



香港中華基督教青年會
Chinese YMCA of Hong Kong



年報

2018-19
Annual Report

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關於香港中華基督教青年會

About Chinese YMCA of Hong Kong

使命宣言 Mission Statement

香港中華基督教青年會 是全球基督教青年會運動的一員，又為一建基香港之基督教服務組織，本著「非以役人，乃役於人」之基督精神，聯合同道，推廣天國，致力倡導及培育青年肩負社會責任、關懷祖國、放眼世界；並通過多元化服務、全人發展、對弱群之承擔及推動從個人至社會修和；努力建設一個文明、有愛心的香港。

Chinese YMCA of Hong Kong is a Christian service organisation based in Hong Kong as part of the global YMCA movement. The Association is committed to building a civil and compassionate Hong Kong through uniting people with the same spirit to extend the Kingdom of God; fostering youth leadership to shoulder social responsibility with keen concern for the motherland and the world; and promoting multiple service programmes based on wholistic personal growth, commitment to the underprivileged and reconciliation extending from self to society. 🇭🇰

簡介 Background

基督教青年會 是一個世界基督化青年運動，其旨趣以〈巴黎本旨〉：「在聯合同道青年，即凡願按照聖經奉行耶穌基督為上帝與救主，心信躬行為其門徒，更願協力推廣天國於青年之間者」為基礎。

香港中華基督教青年會亦基於此一本旨創立於1901年，在憲章中訂明本會的宗旨和目的「是按照耶穌基督的教訓，在青年人中，培養基督的品格，和建立基督服務的精神」。

為達成此宗旨，藉著一群熱心的基督徒領袖和義工，協力推廣多項程序活動，使會友及參加者從活動中得著建立：

1. 滿足個人生活興趣的需要；
2. 提倡有意義的社教化、康樂體育、文化、教育等活動及表彰「非以役人，乃役於人」的服務精神；
3. 培養基督教的倫理觀念；
4. 增進個人身心健康；
5. 在社會上成為盡責任的良好公民。

近年來，多種事工，在政府、眾多團體及教會的支持下，工區遍設港、九、新界各地，服務單位逾50個，會友人數超過80,000人。

YMCA is a world Christian movement, with the Paris Basis as its mission: "The Young Men's Christian Associations seek to unite those young men who, regarding Jesus Christ as their God and Saviour, according to the Holy Scriptures, desire to be His disciples in their faith and in their life, and to associate their efforts for the extension of His Kingdom amongst young men."

Based on the same mission, Chinese YMCA of Hong Kong was established in 1901. The objective and purpose were clearly stated in the Constitution as being "the development of Christian character and the cultivation of the Christian spirit of service among young men, in accordance with the teachings of Jesus Christ."

To achieve this purpose, a group of fervent Christian leaders and friends initiated a wide range of activities:

1. through which members could develop their interests,
2. to promote meaningful socialisation, sports and recreational, cultural, educational activities; and to cultivate the spirit to serve among young people,
3. to promote Christian ethics,
4. to enhance the well-being of the individual,
5. to enable members to become good and responsible citizens of society.

Over the years, with the steadfast support of the government, organisations and churches, the Association has expanded. Today, we have centres all over the territory, with more than 50 service units and a total members of over 80,000 people. 🇭🇰

有關本會董事會及其相關委員會的職能、責任及成員名單的資訊，公眾可在辦公時間內於本會機構傳訊及市場拓展科查閱。
The information regarding the roles, responsibilities, and membership of the Board of Directors and the relevant committees are available for public inspection during regular business hours at Chinese YMCA of Hong Kong's Corporate Communications & Marketing Section.

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中華基督教青年會中學校董會

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沈雪明博士	Dr. Shen Shir Ming
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陳以誠醫生	Dr. Chan Yee Shing
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陳樹安博士	Dr. Cecil S.O. Chan
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中華基督教青年會幼稚園校董會

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陳大福先生	Mr. Steve Chan
陳如森先生	Ir. Mr. Sam Chan
陳國煌博士	Ir. Dr. John K.W. Chan
麥順邦先生	Mr. Philip Mak
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劉俊泉先生	Mr. Karl Lau
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謝寶達先生	Mr. Donald Tse
蘇以葆主教	The Rt. Rev. Dr. Thomas Soo, J.P.

國際基督教小學校董會

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	Ms. Gail Maidment
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陳如森先生	Ir. Mr. Sam Chan
陳國煌博士	Ir. Dr. John K.W. Chan
曾偉雄先生	Mr. Andy Tsang Wai Hung, G.B.S., P.D.S.M., P.M.S.M., J.P.
黃達琪先生	Mr. David Wong
劉興達太平紳士	Mr. Patrick H.T. Lau, J.P.
潘展聰先生	Mr. Philip Poon
鄭卓生博士	Dr. Arnold Cheng Cheuk Sang
鄭紹民先生	Mr. Kenny Kong

註：會長及總幹事為各委員會之當然委員。

Remarks: The President and General Secretary shall be ex-officio members of every committee.

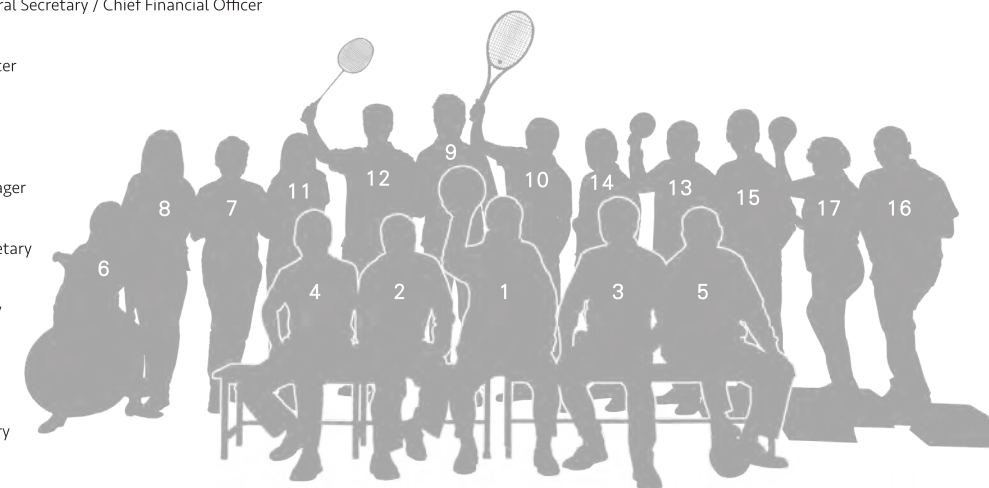


主席 Chairman

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Karl LAU Chun-chuen, General Secretary / Chief Executive

委員 Members

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- 16 陳錦偉 校長
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- 17 孫群英 校長
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會長的話 President's Remarks

丘頌云會長
Mr. Yau Chung Wan, President



感謝主！香港中華基督教青年會的工作一直受到祝福。回望過去，本會與香港休戚與共、脈搏相連，為着社會及市民的健康及心靈上的需要作出努力，透過各項事工服侍社會上有需要的群體。

Thanks to the guidance of the Lord and the spirit of our staff and volunteers, the work of the Chinese YMCA of Hong Kong has always been blessed. Looking back over the years, through our various ministries, we have worked tirelessly to connect with society and to provide people across the Hong Kong community with the health and spiritual guidance they need.



