



FLAGSHIP
PROGRAMMES

旗 艦 活 動

65周年論壇*

65th Anniversary* Youth Forum

扎根香港65年，青協65周年論壇「創變未來」結合本會逾一甲子的前線服務經驗與成果，匯聚近30位來自政府、教育、社會服務、企業及政策研究等界別的領袖與專家，前瞻探討2035年青人發展願景。論壇圍繞「人才培育」、「社會參與」及「環境健康」三大範疇展開跨界別對話，深入剖析世代轉變及青年需要，推動具體可行、創新且可持續的發展方案，為青年締造長遠而正面的影響。

活動同場設有「2035互動體驗」沉浸式展覽，讓參加者從青年視角想像未來，啟發培育青年工作的新方向。本會亦發布首份《可持續發展報告》，全面展示我們在推動綠色低碳、全健社區及專業能力培育方面的承擔，彰顯本會帶領青年與社會邁向可持續未來的責任與決心。

Building on 65 years of frontline service, we brought together nearly 30 leaders and experts from the public, education, social-service and corporate sectors for our 65th Anniversary Youth Forum, *Navigating Change Together*.

This landmark created space for high-level, cross-sector dialogue across three strategic priorities: Talent Cultivation, Social Participation, and Environmental Wellness. These critical conversations facilitated the co-creation of practical, action-oriented solutions designed to address emerging challenges and unlock high-impact opportunities for the next generation.

Our immersive exhibition, *2035: Blooming into the Future*, invited participants to imagine what the future could look like through young people's eyes, sparking new ideas for youth development. The event also saw the launch of our first *Sustainability Report*, reaffirming our commitment to working with young people and the community towards a more sustainable future.



「背包跑 2025」*

Run for Wellness 2025*



關注青少年情緒健康的「背包跑 2025」為本會另一65周年旗艦活動。今年主題為「踏出第一步，展現你態度」，吸引1,200名跑手參與，透過背負象徵生活與學業壓力的指定背包參賽，寓意與青年並肩同行、分擔壓力。現場設多元「解憂體驗區」，結合運動、手作、音樂及藝術等減壓活動，讓參加者一同減壓。活動自2017年舉辦以來，累計逾12,000人參與，成功凝聚大眾關注青年精神健康，以行動傳遞關心與正能量，並為本會全健服務籌募資源。



Run for Wellness 2025 brought together 1,200 participants in support of young people's emotional well-being. In a meaningful gesture, runners carried backpacks to symbolise the everyday pressures and academic demands many young people face, reflecting the community's shared commitment of supporting them. The on-site Wellness Experience Zone offered sport, handicrafts, music and art activities, giving participants space to unwind, connect and relieve stress together. Since its launch in 2017, this flagship initiative has engaged more than 12,000 participants. By raising awareness of youth mental health and bringing the community together, Run for Wellness also generates vital support for the continued development of our Wellness Project.



青協聯同龍傳基金持續舉辦「高鐵青年號」，善用高鐵跨境交通的便捷優勢，帶領青年親身認識國家發展，拓闊視野，裝備未來。今年適逢國家「十五五」規劃開局，我們率領230名青年展開4日3夜廈門「經濟與文化考察行」，加深他們對國情的認知，啟發將個人生涯規劃融入國家發展大局。行程包括參訪《財富》世界500強企業象嶼集團，以及廈門國際銀行、廈門航空、美圖等代表性企業，讓青年跳出課本，親身體驗新質生產力與創新技術的實際應用；同時走訪世界文化遺產鼓浪嶼及集美學村，深讀閩南文化與僑鄉歷史。青年此行最大的收穫，是學會跳出框框，思考自己該如何為未來做好準備。

Organised in partnership with the Dragon Foundation, our annual Youth High Speed Rail Programme uses the cross-boundary rail to help young people discover the Mainland's development first-hand. Set against the National 15th Five-Year Plan, this year, 230 participants travelled to Xiamen for a four-day study tour, exploring how their own aspirations can connect with the country's future development.

The itinerary balanced business innovation with cultural heritage. By visiting leading enterprises such as the Xiamen Xiangyu Group and landmarks like the UNESCO-listed Gulangyu Island, youth gained first-hand insights into cutting-edge technology, "new quality productive forces," and Minnan culture. Ultimately, the experience empowered these young minds to think beyond conventional boundaries, reflect on their future pathways, and better prepare themselves to contribute to the country's ongoing progress.



