元朗區中學*	N.T. Heung Yee Kuk Yuen Long District Secondary School
34. 萬鈞伯裘書院*	Man Kwan Pak Kau College

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. 救世軍源林潔和幼稚園	The Salvation Army Rosita Yuen Kindergarten
4. 救世軍荃灣幼兒學校	The Salvation Army Tsuen Wan Nursery School
5. 救世軍大窩口幼兒學校	The Salvation Army Tai Wo Hau Nursery School
6. 救世軍明德幼兒學校	The Salvation Army Ming Tak Nursery School

*由青年空間提供駐校社工服務 Served by Youth S.P.O.Ts

“青協的課程，讓我能夠融會貫通所學，並實踐於教學之中；如今更能夠由學員進階成為導師，投身藝術教育工作，為我帶來無可替代的成就感。

The course gave me the confidence to integrate my knowledge into teaching. From a student to instructor while contributing to art education has brought me an irreplaceable sense of fulfillment.

一直以來，藝術都是我的志趣所在，我希望將這份熱忱轉化為可持續發展的事業。作為內地院校雕塑系的畢業生，為了拓展職涯前景，我報讀了青協的「美術教師文憑課程」。這項課程打開了我的視野，深化我對藝術教學方法的理解與應用。完成課程後，我開始於大專院校及藝術機構任教，並參與各類藝術活動，分享我對藝術的熱情。其後，我更獲邀加入當初培育我成長的導師團隊，教授陶瓷彩繪，將藝術知識與文化薪火相傳。

Art has always been my passion, but I wanted to discover how it could become a meaningful, lifelong career. As a sculpture graduate, I joined the Diploma in Visual Arts Education to deepen my understanding of art pedagogy and learn how to turn creative expression into practical teaching skills.

The course helped me see new possibilities for my future. Armed with newfound skills, I began teaching at tertiary institutions and arts organisations, sharing my passion with learners from different backgrounds. Later, I was invited to join the teaching team of the very programme that had supported my own growth. Today, I teach ceramic painting, passing on artistic knowledge, culture and the joy of creation. ”

Phoebe

服務概覽

青協透過兩所非牟利幼稚園暨幼兒園、一所非牟利幼稚園、一所資助小學、一所直資中學，以及持續進修中心和青協生活學院，提供貫穿幼兒至成年階段的學習之旅，藉由學術、創意、實用及豐富生活的體驗，培育自信、自主的學習者。



Service Overview

The Federation provides a connected learning journey from early childhood to adulthood through two non-profit kindergartens-cum-nurseries, a non-profit kindergarten, an aided primary school, a Direct Subsidy Scheme secondary school, the Continuous Learning Centre (CLC) and HKFYG LIVING Life Academy (LLA). Together, they nurture confident, self-directed learners through academic, creative, practical and life-enriching experiences.

服務數據 Service Data

日校學生人數 Number of Students in Day Schools	1,743
持續進修中心及生活學院課程數目 Courses Delivered by CLC and LLA	614
持續進修中心及生活學院活動參與人次 Course Attendance of CLC and LLA	44,857



社會福利署資助服務
Subsidised Service by the Social Welfare Department

本會部分服務
由社會福利署資助
Part of HKFYG's services
are subsidised
by the Social Welfare
Department

年度重點 Highlights of the Year

幼稚園教育：以專業靈活優化課程，加強地區吸引力

Kindergarten Education: Learning Rooted in Care

家長問卷

Parents' Feedback



94%

課程能培養閱讀興趣
Curriculum fostered a
love of reading



96%

支援家長解決子女發展和學習難題
Support parents with child
development and learning challenges



96%

對學校有歸屬感
Felt a strong sense
of belonging



面對全港出生率下降帶來的收生壓力，我們三間幼稚園始終持守專業，以適切的課程吸引家長。我們採用繪本教學多年，培養幼兒閱讀興趣，亦將數理藝術等範疇與繪本故事連結，讓學習貼近生活。除了做好恒常教學外，各校持續因應所在地區的特色和個別幼兒的家庭狀況，靈活照顧家長與幼兒的切實需要。在家庭資源較困乏的地區，學校投放更多資源加強外籍教師與幼兒的自然英語互動，營造沉浸式外語環境，縮窄他們與其他幼兒在語言發展上的距離；針對新移民孩子，則安排多樣的社區活動、深入認識香港，以提升幼兒對日常學習內容的理解和連結；亦有開展野炊、獨木舟等特色親子活動以提升幼兒的獨立性，或藉由陶泥課程引導幼兒抒發情感、學習情緒管理。各校因地制宜優化課程，亦持續培訓老師在課程設計、教學實踐及幼兒觀察方面的專業水平，致力在幼稚園階段培育幼兒喜愛學習的良好態度。

Responding to the admissions pressures stemming from Hong Kong's declining birth rate, our three kindergartens remain committed to high-quality, child-centred education that responds to the needs of local families. For years, we have embraced the picture book approach in our teaching to nurture a lifelong love for reading. By weaving concepts like mathematics, science, and arts into captivating stories, we bring learning to life that feels natural, meaningful, and deeply connected to everyday experiences.

We also invest in inclusive support for diverse communities. Native-speaking English teachers create rich, everyday English experiences for children in lower-income districts, while community activities help children from newly arrived families build a sense of belonging in Hong Kong. Parent-child outdoor cooking and kayaking develop confidence and independence, while ceramic arts give children space for creativity, emotional expression and self-regulation. Through locally responsive programmes and ongoing teacher development, we help every child grow with curiosity, resilience and a love of learning.