颱風山竹吹襲後義工協助清理營地
Volunteers assisted in cleaning up the campsite after Typhoon Mangkhut hit Hong Kong

去年9月超強颱風「山竹」吹襲香港造成嚴重破壞，本會黃宜洲營地位於災情較為嚴重的西貢區，營內有大樹倒塌及設施受到不同程度的損毀。感謝來自本會多個單位的數十位義工鼎力協助，到營地進行復修工作、清理塌樹／山泥、修整斜坡等，讓營地得以快速回復原貌服務公眾。

In September 2018, Hong Kong was hit hard by Super Typhoon Mangkhut. The Association's Wong Yi Chau Camp in Sai Kung sustained significant damage; however, thanks to volunteers who came out in force to assist in clearing up the debris, removing fallen trees and helping remediate slopes; the camp was quickly returned to its original condition and began serving the public once more.

本會於去年11月17日舉行了必列者士街會所100周年感恩慶典，以「用心百載，啟創同行」為主題。除了導賞活動外，當日會所更開放了全港首個及僅存的木製懸空鑊形跑道，以及魯迅先生曾進行演講的大禮堂給公眾參觀，讓我們看到青年會在成立初期，已經擁有一所當時劃時代的會所，為日後的服務奠定下重要的基石。感謝上主所賜下豐足的恩典，讓我們在資源方面不致缺乏，並且同有一個心志為所做的工作竭力盡心。

On 17 November, we celebrated the 100th anniversary of our Bridges Street Centre. The theme of the celebrations was "Serving With Passion for a Century". In addition to conducting guided tours, we also refreshed Hong Kong's first-ever elevated wok-shaped running track and the hall where famous Chinese writer Lu Xun once lectured and opened these to the public. By showcasing and celebrating the Bridges Street Centre, we were able to give the public an idea of how, since the earliest days of the Association, we have worked hard to offer the community excellent equipment and advanced facilities as we lay the groundwork for future services. Thanks to the Lord, we have so far not lacked the resources to conduct this mission, and through our humble hearts, we are happy to serve the public.



必街會所百周年慶典
The 100th anniversary celebration of our Bridges Street Centre



任德輝義務司庫當選為世界基督教青年會協會司庫
Mr. Ronald Yam was elected as the Treasurer of the World Alliance of YMCAs

年度內，另一項重要的活動為基督教事工部於沙田大會堂舉辦之《青年會聖詠團音樂會「彌賽亞禮讚」》。我們感恩能夠集合一群對聖樂事奉有心志的基督徒，一起頌唱《彌賽亞》神曲這首經典作品，透過詩歌一同記念主耶穌的降生及救贖。是次音樂會獲得一致好評，將有助本會推動聖樂發展。而為切合當代信徒及教會的需要，基督教事工學院正籌劃推出新課程，培訓新世代信徒承接福音工作。

社區服務方面，2018年本會憑著「新夥相傳」計劃，推動金齡人士及新來港家庭傳承獅子山下的拼搏精神。該計劃更獲得勞工及福利局社區投資共享基金頒發「社會資本卓越計劃獎」，嘉許計劃讓這兩個群體達至互助共融。同年，本會成立了一間新的社會企業——「花樂·誰家」，培訓社區婦女從事乾花飾品製作，鼓勵她們善用閒暇之餘，更可增加家庭收入。本會將繼續拓展不同社會服務範疇，促進社會共融。

此外，本會義務司庫任德輝董事於去年7月舉行之第19屆青年會世界大會上，獲選為世界基督教青年會協會司庫，任期由2018年至2022年，本會全人衷心祝賀，並期盼本港青年會能夠為世界青年會運動作出更多貢獻。

One highlight event from last year was the Chinese YMCA of Hong Kong's YMCers "Praise to the Messiah" concert held in 2018 at the Sha Tin Town Hall. The concert saw a group of Christians with a passion for church music gather to sing classic works from the Messiah Divine Comedy and worship the birth and redemption of the Lord Jesus through hymns. The concert was well received, and helped us further promote the development of church music. At the same time, to meet the needs of today's believers and churches, the Chinese YMCA of Hong Kong's Institute of Christian Ministry is planning to introduce new courses for future church leaders.

In terms of community services, this year we launched the "From Newer to New" social capital project to encourage the older generation of Hong Kong to share their "under Lion Rock" struggle stories with families who have just arrived in Hong Kong. The project received an Outstanding Social Capital Project Award from the Community Investment and Inclusion Fund for its contribution to promoting social inclusion in Hong Kong. Also during the year, the Association founded YM Fleur, a social enterprise which aims to increase disposable income for women through the creation of dried floral products. Looking forward, the Chinese YMCA of Hong Kong will continue to expand the scope of our social services and work to promote social inclusion wherever possible.

One final note, in July 2018 our Honourable Treasurer, Mr. Ronald Yam Tak-fai, was elected as the Treasurer of the World Alliance of YMCAs. He will serve between 2018 and 2022. I would like to sincerely congratulate Mr Yam on this next stage of his journey, and we look forward to making further contributions to the world YMCA movement.



董事會成員於周年會員大會上合照
Our board of directors at the Annual General Meeting

總幹事報告 General Secretary's Report

劉俊泉總幹事
Mr. Karl Lau, General Secretary



隨着醫療衛生的進步，過去數年香港一直是全球男女最長壽的地區之一。然而，都市人常見的精神疾病，以及因缺少運動而衍生的各種長期病症，皆有持續增加的趨勢。青年會對此十分關注，致力策劃及提供合適的服務，如於不同地區發展物理治療服務、輔導服務等，幫助使用者建構身、心、靈健康。

With the many advancements in health care and social services that have been made in recent years, the lifespan of the Hong Kong people has become one of the longest the world. However, at the same time, our lifestyles have generally become more sedentary. As a result, we are seeing an increasing number of mental health-related issues and cases of chronic diseases caused by a lack of physical activity. The Association attaches great importance to these issues, and is committed to planning and providing services that match the needs of society – these include physiotherapy and counselling services which will help us take care of the general public's overall mental and physical health.