香港青年協會自2011年開始，每年均舉辦《中國歷史文化周》教育活動，鼓勵青年認識中國源遠流長的歷史與文化。今年以「茶香情濃」為主題，突破傳統框架，將深厚的飲茶文化以富趣味的互動體驗呈現，並運用人工智能創作「茶米家族」角色，賦予茶葉生動形象，提升年輕一代對茶文化的興趣。活動結合互動展覽、茶品市集、茶盒設計、專題講座及工作坊。展覽設有「五感尋茶之旅」及「茶型人格測試」，以輕鬆互動方式引導青年認識茶的歷史演變與傳統禮儀，發掘傳統文化在現代的創新可能。同時，我們亦動員青年義工走進社區「以茶為敬」，向長者送上關懷，在品茗交流中促進跨代共融。

Since 2011, China Week has been our signature annual programme for helping young people discover and appreciate Chinese heritage. This year, we explored the rich world of tea culture through a fresh mix of tradition, hands-on experiences and artificial intelligence.

AI-generated "Tea Family" characters introduced different tea varieties in a playful, accessible way, while immersive exhibitions brought tea's history, evolution and etiquette to life. Through these experiences, young people were encouraged to see how heritage can be enjoyed, reinterpreted and carried forward in a modern world.

The learning continued in the community, where youth volunteers shared freshly brewed tea with older people. What began as an exploration of tea culture became a warm moment of exchange between generations.



「締造未來」青少年創新發展項目

Nurturing Future Innotech Talent Project



為創科發展儲備未來生力軍，我們以策略夥伴身分，參與中國宋慶齡基金會主辦，公益慈善研究院及香港賽馬會慈善信託基金捐助的「締造未來」青少年創新發展項目。項目為期三年，我們發揮橋樑與推動角色，共同探索協同育人的創新模式，推動兩地青少年加強交流與互動，實現深度交融與共同成長。

參加者接受為期一年的層遞式培訓，針對人工智能、航空航天及工程技術、新能源及機器人四大主題，由兩地專家引導青年走出傳統課堂，透過大師講堂、深度實踐訓練營及祖國探索之旅等活動，開拓青年視野、提升創科興趣，運用知識和技能解決實際問題。項目特別為老師提供創科工具套、線上課程等培訓，以提升其創科教學能力及素養。「締造未來」自2025年6月開展以來，已為逾10,000位本地小六、中學生及老師提供獨特創科學習體驗，包括到甘肅見證火箭發射，與內地頂尖創科專家互動交流等。

We are committed to nurturing the next generation of innovation and technology talent. As a strategic partner in the Nurturing Future Innotech Talent Project, we have joined forces with the China Soong Ching Ling Foundation, the Institute of Philanthropy and The Hong Kong Jockey Club Charities Trust to create more opportunities for young people in Hong Kong and the Mainland to learn, connect and grow together.

Through a year-long learning journey, participants explore artificial intelligence, aerospace, engineering, new energy and robotics through masterclasses, bootcamps and Mainland study tours. These hands-on experiences broaden horizons, spark curiosity and equip students with practical skills to tackle real-world challenges.

The project also supports Hong Kong teachers through tailored toolkits and online courses that strengthen their confidence in teaching technology-related subjects. Since its launch in June 2025, the initiative has reached more than 10,000 local primary and secondary students and teachers – offering memorable opportunities to witness rocket launches and meet leading innovation experts from the Mainland.



前海香港青年科創啟航計劃

Qianhai Hong Kong Youth Tech Pioneer Programme



為本地青年開拓融入國家創科發展的實踐機遇，我們承辦由前海管理局及共青團深圳市委員會主辦的「前海香港青年科創啟航計劃」，善用前海深港深度融合的優勢，同時緊扣北部都會區創科產業的發展目標，培育未來科創人才，為北部都會區培育人才儲備。

計劃設有「前海第一課」及「科創實踐體驗課程」，涵蓋人工智能、具身智能機器人、低空經濟及文化創作等前沿領域。我們帶領1,000名本地中學生到深圳前海深港青年夢工場，深入考察科創環境，多間頂尖科創企業提供專題工作坊並開放實際應用場景，提升本地青年實戰能力與創新思維。這個計劃能引導香港青年緊貼市場發展與需求，從中探索升學、實習、就業及創業等多元發展，為北部都會區建設培育產業人才。

We help deliver the Qianhai Hong Kong Youth Tech Pioneer Programme, creating practical opportunities for young people to explore China's fast-moving innovation and technology landscape. Initiated by the Qianhai Authority and the Shenzhen Municipal Committee of the Communist Youth League of China, the programme connects Qianhai and Hong Kong while supporting talent development for the Northern Metropolis.

As part of the initiative, we lead 1,000 secondary school students to the Qianhai Shenzhen-Hong Kong Youth Innovation and Entrepreneur Hub for an in-depth look at emerging fields such as artificial intelligence, embodied AI robotics, the low-altitude economy, and creative cultural industries. Hands-on workshops led by industry-leading technology companies help strengthen students' practical skills and encourage fresh thinking.