小學教育 Primary Education

情意及社交
表現評估

APASO Result :



關愛互助的學習環境
A supportive and caring
learning environment



促進全人身心健康發展
Committed to holistic
wellness



學生已建立閱讀習慣
Students established
reading habits



學生熱愛運動
Students active in
physical activities

香港青年協會李兆基小學：學以致用，文武雙全

我們一直堅持推行全人教育，學術與健康並重。我們相信「學以致用」是學習的核心，故此鼓勵學生參與多元化的比賽和活動，讓他們應用知識。今年學生在「第七屆北京國際青少年人工智能與機器人交流活動」中的亮眼表現正是最佳證明。他們在國際賽場表現了卓越的技術水平、靈活的解難技巧與協作能力。



作為香港首間與中國宇航學會合作的小學，我們早前成立「李兆基太空探索站」，今年組成「李兆基太空探索站學前教育聯盟」，由學生擔任「科學小導師」，帶領區內幼稚園學生探索航天科普知識。同時，學校新設立「海洋探知館」與「知行生態館」，讓學生化身「生態管理員」，親身照顧珊瑚、水母及巨型蜥蜴等動物並進行導賞，在實踐中學會珍惜生命和與自然共處。體育發展同樣是我們培育學生的重要一環。運動能磨練意志、培養紀律與敏銳思維，我們堅持在時間表安排學生每天做運動。

全年，我們的學生在語文、數學、體育和藝術共獲近800個獎項，足證我們提供多元發展平台的堅持獲得成果。我們深信每位學生皆具備獨特潛能，將繼續堅守全人教育的初心，幫助學生發掘和發揮潛能。

Learning in and out of the Classroom

At HKFYG Lee Shau Kee Primary School, we believe education should inspire students to learn, explore and put their knowledge into action. Students apply their skills through competitions and real-world challenges, including the 7th International Youth AI and Robotics Exchange in Beijing, where they **demonstrated technical ability, problem-solving and teamwork on an international stage.**

As the first primary school in Hong Kong to partner with the Chinese Society of Astronautics, we **formed a Space Exploration Alliance with local kindergartens this year.** Our students became Young Science Mentors, guiding younger children to discover the excitement of aerospace science. Beyond the cosmos, our new Ocean Discovery Centre and Eco-Living Pavilion brought environmental stewardship to life and as hands-on Eco-Keepers, students cared for corals, jellyfish and giant lizards, transforming daily animal care into a meaningful learning experience while sharing their knowledge through guided tours. Daily physical activity is also embedded in the timetable, building healthy habits, discipline and resilience.

Across languages, mathematics, sports and the arts, students received nearly 800 awards during the year, reflecting their diverse talents and determination to excel.

中學教育 Secondary Education

情意及社交
表現評估(高中)

APASO Result
(Senior Students)



善於協作
Confidence in
collaboration



優秀社交能力
Strong interpersonal
skills



追求知識深度
Focus on deep
understanding



高度內在學習動機
Highly intrinsically
motivated

香港青年協會李兆基書院：20周年校慶

今年適值二十周年校慶，我們舉辦了一連串精彩活動，展示書院最新發展與同學學習成果。其中，於戲曲中心上演的原創音樂劇 *Mission: Moonlit* 將慶典推向高峰。該劇由同學一手包辦劇本與樂曲創作，過程由同學主導。兩場的演出由書院管弦樂團現場伴奏，共有逾200位同學參與，充分體現出書院同學卓越的藝術才華與領導潛能。

書院榮獲《南華早報》頒發Most Nurturing Environment 2025-2026——此項殊榮每年僅頒予一所全港表現卓越的學校。這份肯定印證了我們致力營造啟迪思維的學習氛圍，提供廣闊的探索空間，讓同學敢於嘗試、勇於面對失敗，從實踐中累積經驗；這是全體教職員、家長、校友及合作夥伴攜手努力，推動PERMA「正向教育」，讓每一位同學茁壯成長的優良成果。

正是在這樣充滿溫暖與支持的培育環境下，同學得以在各個領域展露頭角。書院同學連續兩年獲得《南華早報》Student of the Year Award—Linguist；同時亦在STEAM領域大放異彩——於「奧的斯 Made to Move Communities™ 全球學生挑戰賽」中，書院代表與希臘雅典的一所中學並列全球總冠軍，另一支隊伍亦榮獲大中華區亞軍。書院將繼續培育同學的自主學習能力，透過多元學習平台讓同學展現潛能，為未來的職涯發展奠定基礎，致力栽培明日領袖。

Celebrating 20 Years of Growth

HKFYG Lee Shau Kee College marked its 20th Anniversary with a series of celebrations honouring its growth, community and student achievements. The **highlight was *Mission: Moonlit*, an original musical staged at the Xiqu Centre.** Featuring an original script and score, a live orchestra and more than 200 performers, the production showcased students' talent, leadership and commitment.

Validating this 20-year legacy of care and commitment, the College also received the **SCMP Special Award: Most Nurturing Environment 2025-2026, an exclusive distinction awarded to only one school each year.** This recognition affirms the shared efforts of staff, parents, alumni and partners to create a positive and caring school culture, guided by the PERMA model of positive emotion, engagement, relationships, meaning and accomplishment.

This nurturing environment enabled our students to excel across diverse disciplines, a testament to our holistic approach to education. Students continued to shine across disciplines. They **won the SCMP Student of the Year Award—Linguist for the second consecutive year**; became **joint global champions, alongside a school**

from Athens, Greece, in the Otis Made to Move Communities™ Global Student Challenge; while another team secured second place in the Greater China regional competition. We will continue to nurture self-directed learners and future-ready leaders, giving every student the opportunities to discover their strengths and shape their own paths.