我們多間會所及營地均備有完善的康體設施，為會員提供適當的訓練，近年更引入多項新興運動，如健球、旋風球等吸引年輕一代參與；又藉著「起動傳承」社區運動大使計劃，推廣戶外及街頭運動，打破固有的場地限制，讓運動進一步於社區伸延。我們亦於2019年推行「運動友善計劃」，提醒企業及團體關顧員工健康和身心需要，為他們設計合適的康體運動及工作坊，打造運動友善的工作環境。

此外，即使是較年長的一群，也不乏運動的機會。由本會「豐盛人生·新『喜』點」推出的健步足球訓練，正能夠讓一眾金齡人士重拾對運動的樂趣。本會與Y-Care企業伙伴AXA安盛慈善基金合作，於2018至19年舉辦全港健步足球聯賽，鼓勵中年或傷患人士參與此項運動，從而改善體能，融入社會。

除了普及運動外，本會更結合運動元素在多個服務單位推廣「優活」概念，在導師的帶領下學習伸展運動、慢食體驗及各種藝術活動等，引導參加者察覺及關顧自己的身心需要，學習放鬆及建立健康的情緒，培養「悠然當下，樂活人生」的生活態度。

教育方面，青年會書院將資訊科技應用於各學科之中，成果獲各方肯定，於2018學年獲教育局委任為資訊科技教育卓越中心，向全港中、小學提供資訊科技教學支援服務。

在環保工作上，本會今年度亦有出色的表現。新界會所加添之再生能源設備，利用太陽能設備為泳池提供暖水，榮獲中電頒發創新節能企業大獎2018之「可再生能源卓越大獎」；另外，城景國際及灣景國際的環保節能工作，包括節約能源、減少用水、減少廚餘及固體廢物等，均取得相當成效，向綠色營運的目標繼續邁進。

本會又透過外訪及參與不同的國際性會議，繼續開拓及深化與各地青年會的合作。如2019年初，會長率領本人及兩位幹事同工到訪墨西哥及秘魯青年會，與兩地青年會建立友誼，商討發展往來三地之服務考察團及國際交流事工，加強了本會在南美地區的聯繫。

2018年本會分別舉辦了必列者士街會所100周年感恩慶典，以及本會兩所賓館「城景國際」及「灣景國際」重新命名10周年紀念，這標誌着本會不同年代重要的里程碑，而我們在慶祝的同時，亦不忘懷着一顆謙卑及感恩的心，繼續謹守服務崗位，讓我們的事工在未來的日子更臻完善。

Our centres and campsites have always been well-equipped with sports facilities to help maximise training opportunities for our members – this is as true today as it has been in the past. What's more, we have recently introduced several emerging sports such as Kin-Ball and Flyball to help attract younger people. This year, we continued to organise the “Mapperthon” Community Action Project, further extending our sports-related footprint into the community. At the same time, we introduced our “Sport-Friendly Action” programme this year, which encourages all employers in Hong Kong to promote workplace fitness and improve the health of their employees by providing on-site exercise facilities and sponsoring employees to participate in organised sports.

This year, we also continued encouraging senior citizens to stay as active as possible. The “Walking Football Training Programme”, organised by our Project of Joy team, offers another avenue through which seniors can pursue in their enjoyment of sports. In partnership with our Y-Care corporate partner AXA Foundation, in 2018 and 2019, we jointly hosted Hong Kong's first-ever Walking Football League – helping people aged 50 and above and people with chronic illnesses to improve their physical fitness while also promoting more effective social integration.


We also worked to promote wellness with the concept of quality and healthy living through “R-Day”. This was a special project that encourage the participants more on stretching, slow eating and various artistic activities in order to guide them to understand their inner needs and foster an “attitude of gratitude”.

In terms of educational services, the Chinese Y.M.C.A. College continued to apply information technology across various disciplines – so successfully that the EDB officially recognised our efforts. In the 2018 academic year, the school was elected as the “IT in Education Centre of Excellence (CoE) 2018/19”, meaning that the college can now provide IT teaching support services to all primary and secondary schools in Hong Kong.

In the area of environmental protection, the Association's New Territories Centre added an important renewable energy solution – making use of solar energy to provide hot water for the centre's heated swimming pool. This transformation earned us a “Outstanding Renewable Energy Award” from CLP Power. Meanwhile, The Cityview and The Harbourview hostels, run by the Association, have also been exploring energy conservation solutions, including energy saving, water conservation, food waste and solid waste reduction and more. These practices have achieved considerable results, and we will continue to work towards our ultimate goal of fully green operations for both premises.

Through overseas visits and by participating in a number of international conferences, the Association continues to deepen our cooperation with YMCAs around the world. At the beginning of 2019, the president led two officers and myself on a visit to the YMCA of Mexico and the Peru YMCA. There, we discussed the development of service delegations and international exchanges which will strengthen our connection with these and other YMCAs in South America.

Finally, 2018 was a year of incredible anniversaries: we celebrated the 100th anniversary of our Bridges Street Centre with a number of events, and renamed our hostels “The Cityview” and “The Harbourview” to mark the occasion of their 10th anniversaries. Both of these anniversaries were major milestones in the development of the Association, and we look forward to creating many more milestones in the future.

To all who have helped us grow and succeed this year – we are eternally grateful and will continue to serve the community and work to deliver excellent services with a humble heart. 

毅力

Perseverance

本會兒童體操班透過多種肢體動作訓練，增強兒童身體靈活性及建立良好運動習慣，促進身心健康。

YMCA organises children's gymnastics courses to teach young people the basic of artistic gymnastics. The course can enhance children's bodies and minds, and improve their physical flexibility, agility and coordination.

機構成就

Corporate Achievements



機構成就

Corporate Achievements

獎項/成就 Awards / Achievements	頒發機構 Awarded by
香港中華基督教青年會 Chinese YMCA of Hong Kong	
家庭友善僱主、特別嘉許獎(金獎)及支持母乳餵哺獎 Family-Friendly Employers, Special Mention(Gold) and Awards for Breastfeeding Support	民政事務局及家庭議會 Home Affairs Bureau and Family Council
社會資本卓越計劃獎 Outstanding Social Capital Project Award	社區投資共享基金 Community Investment and Inclusion Fund
最高服務時數獎(公眾團體)優異獎 Highest Service Hour Award(Public Organisation)—Merit Award	社會福利署 Social Welfare Department
10,000小時義工服務獎 Award of 10,000 Hours for Volunteer Service	社會福利署 Social Welfare Department
普世青年會行動之最佳影片 Best SDG (Sustainable Development Goals) Video of YMCA World Challenge	世界基督教青年會協會 World Alliance of YMCAs
戶外燈光約章伙伴計劃—17項鉑金獎及1項金獎 Charter on External Lighting Partnership Scheme—17 Platinum Awards and 1 Gold Award	環境局 Environment Bureau