教育服務 Education Services

持續進修中心 Continuous Learning



92%

能拓展專業與興趣
Enhanced Expertise & Interests

根據 614 項課程和 7,063 個回饋計算
Data based on 614 courses and 7,063 responses

92%

職場學以致用
Applied Learning to Work

8.6/10

整體滿意度
Overall Satisfaction Rate

多元培訓，賦能未來

我們致力推動專業知識普及，針對市場發展需求，提供多元化的職業培訓服務，涵蓋醫療護理、心理輔導、兒童教育及職前培訓等熱門範疇，協助青年拓展職涯視野，全面提升專業能力。我們現有**11項獲香港學歷及職業資歷評審局認可的課程**，並已納入持續進修基金可獲發還款項課程名單。本年度新增的認可課程包括「**職業治療助理證書**」及「**寵物護理及保健培訓證書**」，為學員提供理論與實務兼備的學習平台。同時，中心特別開辦**職場領導系列課程**，針對領導力、管理效能及演講技巧等範疇提供專業培訓，進一步提升學員的職場競爭力。

因應人工智能技術迅速發展，我們**推出多項與人工智能應用相關的課程**，包括「**AI應用教師培訓證書課程**」、「**AI數碼營銷實戰全攻略**」及「**AI多媒體創作實務工作坊**」等，協助教師、創業者及機構員工掌握善用人工智能的技巧，以提升工作效率、減少重複性工作，並促進業務表現。

青協生活學院

年內出版了兩期《好學·生活》雜誌，收錄職人專訪並提供最新職場資訊，引領青年探索多元可能。生活學院亦參與香港貿易發展局主辦的「**教育及職業博覽2026**」，透過主題講座與體驗工作坊，向公眾推廣持續進修與專業發展。此外，我們**三度榮獲英國資歷培訓的「TQUK卓越獎（中心）」**，教學與營運表現備受肯定。



Skills for Changing Careers

The Continuous Learning Centre supports young people and adults to build practical expertise and pursue new possibilities. Its programmes span healthcare, psychological counselling, children's education and pre-employment training, with **11 programmes accredited by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications and eligible for Continuing Education Fund reimbursement**. This year, we introduced two Qualifications Framework-recognised programmes: **the Certificate in Occupational Therapy Assistant Training and the Certificate in Pet Care and Wellness**. We also launched the **Leadership in the Workplace** series, helping participants strengthen their leadership, management and presentation skills.

Responding to the growing impact of artificial intelligence, we also **introduced AI application courses in educator empowerment, digital marketing and multimedia creation**. These programmes help participants apply AI confidently at work, streamlining routine tasks, and improving productivity.

HKFYG Living Life Academy

We published two issues of our *Learning for Good* magazine, through insightful artisan interviews and up-to-date workplace trends, we spark fresh possibilities for youth. Taking this mission to the wider community, we engaged the public at the Education & Careers Expo 2026, delivering thematic talks and workshops that illuminated pathways for continuous growth and professional development. Reflecting our relentless pursuit of excellence, we were **honoured with the prestigious TQUK Excellence Award for the third time—a powerful indication to our outstanding standard in teaching and operational quality**.



“作為照顧兩名青少年，包括一名患有專注力不足及過度活躍症兒子的母親，我曾經身心俱疲。第一次聽到頌鉢之音，我找到久違的寧靜；聲音與振頻不僅撫平了我的情緒，更奇蹟般讓兒子的專注力沉澱下來。

在社工的悉心引導與陪伴下，我逐步關注身心健康，亦漸漸意識到自己能夠將這份療愈體驗分享予更多人。在社工的鼓勵下，我進一步修讀專業課程，並考取了 TQUK 頌鉢導師資格。如今，我主持各類療愈工作坊，積極在社區推廣精神健康。我深信自己能成為一個活生生的例子，證明個人的潛能只要被解鎖，自我的療愈就能轉化為改變社區的正向力量。

Before joining the singing bowl workshop, I often felt overwhelmed. As a mother of two teenagers, including a son with ADHD, I was exhausted. The first time I heard the singing bowl, I felt a sense of calm that I had not experienced for a long time. The sound and vibrations helped calm me and to my surprise, the session also settled my son's focus.

With the encouragement and mentorship of the social worker, I gradually learned more about wellness and began to see that I could share this experience with others. I was supported to train as a singing bowl instructor and later attained a TQUK qualification.

Today, I lead healing workshops and hope to promote mental health more widely. I know I can stand as a model where my potential was unlocked, turning personal healing into positive community change. ”

Man-wah

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 Cases 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

與幼兒家庭攜手實踐正向管教

育兒為家長帶來挑戰與壓力，我們一直致力提供多元化的家長支援服務，並持續發掘不同極需要關注的特定目標群組，提供及時和具針對性的介入與協助。

幼兒階段的教養壓力往往隱性地耗損家長的身心健康，若缺乏適時支援，家長在孤立無援下積聚的焦慮與無力感，將直接影響兒童的健康成長與家庭和諧。我們「好家長、好心情」幼兒家長支援計劃針對育有0-10歲兒童的家庭，以3P®親子正面管教為專業理論基礎，結合育兒講座、頌钵療聚與伸展運動等情緒管理工作坊、親子日營及網上支援群組，全方位強化家長的管教技巧與身心靈健康。我們看到計劃讓家長學會優先照顧自身的情緒需要，再實踐「恩威並施」的教養態度，管教信心與情緒調適能力都顯著提升。

Highlights of the Year

Positive Parenting

Driven by a commitment to parental support, we proactively identify vulnerable families to deliver timely and tailored interventions.

Raising young children brings subtle, continuous pressures that can quietly weigh on parental well-being and family harmony. To address these hidden struggles, our **Early Childhood Parent Support Scheme offers holistic intervention for families with children aged 0 to 10. Built on the evidence-based 3P® Positive Parenting Programme**, the initiative blends expert seminars and peer support with restorative wellness practices, which **enables parents to prioritise their emotional health while adopting a "kind but firm" approach**. This dual focus turns daily parenting stress into an opportunity for growth, **boosting parental confidence and building lasting emotional resilience** throughout the home.



線上線下支援為家長提供靈活而及時的避風港

賽馬會「家長聊闊空間」計劃提供線上線下全方位支援。線上家長輔導服務主要支援面對嚴重親子衝突、手足關係緊張、子女偏差行為（如沉迷網絡），以及夫妻管教分歧等危機的家長。服務為正身處教養難關的家長，提供了一個低門檻、高度具私隱保障且及時的求助渠道，有效防止家庭危機進一步惡化。服務以「焦點解決短期治療」技巧，透過6至8節的線上文字輔導，靈活地切入家長的困局核心。輔導員引導家長釐清焦慮根源再作出改變行為，及時介入家庭壓力問題。

線下服務有「迷霧中的領航員：支援缺課學童家長小組」，支援面對子女拒學的危機家庭，及時回應家長的無助與焦慮，防止家庭衝突惡化。團隊引入Murray Bowen的系統家庭理論，引導家長突破過往單純「聚焦處理子女問題」的局限，改為審視並重塑整個家庭系統的互動模式。小組成功協助家長擺脫「情緒化反應」與「過度捲入」的困局，學會保持自我分化並建立健康關係界線；同時透過「敘事分享」冷靜地與子女溝通，並與配偶重建育兒夥伴關係，有效阻斷焦慮的跨世代傳遞，為家庭注入長遠的和諧與抗逆力。



Flexible Online and Offline Support

Our Jockey Club "Parent Chat" Project provides comprehensive online and offline support to parents.

On the online front, our Online Thematic Case Counselling Service serves as a vital lifeline for parents facing acute crises, which range from severe parent-child conflicts and sibling tension to behavioural challenges and marital disputes. By offering accessible, confidential, and immediate support via an online text platform, we effectively prevent family distress from escalating. Utilising Solution-Focused Brief Therapy (SFBT), the service delivers six to eight structured, yet flexible, online counselling sessions tailored to each family's core challenges. Counsellors guide parents to understand the root causes of their anxiety and implement practical behavioural changes, transforming moments of overwhelming distress into timely, adaptable pathways toward family resilience.

Offline, the Project offers targeted, in-person support to parents confronting the crisis of school refusal. Grounded in Murray Bowen's Systems Family Theory, our intervention shifts parents' focus from simply "fixing" the child to reshaping overall household dynamics. By guiding parents away from emotional reactivity and over-involvement, we empower them to maintain self-differentiation and establish healthy boundaries. Through narrative sharing and structured guidance, parents learn to communicate with calm confidence, rebuild parenting partnerships, and stop the intergenerational transmission of anxiety, thereby restoring lasting harmony to the home.



成效
Impact

+28%
(3.56 → 4.46)
整體生活滿意度
Overall life satisfaction

60%
子女已重返/預備重返校園
Children returned/ preparing
to return to school

20%
子女拓展多元發展
Children pursuing
diverse pathways



主要服務 Key Services

目的 Objectives

提升家長教養和管教技巧，
增強自我關懷意識

Enhancing parental skills, effective
discipline, and self-care

發掘家長多元專長，
培育領袖服務社區

Unlocking parent strengths to build
community leaders

活動 Programmes

「家長學」家長教育課程

"Parent Academy" Parent Education Programme

家長領袖培訓計劃

Parent Leadership Programme



“在小二的时候，我开始编写简单的小游戏，当时我心裏想，到底科技可以怎样改善生活？到了小三，我参加了青协举办的「创意编程设计大赛」，在导师的悉心指导和丰富资源支援下，我建立起信心，更明白到编程绝不只是指令，它能用来解决现实生活中的难题和改善环境。现在我已是小學六年級學生，我希望長大後能成為一位發明家，用知識和創意改善身心健康和環境生態的問題。

When I was in Primary Two, I started coding simple games and I kept wondering how technology could make life better for people. In Primary Three, I joined HKFYG's Creative Coder Competition and that was when everything really started to change for me. With the help of my mentors and the resources they gave me, I became more confident and learned that coding is not just about lines of code, it can also be used to solve real problems and help the environment. Now that I'm in Primary Six, I feel more excited than ever, and I want to become an inventor one day and use my ideas to drive social good.”

天朗 Tin-long



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全球視野；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 empowers young people to think boldly, create fearlessly and see the world with fresh eyes. Each year, we host competitions and programmes that promote logical thinking and problem-solving, challenging participants to create socially impactful inventions. Through the Youth Exchange Unit, young people are provided with a range of Chinese Mainland and overseas exchange opportunities. In partnership with the Tourism Commission, the Hong Kong Young Ambassador Scheme has also nurtured nearly 6,000 young ambassadors to share Hong Kong's warmth, energy, and hospitality at major events and iconic tourist destinations.

服務數據 Service Data

活動數目 Programmes Delivered	433
活動參與人次 Programme Attendance	279,964
義工服務時數 Voluntary Work Hours	43,887



Creativity Education and Youth Exchange



年度重點

以科學創意回應生活挑戰

我們相信，科學教育不單是傳授知識，更是要點燃好奇心、鍛鍊批判性思考。因此，我們每年舉辦多項受歡迎的創意教育活動與比賽，鼓勵青年運用科學知識解決問題，塑造更美好的未來。為配合教育局推行小學科學課程，本年度我們特別推行「Shell NXplorers 小學教師培訓課程」及「賽馬會探索科學——小學科學先鋒挑戰賽2026」兩大重點項目，加強對教師及學生的全面支援。

在教師層面，培訓課程提供有系統的教學策略與顧問指導，協助教師自信地將科學探究與創意思維融入日常課堂，並積極建立跨校教師學習社群，促進經驗分享與專業交流。在學生層面，活動帶領學生圍繞糧食、水資源及能源等真實世界議題，在「探索—創造—改變」的框架下，將創新思維轉化為具體可行的解決方案，提升他們的解難能力，逐步建立起面向未來的關鍵素養。

Highlights of the Year

Scientific Curiosity in Action

We believe science education should do more than teach knowledge; it should ignite curiosity, sharpen critical thinking and inspire young people to shape a better future. This year, in support of the new primary science curriculum, we launched a series of focused, high-impact initiatives, including the **Shell NXplorers Primary Teacher Training Programme** and **The Jockey Club Science Exploration—Primary Science Pioneer Challenge 2026**. Together, these programmes **form a strong support network for both educators and students**.