大學及學院青年會部 University and College YMCA Department	
2017-18最佳學生及青年義工計劃比賽一大專組冠軍 2017-18 Best Student and Youth Volunteering Project Competition—Champion (Tertiary Group)	社會福利署 Social Welfare Department
2017-18最佳學生及青年義工計劃比賽(公開組亞軍) —Mission Until Dawn(校友組織) 2017-18 Best Student and Youth Volunteer Service Project Competition (1st Runner-up - Open Group) —Mission Unit Dawn (Alumnus unit)	社會福利署 Social Welfare Department
2018-19香港傑出青年義工—吳樂兒(會友) 2018-19 Hong Kong Outstanding Youth Volunteer—Ng Lok-ye (member)	社會福利署 Social Welfare Department



獎項/成就 Awards / Achievements	頒發機構 Awarded by
康怡會所 Kornhill Centre	
和平使者英雄—馮曉琳(會友) Messenger of Peace Hero—Fung Hiu-lam (member)	世界童軍組織 World Scouting



觀塘會所 Kwun Tong Centre	
「青少年入樽計劃2018」男子公開組社會服務大獎冠軍及初級組籃球比賽季軍 Slam Dunk Challenge 2018—Champion in the Social Service Award (Open) and 2nd runner-up in Basketball Award (Elementary)	成長希望基金會 Changing Young Lives Foundation
觀塘區優秀義工獎勵計劃2018優秀義工 —梁曉琳、李子浩、蔡詠珊、葉如禧、李曉旻(義工) Outstanding Volunteer Awards 2018 (Kwun Tong District)—Outstanding Volunteer —Liang Xiao-lin, Lee Tsz-ho, Choi Wing-shan, Ip Yu-hei, Li You-man Agnes (volunteers)	觀塘區青年活動委員會 Kwun Tong District Youth Programme Committee



顯徑會所 Hin King Centre	
第28屆優秀社工選舉「最有啟發助人歷程」(優秀組)—陳少蘭(同工) The 28th Outstanding Social Worker Award Election—The Most Inspiring Helping Process Award (Outstanding Social Worker Group)—Chan Siu-lan (staff)	香港社會工作人員協會 Hong Kong Social Workers Association
2017-2018年沙田區傑出青年—邵子朗、馬睿升(會友) Outstanding Youth Volunteer Award 2017-2018 in Shatin—Siu Tsz-long, Ma Yui-sing (members)	沙田區青年活動委員會 Sha Tin District Youth Programme Committee
2018年度沙田區傑出家庭義工—黎懿澄、黎明熙、魏雅碧(會友) Outstanding Family Volunteer Award 2018 In Shatin— Lai Yi-ching, Lai Ming-hei, Ngai Nga-pik (members)	沙田區推廣義工服務協調委員會 Sha Tin District Coordinating Committee on Promotion of Volunteer Services

新界會所 New Territories Centre	
慳神有計大比拼2017—優異慳神獎 Energy Saving Championship Scheme—Hanson Merit Award	環境局及機電工程署 Environment Bureau and EMSD
中電創新節能企業大獎2019—可再生能源卓越大獎 CLP Smart Energy Award 2019—Renewable Energy Outstanding Award	中華電力有限公司 CLP Power Hong Kong Limited

獎項/成就
Awards / Achievements

頒發機構
Awarded by

必街會所及九龍會所 Bridges Street Centre and Kowloon Centre

2018第6屆水中健體比賽—隊際金獎及銀獎
The 6th Hydro Fitness Competition 2018—1 Gold Award and 1 Silver Award (Group Division)

香港游泳教師總會
Hong Kong Swimming Teachers' Association



九龍會所 Kowloon Centre

2018自然健美國際肌肉狂臺灣冠軍賽男子Physique A組第3名—陳廷熹(同工)
Musclemania® Taiwan Natural Championships 2018 Men's Physique Class A Third Prize—Chan Irvan (staff)

2018 Musclemania®

2018第3屆新五泰盃暨國際YMCA分齡游泳邀請賽 (5金1銅、團體組第4名)
—溫子弘、蘇梓鍵(會友)
YMCA Swimming Festival in Taipei—5 Gold medals, 1 Bronze medal and the 4th Prize in group division
—Wan Tsz-wang, So Tsz-kin (members)

台北市中華基督教青年會
Taipei YMCA



柴灣長者鄰舍中心 Chai Wan Neighbourhood Elderly Centre

樂齡電競同樂日(殿軍)—蔡錦文、陳惠來(會友)
Elderly eSports Tournament(3rd runner-up)—Choi Kam-man, Chan Wai-loi (members)

善寧會
Society for the Promotion of Hospice Care

天平長者鄰舍中心 Tin Ping Neighbourhood Elderly Centre

2017-18年度老有所為活動計劃—一年計劃地區最佳計劃(大埔及北區)
2017-18 Opportunities for the Elderly Project—District Best Project (Tai Po and North District)

社會福利署
Social Welfare Department

聯青聾人中心 Y's Men's Centre for the Deaf

十八區關愛僱主2018
18 Districts Caring Employers 2018

香港社會服務聯會及香港復康聯會
Hong Kong Council of Social Service and the
Hong Kong Council of People with Disabilities

獎項/成就
Awards / Achievements

頒發機構
Awarded by

YM Balloon

香港社企優秀員工獎2018—吳昊(同工)
Outstanding SE Employee in 2018—Ng Wyome (staff)

香港社會企業總會
Hong Kong General Chamber of Social Enterprises

花樂·誰家 YM Fleur

2018十一良心消費運動—最積極參與社企新星大獎
Tithe Ethical Consumption Movement—The Most Active Participation Social Enterprise Award

豐盛社企學會
Fullness Social Enterprise Society



中華基督教青年會小學 Chinese Y.M.C.A. Primary School

全港小學創新科技大賽2019銀獎
Hong Kong Primary School Innovation & Technology Competition 2019—Silver Award

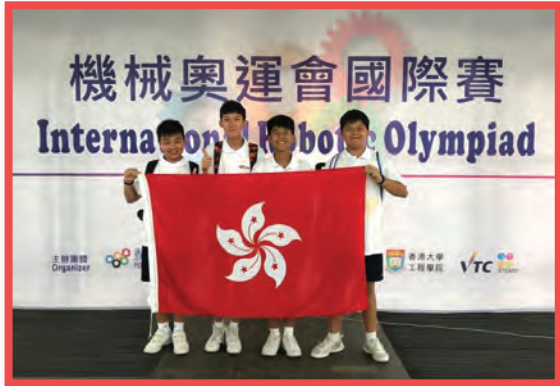
全港十八區家長教師會聯會
18 Districts Federations of Parent-Teacher Association