Across schools and communities, these initiatives fostered meaningful collaboration and exchange. Through structured training and cross-school networks, **teachers gained the confidence and strategies to bring scientific inquiry into everyday teaching**. For students, immersive programmes under the **Explore—Create—Change** framework turned real-world challenges in food, water, and energy into hands-on solutions, **building problem-solving skills, forward-thinking mindsets, and future-ready capabilities**.



4個科創比賽

Science and Innovation Competitions



2,000+ 學生參與

Students Participated

跨域交流拓寬眼界

青年交流活動引領青年在跨域交流中拓寬眼界，今年協助外交公署及香港賽馬會舉辦「山海相約·雲港同行」雲南金平、麻栗坡師生赴港研學活動，搭建了兩地青年深度交流的橋樑，在互動中增進情誼及聯繫；「穆斯林齋戒月文化體驗」帶領青年走進多元文化社區，與本地少數族裔青年交流，打破種族文化隔閡。在跨域交流方面，「第八屆進博會義工服務團」打開國際服務窗口，讓青年在服務全球貿易盛會中展現擔當；「一路向北·東北極北探秘行」與青年探索祖國壯麗河山，漫遊內蒙古與黑龍江，深度體驗歷史文化與生態保育。此外，我們協助北區民政事務處的北區青年發展網絡，帶領青年到訪哈薩克，了解一帶一路的發展。



青年說好香港故事，擦亮香港旅遊品牌

面對數以千萬計的旅客，以及深度文化與盛事旅遊等新趨勢，青年在推動香港好客文化中的角色愈見重要。「香港青年大使計劃」由青協及旅遊事務署合辦，今年培育295名青年成為親善大使。他們於各大旅遊景點及大型盛事中提供義工服務，向市民及世界各地旅客推廣香港的好客形象與多元魅力，實踐「無處不旅遊」的願景，累積服務時數超過44,000小時。計劃不僅讓青年累積寶貴的成長經驗，更透過有系統的核心技能培訓，協助他們掌握接待、協作、導賞、溝通等技巧，全面提升軟實力。青年大使亦深度探索文體旅產業，為個人生涯規劃注入實踐經驗。

「香港青年大使計劃」25周年紀念短片
Hong Kong Young Ambassador
Scheme 25th Anniversary Highlights



Learning Beyond Borders

Our youth exchange programmes continue to broaden young people's horizons through diverse cross-boundary experiences. From Mainland-Hong Kong study tours that strengthen national identity to engagements with local ethnic minority communities that foster multicultural understanding and social harmony, these initiatives build dialogue, connection and appreciation.

Beyond cultural exchanges, our experiential journeys have also placed young people in real-world settings. Through volunteering at major trade expos and ecological and cultural explorations across Northeast China, they gained firsthand perspective on economic progress, environmental conservation, and local heritage. This year, we also assisted the North District Youth Development Network under the North District Office in leading a youth delegation to Kazakhstan to gain a deeper understanding of the development of the Belt and Road Initiative.



Growing Skills, Serving the City

Jointly organised with the Tourism Commission, the **Hong Kong Young Ambassador Scheme** nurtured 295 young leaders this year into confident goodwill ambassadors. **Contributing over 44,000 service hours** at major attractions and landmark events, they brought to life the spirit that "tourism is everywhere", welcoming visitors and sharing the city's distinctive charm with warmth and pride.

Through structured core training, **we equip Ambassadors with essential skills in hospitality, teamwork, guiding tours and communication.** By engaging with culture, sports and tourism sectors, they also gain practical exposure that supports their career exploration and personal growth. In serving visitors, they become capable, confident young leaders who actively contribute to Hong Kong's vibrant tourism landscape.

Creativity Education and Youth Exchange

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	科才種子培訓計劃 Seed Programme
	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	LEAD Engineer 導師培訓計劃 LEAD Engineer Mentor 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
	香港學生科學比賽 Hong Kong Student Science Project Competition
體驗高鐵便捷，認識內地發展 Experiencing the efficiency of high-speed rail and exploring the development of Chinese mainland	香港創意數理科學4D Frame比賽 Hong Kong Creative Maths & Science 4D Frame Competition
	高鐵路青年號系列 Youth High Speed Rail Trip Series
一帶一路交流學習團 Belt and Road Exchange & Study Tour	哈薩克一帶一路體驗行 Kazakhstan Belt and Road Immersion Tour
	馬來西亞一帶一路經濟考察團 SMalaysia Belt and Road Economic Study Tour
內地歷史文化創科考察 Mainland China History, Culture and Innovation & Technology Study Tour	一路向北·東北極北探秘行 Heading North·Northeast China Arctic Exploration Tour
	大灣區「鐵路+科技」未來領袖訓練團 Greater Bay Area "Railway + Technology" Future Leaders Training Programme
服務學習系列 Service Learning Series	上海進博會青年義工服務團 Shanghai CIIE Youth Volunteer Service Team
	廣西少數民族服務計劃 Guangxi Ethnic Minority Service Project
	清遠連山、連南連山服務計劃 Lianshan & Liannan, Qingyuan Service Project



“當初猶豫許久才下定決心報名參加帶式欖球助理裁判班。起初很怕『做多錯多』，但隊友與教練極具熱誠且從不批判，讓我變得敢於表達，甚至能提出具建設性的判罰，獲得極大的成就感。這裡提供了豐富的平台讓我發揮，所以我選擇繼續參加第二期計劃，持續累積經驗，希望把欖球的樂趣帶給所有人。

I hesitated for a long time before signing up for the Tag Rugby Assistant Referee Course. At first, I was nervous about making mistakes, but the coaches and teammates were passionate, encouraging and non-judgemental. They gave me the confidence to make my calls. Gaining this sense of achievement inspired me to join Phase II, and I look forward to continuing my journey and sharing the joy of rugby with others.”

Asta

“南丫島生態文化導賞員訓練計劃讓我系統化學習生態知識，加深對山林動植物及自然環境的理解；同時透過導賞實踐，掌握更有效的說故事和溝通技巧，以生動方式向公眾傳遞保育訊息。更重要的是，我認識了一群志同道合的夥伴，一同成長並為推廣環境保育出一分力。

The Lamma Island Eco-Cultural Tour Guide Training Programme opened my eyes to the richness of our natural environment and strengthened my understanding of ecology. The hands-on guiding experience sharpened my communication skills, helping me bring conservation stories to life for the public. Best of all, I've met a fantastic group of like-minded people who share the same passion for protecting the environment.”

Woody

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善用不同自然環境優勢，形成各具特色的戶外教育平台，鼓勵他們建立與自然環境的連結。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、樂隊及視覺藝術等培育青年文化涵養及表演才華，並以群體藝術引導青年超越個體框架，在群體共鳴中學習與他人共同創造。

Service Overview

The HKFYG's four camps and outdoor activity centres leverage their unique natural landscapes to develop distinct outdoor programmes, encouraging young people to build a meaningful connection with nature. The Zhongshan Sanxiang Youth Training Centre deepens their understanding of Chinese history, culture and township development; while the Community Team Sports Office promotes team sports through gamified experiences at the HKFYG Sports Lab. We also foster cultural arts education, which includes a cappella, dance, band and the visual arts, thereby reducing isolation and empowering them to inspire one another through collective expressions.

服務數據 Service Data

活動數目 Programmes Delivered	5,839
活動參與人次 Programme Attendance	283,178





年度重點

打造青年群體藝術的專業發展階梯

我們的文化藝術培育著重將人才與行業對接。我們聚焦於強調高度協作的群體表演藝術——無伴奏合唱、樂隊及街舞，在提升青年藝術造詣的同時，亦致力鍛鍊他們的團隊精神與溝通能力。

「香港國際無伴奏合唱節」、「亞太青年音樂節」以及香港起舞「全港中學生舞蹈賽」，連同其他多元化的文化項目，至今已培育並連結超過100支青年表演團隊，提供清晰的發展階梯，協助青年將才能由校園延伸至專業領域及國際網絡。除了參演上述活動外，我們的青年演出團隊亦經常獲邀參與商業活動、企業典禮及大型社區盛事。這些**高規格的演出機會**，是對表演者專業水平的高度肯定，更為他們提供頂尖舞台展現實力。透過這個完整的培育生態，青年表演者得以順利接軌更廣闊的業界網絡。

活動回顧

Programme Highlights



亞太青年音樂節
2025 Asia-Pacific Youth
Music Festival 2025



香港起舞·全港中學生舞蹈賽
2025 Hong Kong Dance –
Secondary School Street
Dance Competition 2025



香港國際無伴奏合唱節
2026 Hong Kong International
a cappella Festival 2026

Highlights of the Year

From Talent to Centre Stage

We nurture talent development with direct pathways into the professional industry by focusing on highly collaborative group performing arts, specifically a cappella, live bands and crew dance. This helps cultivate both interpersonal synergy and artistic excellence.

Our premier platforms, **The Hong Kong International a cappella Festival**, **The Asia Pacific Youth Music Festival**, and **The Hong Kong Dance – Secondary School Street Dance Competition** act as vital launchpads to perform and grow. Together with our wider cultural initiatives, these programmes have supported and connected more than 100 youth ensembles, creating a clear progression from exploration to professional circles and international networks.

Beyond the festivals, this network extends into prestigious, high-profile environments. Our youth ensembles are frequently sought after for commercial ceremonies, corporate events, and major community functions. These **selective, commissioned engagements serve as a strong endorsement of our performers' artistic standard**, providing them with elite stages to showcase their skills in professional settings. Through this ecosystem, young performers seamlessly transition into the wider industry network, delivering sophisticated performances that make a tangible impact on the community.



打造公平運動舞台，鍛鍊心智韌性

運動能培養心智韌性，社區體育部持續推動平等的運動參與機會，讓所有青年在公平的舞台上發揮。透過「V.cares青年排球訓練計劃」、「青協皇者盃」、賽馬會越戰越強籃球計劃：青協「搏盡」菁英培訓等重點項目，在地區提供多元、普及而具挑戰性的運動活動，讓青年建立運動興趣及健康生活習慣，並從中培養正向價值和個人成長能力。社區體育部更聯同各青年空間，舉辦多元化的社區體育盛事，包括青年空間運動會、跨年42公里步行挑戰及龍舟比賽等活動，凝聚地區青年，鼓勵他們在團隊中互相支持、堅持不懈，超越自我。

Growing Through Sport

Sport is about more than physical fitness, it helps young people build confidence, resilience and a sense of belonging. Through our Community Team Sports Office, **we create inclusive opportunities for young people from all backgrounds** to take part, develop their potential and experience the power of being part of a team.

Programmes such as the **V.Cares Youth Volleyball Training Programme, HKFYG Premier Cup and Jockey Club Believe & Bounce Basketball Programme** bring structured training, positive role models and high-energy competition closer to local communities. Working alongside local Youth S.P.O.Ts, we also host large-scale community events including the Youth S.P.O.Ts Athletics Meet, the 42km Walkathon Challenge, and annual dragon boat races. These experiences bring young people together, helping them

push their limits, support their teammates, and build resilience that lasts.