機械奧運會國際賽奪得4項冠軍、4項亞軍、2項季軍及1項殿軍
International Robotic Olympiad—4 Champion, 4 Second Places, 2 Third Places and 1 Forth Place

香港機械奧運會
Hong Kong Robotic Olympiad

ISF國際兒童運動智能大賽—2項總冠軍及3個單項冠軍
ISF International Sports Festival—2 Overall Champion and 3 Division Awards

亞洲運動心理專業聯會
Asian Sport Psychology Professional Alliance



青年會書院 Chinese Y.M.C.A. College

聯校音樂大賽—中學組管樂團金獎、中學合唱團銀獎(初級組) Joint School Music Competition—Symphonic Band Gold Award (Secondary School) and Junior Choir Silver Award (Secondary School)	香港聯校音樂協會 Joint School Music Association
創意思維世界賽2018—Float & Banner Parade巡遊比賽 Odyssey of the Mind 2018 World Finals—Float & Banner Contest Float Contest Finalist Banner Contest Finalist	Creative Competitions, Inc.
創意思維世界賽香港區賽2019(3個組別冠軍及1個組別季軍) Odyssey of the Mind Hong Kong Regional Tournament 2019 (3 Champions and 1 Third Place)	創意思維世界賽香港區賽會 Odyssey of the Mind Hong Kong Association
傑出科技教育機構獎2018 Award for Outstanding Institution in Technology Education 2018	大中華百分百香港名牌大獎 100% HK Branding Award
可持續發展社區項目獎 Sustainable Development Community Project Award	環境局 Environment Bureau
行政長官卓越教學獎嘉許狀(科技教育) 2017/2018—梅志文、呂振輝、黃麗芬(老師) Certificate of Merit of Chief Executive's Award for Teaching Excellence (Technology Education) 2017/2018—Mui Chi-man, Lui Chun-fai, Wong Lai-fun (Teachers)	教育局 Education Bureau



青年會專業書院 YMCA College of Careers

自在人生自學計劃—5項卓越機構獎：服務與支援、全年最高新生人次、全年最多開班數目、單一學期最多成功開班數目及單一學期最高新生人次 Capacity Building Mileage Programme - 5 Outstanding Organisation Awards: Service and Support, The Highest Number of New Students in a Year, The Highest Number of Classes in a Year, The Highest Successful Classes in a Semester and The Highest Number of New Students in a Semester.	LiPACE of OUHK, Women's Commission and Metro Broadcast Corporation Limited
自在人生自學計劃(卓越導師獎)—何志明、龐森、謝慧華(導師) Capacity Building Mileage Programme-Outstanding Instructor Award —Ho Chi-ming, Pong Sum, Sia Wai-wa (Instructors)	
自在人生自學計劃(卓越學員獎)—雷雪儀、陳慧梅(學生) Capacity Building Mileage Programme-Outstanding Student Award —Louie Shuet-ye Michelle, Chan Wai-mui Deby (Students)	
第9屆原創動漫人型設計比賽(學生平面組冠軍)—劉慶培(學生) Original Animation—Comic Figures Competition 2018—Champion (Student's 2D Division) —Lau Hing-pui (Student)	2018香港動漫電玩節 ACGHK 2018
第9屆原創動漫人型設計比賽(學生優異獎)—吳慧儀、劉海嵐(學生) Original Animation—Comic Figures Competition 2018—Merit Award (Student Division) —Ng Wai-yee, Lau Hoi-nam (Students)	

城景國際 The Cityview

ERB優異僱主獎 ERB Merit Award for Employers	僱員再培訓局 Employees Retraining Board
人才企業—企業大獎 MD Grand Prize Award	
2018-2020年社會資本動力標誌獎 Social Capital Builder (SCB) Logo Award 2018-20	社區投資共享基金 Community Investment and Inclusion Fund
2017-18年度最佳銷售酒店獎 Ctrip—the Best Selling Hotel 2017-2018	攜程旅行網 Ctrip.com
2018 Customer Review Awards	Agoda.com
金質認證 Gold Certification	EarthCheck
Certificate of Excellence 2018	TripAdvisor
我最喜愛的食肆2018—我最喜愛亞洲菜館 U Favorite 2018 Food Awards—Asian Restaurant	U Magazine
2018樂天旅遊大賞—銀賞 Rakuten Travel Silver Award 2018	日本樂天旅遊 Rakuten Travel
2018好評住宿獎 2018 Guest Review Awards	booking.com
無障礙網頁嘉許計劃2018-19—友善網站 Web Accessibility Recognition Scheme 2018-19—Friendly Website Officer	政府資訊科技總監辦公室 Office of the Government Chief Information Officer
慳神有計大比拼2017—優異慳神獎 Energy Saving Championship Scheme 2017—Hanson Merit Award	環境局及機電工程署 Environment Bureau and EMSD

灣景國際 The Harbourview

慳神有計大比拼2017—至尊慳神大獎(酒店組別) Energy Saving Championship Scheme 2017—Hanson Grand Award (Hotel category)	環境局及機電工程署 Environment Bureau and EMSD
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姓名 Name	所屬單位 Service Unit	姓名 Name	所屬單位 Service Unit
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2018年傑出同工獎勵計劃得獎名單
Winners of the Staff Outstanding Performance Award Scheme 2018

鄧淑芬 Tang Su-fan, Anna	青年會書院 Chinese Y.M.C.A. College	莊耀傳 Chong Yiu-chuen, Francis	青年會專業書院 YMCA College of Careers
Jonathan David Kimmel	中華基督教青年會小學 Chinese Y.M.C.A. Primary School	吳雁敏 Ng Ngan-man	城景國際 The Cityview
馮美珍 Fung May Chun, May	灣景國際 The Habourview	羅美玉 Loo Mei-yuk, Cat	機構傳訊及市場拓展科 Corporate Communications & Marketing Section
梁 珠 Leung Chu	九龍會所事務部 Kowloon Centre-Business Department	廖智勇 Liu Chi-yung, Ray	九龍會所事務部 Kowloon Centre-Business Department
游家雅 Yau Ka-nga, Vincent	學校社會工作部 School Social Work Department	鄒靜儀 Chow Ching-yi, Celestine	柴灣長者鄰舍中心 Chai Wan Neighbourhood Elderly Centre

獎項 Awards	所屬單位 Service Unit
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2018年卓越服務獎勵計劃
Outstanding Service Award Scheme 2018