活動回顧

Programme Highlights

Jockey Club Believe & Bounce Basketball Programme 賽馬會越戰越強籃球計劃



Jockey Club Believe & Bounce Basketball Programme 賽馬會越戰越強籃球計劃

海島體驗培育新一代保育力量

我們共有四個營地，提供各種歷奇訓練及度身訂造的教育營活動，致力提升年青人的身心素質與團隊精神。當中，赤柱戶外訓練營及大尾督戶外活動中心積極推動水上運動普及化；而南丫島青年營則善用獨特的海島生態與文化資源，打造可持續發展教育基地。

除歷奇訓練及團隊體驗外，南丫島青年營亦透過環境教育促進青年建立人與自然的連結，培養環境責任感。營地推行「南丫島生態文化導賞員培訓計劃」，透過考察、社區探索及導賞實習，讓青年於真實環境中深化對生物多樣性、地質景觀、漁村歷史及文化特色的認識，更賦能他們成為導賞員向公眾宣揚保育訊息，從「認識環境」走向「守護環境」。這種結合自然、生態與文化的體驗式學習，有助培育具可持續發展思維的新一代。

主要服務 Key Services

目的 Objectives

為青年提供發揮潛能的平台
Unleashing youth potential through different platforms

推廣運動文化
Advocating a culture for exercise

活動 Programmes

香港迪士尼舞動挑戰派對
Hong Kong Disneyland Dance-off Party

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

賽馬會好動城市計劃
JC Fit City

賽馬會Campsite+營舍新發現計劃
JC Campsite+ Re-imagination Project

「全民騰飛•攪轉民坊」——帶式欖球訓練
Fly High Together Charity Sports Programme – Tag Rugby Training

「小巨人運動成就計劃」——帶式欖球訓練
Little Giants Athletic Achievement Programme – Tag Rugby Training

Shaping Young Environmental Leaders

Across our four distinct campsites, we offer a wide range of adventure training and tailored educational camp activities dedicated to enhancing young people's physical and mental well-being alongside their team spirit. Among these, **Stanley Outdoor Training Camp and Tai Mei Tuk Outdoor Activities Centre actively promote water sports. Meanwhile, Lamma Island Youth Camp leverages the island's rich ecology and cultural resources to serve as an educational base for sustainable development.**

Going beyond typical adventure camps, we use these natural surroundings to help young people build a genuine sense of environmental responsibility. Through the **Lamma Island Eco-cultural Tour Guide Training Programme**, participants step into the field to explore local biodiversity, distinct rock formations, and traditional fishing village heritage. The programme then puts youth in the lead as local tour guides, giving them the confidence to share conservation messages directly with the public. By **connecting nature, heritage, and community, we help young people move from learning about the environment to actively protecting it.**



“為甚麼一位英文老師，會跑來做中文雜誌的編輯？對我來說，這源於一股探索世界的好奇心。大學主修英文及教育時，我加入了中文雜誌《青年 空間》的製作組。在專業編採團隊的引導下，我跨出了舒適圈——從走進地標「怪獸大廈」探索隱藏社區，到記錄那些常被忽視的故事，包括採訪一位在社區文藝空間工作的保安員。如今，在擔任全職英文教師的同時，我仍持續以編輯小組委員的身份參與《青年 空間》。這段編採經歷徹底改變了我對教育的看法，它教會我更細緻地觀察、更用心地傾聽，並去欣賞那些容易被忽略的聲音。我希望將這份社會觸覺與價值觀帶入課堂，傳承給我的學生。

How does an English teacher end up editing a Chinese magazine? For me, it began with a desire to explore the world beyond my usual horizons. While I was at university, I joined the editorial team of *Youth S.P.O.T.* magazine. Under the guidance of experienced editors, I stepped well outside my comfort zone – from exploring the hidden corners of the iconic “Monster Building” to telling the stories of often-overlooked local people, including a quiet security guard at a neighbourhood arts venue. Today, alongside my full-time career as an English teacher, I continue to serve on the magazine's editorial committee. The experience has changed the way I see education. It has taught me to look more closely, listen more carefully and appreciate perspectives that may otherwise go unheard, values that I hope to bring into my classroom and share with my students.”

Matthew

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

For 30 years, the Youth Research Centre (YRC) has been turning evidence into insight and insight into action. Through rigorous empirical research, we publish our findings through our annual analysis of Youth Trends in Hong Kong. This supports Youth I.D.E.A.S. (Ideals, Dedication, Engagement, Aspirations and Service), a youth think tank that enables young professionals and tertiary students to develop practical policy recommendations on economic, social and youth developmental 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, while we support them with training in writing, interviewing and publishing.



服務數據 Service Data

活動數目 Programmes Delivered	146
活動參與人次 Programme Attendance	141,747
創研庫專題研究 Youth I.D.E.A.S. Research	3
青年研究 Youth Research	2

年度重點

青年創研庫10周年「十年行·展新航」

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。十載耕耘，青年創研庫成功匯聚逾250位跨專業青年，提出逾360項政策建議；其中約一成倡議獲政府及相關機構採納，成功將青年智慧轉化為推動社會進步的力量。此十周年之際，我們特別舉辦「十年行·展新航」誌慶活動，匯聚歷屆顧問導師、新舊成員及跨界別持份者，一同回顧智庫發展的里程碑，並為青年參與社會的下一個十年集思廣益，共謀新航。

第五屆（2025-2027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。六位專家、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。今屆續以「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. : Ten Years of Impact

Established in 2015 by the YRC, Youth I.D.E.A.S. has, over the past decade, brought together **over 250 young professionals across diverse fields and put forward more than 360 policy recommendations. Around 10 per cent have been adopted by the Government and relevant institutions**, demonstrating how young people's ideas can help drive meaningful social progress.

To mark our anniversary, we hosted a commemorative event, inviting advisors, members and key stakeholders to reflect our shared purpose and impact. The occasion was not only a reflection of what has been achieved, but also a call to continue strengthening youth participation in shaping the future.

The fifth cohort of Youth I.D.E.A.S. (2025-2027) comprises 80 young professionals, entrepreneurs, and post-secondary students, guided by six academic advisors. Under the mission of Connecting Community and Creating Impact, Youth I.D.E.A.S. and the Youth Research Centre regularly explore three priority areas: Employment and the Economy; Youth Development and Engagement; and Society and Livelihood.