冠軍 First Prize	少數族裔青少年外展先導計劃 Ethnic Minorities Teenage Outreach Service	天水圍天晴會所 Tin Shui Wai Tin Ching Centre
亞軍 Second Prize	Walking Football全港健步足球推廣計劃2017 Walking Football Promotion Campaign 2017	九龍會所 Kowloon Centre
季軍、 跨單位/團體合作獎 Third Prize, Inner-cooperation Award	創意思維世界賽香港區賽 Odyssey of the Mind Hong Kong Regional Tournament	青年會書院 Chinese Y.M.C.A. College
優異、 跨單位/團體合作獎 Merit Award, Inner-cooperation Award	「新夥相傳」金齡人士及新來港家庭社會資本協作 與社區共融計劃 "From Newer to New" Social Capital Project	佐敦會所 Jordan Centre
優異、 創意革新獎 Merit Award, Innovative Award	擴NET工程之破網而出 "Connet" Programme	沙田青少年外展社會工作隊 Shatin Youth Outreaching Social Work Team
創意革新獎 Innovative Award	推廣飛鏢·社區共融 Dart as One Community	新界會所 New Territories Centre
優異 Merit Award	躍動大使 "Motion Ambassador" Project	天水圍天澤會所 Tin Shui Wai Tin Chak Centre
優異 Merit Award	荃城Go Goal Growth抗毒計劃 Go Goal Growth Anti-drug Project @ Tsuen Wan	荃灣會所深宵外展服務 / 葵青及荃灣青少年外展社會工作隊 Tsuen Wan Centre Mid-night Outreach Service/ Kwai Tsing & Tsuen Wan Youth Outreaching Social Work Team
優異 Merit Award	愛·笑行動 Laugh for Love Action	學校社會工作部 School Social Work Department
優異 Merit Award	我們這一家·新翠 My home @ Sun Chui	沙田青少年外展社會工作隊 Shatin Youth Outreaching Social Work Team





團結

Solidarity

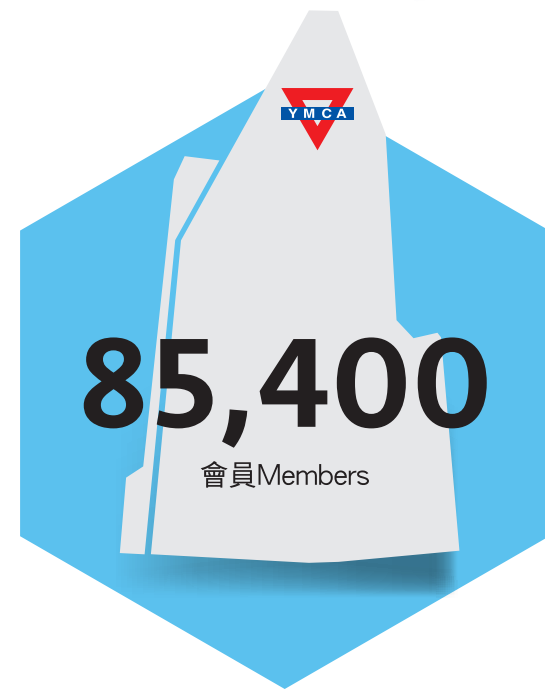
籃球於1891年由詹姆斯·奈史密斯博士在美國麻省YMCA發明。
YMCA在香港成立之初，已積極在本港推廣籃球運動。

Basketball was invented at a YMCA in Massachusetts, America in 1891 by Dr. James Naismith. Ever since the YMCA's establishment in Hong Kong, the Association has actively promoted basketball across the city.

服務回顧

Services Overview

服務回顧 Services Overview



服務人次
Service Users
2,478,500



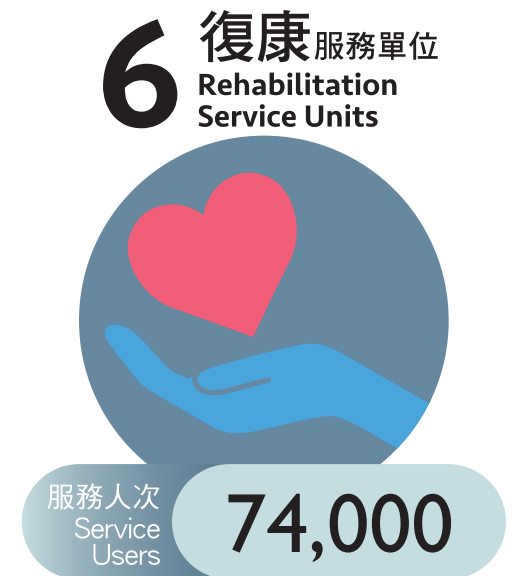
服務人次
Service Users
875,000



服務人次
Service Users
22,000



服務人次
Service Users
174,000



服務人次
Service Users
74,000



服務人次
Service Users
61,000

8 學校及專業學院
Schools & College of Career



學生
Students
7,500



服務人次
Service Users
48,000



服務人次
Service Users
771,000



服務人次
Service Users
446,000



嘉許人數
Awardees

2,124 人
volunteers

總服務時數
Total hours of service

165,582 小時
hours

總服務時數
Total hours of service

142,116 小時
hours



獲嘉許獎狀
receive certificates in total

金章 Gold medals



446 人
volunteers

銀章 Silver medals



106 人
volunteers

銅章 Bronze medals



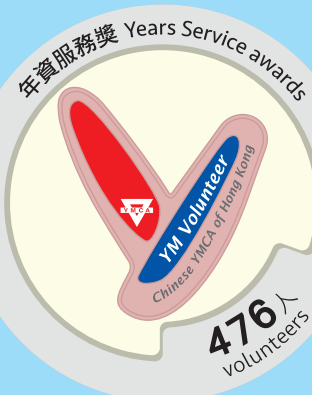
310 人
volunteers

806 人
volunteers

53 小組
groups



36 人
volunteers



476 人
volunteers



1,158 人
volunteers

獲長期服務獎狀
receive Long Service awards

47 人
volunteers

本會自 **1901** 年在香港成立，
秉承青年會運動的理念，透過各項事工致力

實踐基督使命、培育青年領袖、
拓展義工服務、擴闊國際視野及履行社會責任，
建設更美好的香港。

Chinese YMCA of Hong Kong was established in 1901.

Based on the values of the global

YMCA movement,

we are committed to

fulfilling Christ's mission, nurturing youth leaders,

expanding volunteer services, broadening global perspectives and

implementing social responsibility to build a better Hong Kong.

實踐基督使命 Fulfilling Christ's Mission

本會基督教事工部透過各項事工傳揚福音，藉基督教事工學院裝備信徒服事教會，並聯同教會及伙伴機構向社區人士傳遞主愛。

The Association's Christian Work Department preached the gospel through various ministries, using our Institute of Christian Ministry (ICM) to equip Christians to serve the Church and spread the love of God to the community in partnership with various churches and institutions.



「與生命有約」藝術協作計劃
"Embrace Life" Watercolour Art Project

整全神學訓練

本會基督教事工學院（ICM）提供應用聖經及神學培訓課程，以回應教會/機構的需求，2018年共有14位學員畢業，大部分已投身及回饋於教會/機構。學院亦舉辦校外課程及公開講座，如「希伯來文密集課程」及「大秦景教碑探源」等，供有興趣人士報讀，總參與人次逾500人。

大型聖樂獻唱

基督教事工部於2018年11月18日舉辦《青年會聖詠團音樂會「彌賽亞禮讚」》，獻唱十八世紀著名作曲家韓德爾經典神曲《彌賽亞》首兩部分及幾首中外名曲，超過80人組成之合唱團加上管弦樂團伴奏演出，由指揮家梁孟傑先生及林思漢先生帶領，並邀得青年歌唱家劉卓昕小姐及胡永正先生獨唱，聖詠團、樂團及共鳴合唱團聯合頌唱，全場1,050名聽眾同心投入於頌讚聲中。

Holistic theological training

The ICM offers a full range of biblical and theological training courses which fulfil the needs of the Church and corresponding institutions. In 2018, there were 14 graduates from the ICM, most of whom have devoted themselves to service in either the Church or a related institution. Additionally, the ICM organised several off-campus courses and open lectures, like the "Hebrew Intensive Course" and "The Origin of the Nestorian Monument," which attracted over 500 participants.

Church music performance

On 18 November 2018, our Christian Work Department hosted the "Chinese YMCA of Hong Kong YMers Concert: Praise to Messiah" and performed the first two parts of the "Messiah Divine Comedy" by Handel, a famous composer from the 18th century. With a team of over 80 members, the YMers' concert was led by conductors Mr. Eric Leong and Mr. Esmond Lim and accompanied by a full orchestra. Local sopranos Miss Alison Lau and Mr. Caleb Woo also performed as guest soloists. The concert attracted an audience of 1,050 music lovers, all of whom enjoyed the performance.



青年會聖詠團音樂會
Chinese YMCA of Hong Kong YMers Concert

社區工作及關懷

基督教事工部聯同嶺南大學校牧處、IWS香港國際水彩畫會、博愛醫院病人資源中心、聖公會聖匠堂安寧服務部及新界校長會於2018年7月舉辦「與生命有約」藝術協作計劃，藉著安排10位大學生、10位晚晴或罕有病病友的訪談及生命回顧，再配對10位水彩畫家，為他們的生命故事填上色彩，並於醫院及學校舉辦多場水彩作品展、講座和工作坊，吸引逾千人參與。此外，本會同工於嶺南大學校牧處開展隊牧事工，透過不同的訓練課程、小組和同行關係，向大學生提供牧養及屬靈關懷，以達致身心靈的全人發展。

Promoting love in the community

In July 2018, our Christian Work Department helped to organise a massive art collaboration programme along with the Lingnan University Chaplain's Office, the International Watercolour Society of Hong Kong, the Patient Resources Centre of Pok Oi Hospital, the S.K.H Holy Carpenter Church, and the New Territories School Heads Association. One aspect of the programme paired 10 college students with 10 patients receiving palliative care who wanted to share their life stories; the programme then invited 10 artists to depict these stories through watercolour paintings. The programme also put on several watercolour exhibitions, lectures and workshops held in hospitals and schools, attracting over 1,000 participants. Meanwhile, our Christian Work Department workers stationed in the Lingnan University Chaplain's Office also provided pastoral and spiritual care to university students through different training courses and groups to promote mental well-being and holistic development. 🌈

Chill級跑夜間挑戰賽2018
Chill Cup, RUN!-Joint University Night Race 2018



培育青年領袖 Nurturing Youth Leaders

青年人為本會主要的服務對象，除致力促進他們的身心健康，發展領袖才能，更要培育他們成為關心全球社會的世界公民。

Young people are the primary service targets of the Association. Therefore we are committed to building their physical, mental and spiritual health, developing their leadership skills and helping to nurture them to become global citizens who care about the community, both at home and abroad.



「YM Cre'Action for Social School」活動
"YM Cre'Action for Social School" activity

關注精神健康

大學及學院青年會部舉辦「Chill級跑一夜間挑戰賽2018」，透過六公里負重挑戰賽及不同類型的運動設施、手工藝攤位和草地音樂等，以正面、樂觀的途徑抒發壓力和負面情緒，吸引逾200位大專生參與。而挑戰賽籌集之款項，則用於2019年3月31日舉辦之「Chill級打氣計劃」，為100位柴灣區的高中生打氣，推廣青少年精神健康的重要性，提高社會對學生所承受壓力的關注。

培育社會創新理念

大學及學院青年會部舉辦「YM Cre'Action for Social Good」社創項目培育計劃，為17至30歲青年提供「聯校培訓工作坊」及「Cre' Act for So' Good」社創比賽，讓參加者透過工作坊認識不同社會議題，了解弱勢需要，嘗試以創新、具持續性的方法回應社會需要；而社創比賽則鼓勵青年人將想法發展成社會創新項目，大會為參賽隊伍提供顧問團隊的專業諮詢，助隊伍完善其項目，培育有志成立社會企業的大專青年，成為新一代的青年社會企業家。

Focusing on mental health

The University and College YMCA Department held the "Chill Cup, RUN! - Joint University Night Race 2018" to help participants navigate negative emotions and move towards a positive response. Activities included a six kilometre weight-bearing challenge and various other sports, handicrafts booths and outdoor music. The event attracted more than 200 college students. Proceeds raised by the challenge were used to organise a "Chill Support Programme" held on 31 March 2019, which aimed to provide support to 100 high school students in Chai Wan district while raising public awareness about the importance of preserving the mental health of young people.

Cultivating social innovation

The University and College YMCA Department also held an activity called "YM Cre'Action for Social Good" which featured a joint school training workshop and the "Cre'Act for So'Good" social innovation challenge. Both events allowed participants aged 17 to 30 to gain a better understanding of the needs of society's underprivileged groups, and, with some professional consultation, encouraged them to develop their ideas into social innovation projects. The activity aimed to encourage young people who are interested in setting up social enterprises to become a new generation of social entrepreneurs.



青年議會大灣區考察團
Greater Bay Area Tour of the Association's Young Members' Council

認識大灣區發展機遇

本會青年議會於2019年3月舉辦「青年議會大灣區考察團」，乘搭高鐵列車到訪深圳和廣州，參觀有關創科、文化、城市規劃的機構及展覽中心，全面瞭解香港青年在大灣區未來的發展空間及潛力，並與廣州青年會會友交流意見，互相分享對兩地社會發展之期望。

感受弱勢社群需要

本會轄下的制服小組於暑假期間舉辦海外服務交流計劃2018，一行15人赴泰國清邁，透過當地兩間機構進行兒童服務及長者探訪，以瞭解和體驗當地弱勢社群生活。參加者對是次活動有深切體會，感受到落後地區之兒童及長者的需要。

Exploring opportunities in the Greater Bay Area

The Association's Young Members' Council led a delegation to the Greater Bay Area in March 2019. The team took a high-speed rail train across the border and visited science, culture and urban planning-related institutions in Shenzhen and Guangzhou to gain an understanding of the wider development in opportunities of the area. The delegation exchanged views and ideas with members of the Guangzhou YMCA, and the parties shared their hopes and expectations for the social development among the three cities.