社會福利署資助服務
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由社會福利署資助
Part of HKFYG's services
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Department

年內出版的研究報告，包括：

Reports published in the past year include:

日期 Date	主題 Topic
2026年3月 Mar 2026	從青年視角看盛事發展 Mega Events: What's Next for Hong Kong and Young People?
2026年3月 Mar 2026	「預製菜」——現況與消費者期望的探討 Prepared Dishes and Consumer Expectations in Hong Kong: Enhancing Information and Understanding
2026年4月 Apr 2026	促進香港文創IP的發展 Supporting the Development of Local Creative IPs

另外，創研庫成員亦分別進行兩項青年研究，並就行政長官《施政報告2025》及《2026/27財政預算案》向政府提交建議書，反映青年人的需要，為制定全方位扶持青年發展的政策提供具體建議。

In addition, our Youth I.D.E.A.S. members conducted two youth research studies and, drawing directly from these findings, **submitted proposals for the 2025 Policy Address and the 2026/27 Budget**—reflecting the needs of young people and offering concrete recommendations to shape comprehensive youth development policies.

政策比賽提升青年建言獻策能力

Youth Policy Competition

72%

提升公共參與效能
Enhanced Civic
Engagement Efficacy

59%

提升政策制定方法的理解
Better Understanding of
Policymaking

62%

加強政策分析能力
Strengthened Policy
Analysis Skills

提出 31 項

香港五年規劃建議
Submitted Proposals
for HK's 5-Year Plan

青年研究中心一直積極推動青年參與社會。適逢政府正積極籌備首份五年規劃並全面對接國家「十五五」規劃，我們首次推出「香港2035：青年政策提案比賽」，旨在促進青年與社會各持分者之間的交流，藉此增強青年建言獻策的能力。活動吸引逾200名18至35歲青年報名。透過系統化工作坊、深度社區考察及專業政策解說，參加者能將社會觀察，轉化為具可行性與影響力的政策提案。

As the Government works on its first five-year plan alongside the National 15th Five-Year Plan, we hosted the **Hong Kong 2035: Youth Policy Competition** to ensure that young voices are part of the conversation.

Bringing together over 200 people aged 18 to 35, the competition offered a space for youth to discuss local issues directly with key community figures. Through guided workshops, site visits, and sharing from policy experts, participants got a clear look at how public policy takes shape. The programme helped these young people turn their insights about Hong Kong into realistic and actionable policy proposals.



研究出版

Research and Publications

《Youth Pulse》

世代更迭，不同世代的青年都有其獨特的生活方式、價值與取態。為此，青年研究中心特別推出全新研究刊物——《Youth Pulse》。「Pulse」一詞，既寓意我們捕捉不同青年的脈搏，同時「Z」象徵Gen Z新世代。我們希望細說數據背後的故事，將青年的聲音放回社會脈絡，梳理他們經歷的選擇、掙扎與限制，拆解社會對青年的既定標籤與想像，一起思考青年議題。創刊號與大家一同了解青年對結婚和生育的看法。



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。



《青年空間》雜誌

一本以「青年人 說自己」為宗旨的免費青年季刊，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 Pulse

To understand a changing society, we must listen closely to what young people are saying and our new publication, *Youth Pulse*, reflects this. The title reflects our mission to tune into the heartbeat of today's youth, with the "Z" honouring Generation Z. We aim to look beyond statistics to reveal the stories behind the data, contextualising youth voices to unpack their choices, struggles and limitations. By challenging existing stereotypes and societal assumptions, we invite the public to rethink youth issues together. Opening this conversation, our inaugural issue explores young people's perspectives on marriage and parenthood.

Publications

During the year, the Professional Publications Unit has collaborated with writers, experts and partners to publish ten books. Available through local bookstores, online (books.hkfyg.org.hk), as well as at the annual Hong Kong Book Fair, they continue to earn recognition within the publishing sector.

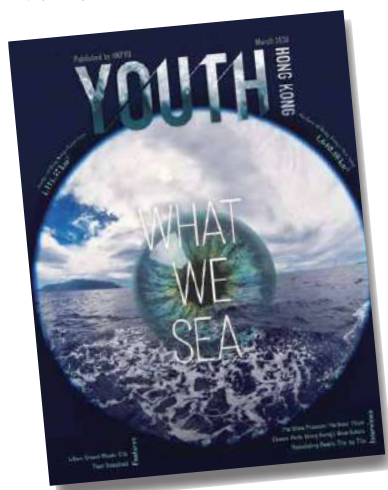


Youth S.P.O.T. magazine

Youth S.P.O.T. is a free Chinese-language, quarterly magazine written and designed by young people, with content focusing on life, culture, and community stories. The magazine has a unique window-like cut-out on each page, symbolising a space for readers. With a circulation of 20,000, it invites creativity and connection.

英文季刊 *Youth Hong Kong*

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。現時每期發行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 explores different themes concerning young people through themed features, interviews and first-person stories, allowing readers to get a deeper understanding of issues through their lens. It has a circulation of 9,000 copies and an online version, reaching readers worldwide.

Nurturing Young Writers

The **School Writers' Programme** and the **Hong Kong Creative Writing Programme** are key annual events designed to inspire youth in creative writing. This year, 343 students took part in a journey of learning, practice, mentoring and competition. Their creativity resulted in two published collections, *The Art of Being Wrong* and *A Speck of Light*.

Since the launch of the **Young Writers Programme** in 2016, we have supported dozens of aspiring authors in publishing their first books. To celebrate the programme's 10th Anniversary, we hosted an exhibition, *The Moment I Became a Writer*, at the Eslite Bookstore in Causeway Bay. We brought together several featured authors for a series of talks, where they spoke openly about their writing journeys, reflected on the creative process, and celebrated ten years of shared stories with their readers.

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343位學生參加。經過一系列學習、培訓、實踐和比賽，《正確之外》及《一點微光照亮而出》獲選出版，實現年青人的作家夢。

自2016年起的「青年作家大招募」計劃，協助青年出版人生第一本著作。計劃邁過十周年，於誠品書店銅鑼灣店舉行「成為作家那一刻——『青年作家大招募』計劃十周年回顧展」，舉行三場作家對談會，邀請不同青年作家分享寫作歷程，與讀者一同回望創作點滴，見證成長。