Understanding the needs of underprivileged groups

The Association's uniform groups held an overseas service exchange programme in the summer of 2018. A team of 15 people visited children and elderly services centres in Chiang Mai in Thailand, aiming to gain greater understanding and first-hand experiences of how people in underprivileged groups live their daily lives. After the trip, the participants shared how they had learned a great deal about the needs of children and the elderly in the country.



拓展義工服務 Expanding Volunteer Services

本會致力推動義工運動，招募社會上不同年齡、性別及階層人士組成龐大的義工團隊，服務有需要的群體。

The Association is committed to promoting the growth of the volunteer movement across Hong Kong. We have been directly involved in this growth by recruiting a large body of volunteers of different ages, genders and from different strata of society who work to serve those who are most in need.

YM Volunteer義工獎勵計劃頒章禮
YM Volunteer Awards Presentation Ceremony

培育義工領袖

本會「YM Volunteer」義工獎勵計劃每年均舉行頒章禮嘉許義工，今年主題為「喜『義』同行」，鼓勵義工們將助人的快樂和滿足感染身邊人。本年度共有2,124名義工獲嘉許，服務時數接近17萬小時。而為培育及訓練本會義工，2018年更成立「YM Volunteer Academy」，為義工們提供多元化的培訓，本年度目標是提升義工之個人技能及團隊合作，舉辦「青年會運動及使命、領袖風格工作坊」及「演說技巧工作坊」，期望他們學以致用，發揚青年會的使命，帶領更多社會人士在義工路上同行。

此外，由大專生組成的義工小組「Guinnerun 堅離地『RUN』」，透過舉辦夜間挑戰賽籌款，然後帶領低收入家庭兒童到檳城參與歷奇活動，實現小孩的「外遊夢」。此活動奪得「2017-18 最佳學生及青年義工計劃比賽」大專組冠軍。而本會義工吳樂兒小姐，憑藉出色的表現，獲社會福利署嘉許為「2018-19香港傑出青年義工」。

Cultivating volunteer leaders

To recognise the contributions of our volunteers and attract even more people to join our volunteer force, every year we organise the “YM Volunteer Awards Presentation Ceremony”. This year, 2,120 volunteers who had amassed an impressive total of 170,000 service hours received honours at the ceremony. In addition, to nurture our many volunteers, the YM Volunteer Academy was established in 2018. During the year under review, the Academy hosted two workshops – the “YMCA Movement, Mission and Leadership Workshop” and the “Speaking Skills Workshop” – in the hope of drawing more people to serve as volunteers.

The volunteer team of our University and College YMCAs, organised the “Guinnerun Charity Night Run 2017”, with the aim of realising the wanderlust – the desire to travel – of children from low-income families. Their destination was exotic Penang. This programme won the championship in the Tertiary category at the 2017-18 Best Student and Youth Volunteering Project Competition. One of our most dedicated volunteers, Miss Ng Lok-ye, also received the 2018-19 Hong Kong Outstanding Youth Volunteer Award presented by the Social Welfare Department.



金齡義工服務長者
Golden volunteers serving the elderly

發掘青少年才能

本會外展社會工作隊舉辦「義想TEEN開」義工計劃，鼓勵青少年裝備自己，積極參與義工服務。計劃包括義工服務和訓練，例如：食物回收、長者探訪、長者義剪，以及氣球造型設計和創意手工皂、香薰蠟燭製作等，發掘青少年自身的才能，繼而服務社區上的弱勢社群。

成立金齡義工隊

天平長者鄰舍中心本年度舉辦「友腦·有義」計劃，特別成立「友腦大使」義工隊，培訓金齡義工認識體弱／認知障礙症長者的特性、需要及溝通相處方法，同時學習運用平板電腦、運動及遊戲等媒介，為屋邨長者、鄉郊長者及家居長者提供認知及記憶力訓練。計劃聯同兒童及青少年義工製作手工禮物，前往區內私營院舍探訪，促進跨代、家庭及鄰里共融；亦舉辦「友腦繽紛樂展覽日」，透過健腦操表演、攤位遊戲及長者手工藝作品展示，向社區人士推廣預防認知障礙教育。



大專義工帶領低收入家庭兒童赴檳城交流
The tertiary volunteers organised a visit to Penang for children from low-income families

Discovering young talent

This year, our social work outreach team hosted a volunteer programme for teenagers which encouraged them to equip themselves with skills and participate in volunteer services. The programme included a number of interesting elements: food recovery, visits to elderly people, providing haircuts, as well as balloon twisting, handmade soap making and a scented candle workshop. The programme aimed to help teenagers explore and expand their talents and serve underprivileged groups in the community at the same time.

Establishing the “Super Golden Volunteer Team”

The Tin Ping Neighbourhood Elderly Centre launched a volunteer programme to help volunteers working with seniors learn more about the characteristics and needs of elderly people with dementia, as well as the appropriate communication methods to use with them. The volunteer team was taught to use tablets, sports and games as tools to offer cognitive and memory training for elderly people. The volunteer team also brought with them gifts for the elderly made by young volunteers to promote the importance of cross-generation inclusion. The Super Golden Volunteer Team also organised the “Stay Smart: Brain Health and You” event to raise public awareness about dementia through the demonstration of brain exercises, games booths and an arts and crafts exhibition. 🇭🇰

擴闊國際視野 Broadening Global Perspectives

本會作為全球青年會運動中的一員，與世界各地青年會緊密聯繫，為本港及海外青年提供交流學習機會，擴闊視野。

As a member of the YMCA Movement, the Association works closely with other YMCAs around the world, providing local youngsters with overseas exchange opportunities that deepen their experience and broaden their horizons.



拍攝短片以響應普世青年會行動
Video for the YMCA World Challenge

提供多元化體驗

本會之「世界公民獎勵計劃」透過各類主題活動，裝備青年人關心社會，成為世界公民，截至本年度總參加人數已超過3,100人。其中，「世界公民證書課程2018」於7月份舉行「綠林行者」馬來西亞熱帶雨林生態考察服務之旅，帶領12名參加者前往馬來西亞，於雨林內留宿觀察及記錄動植物生態，體驗原住民傳統文化；又為參加者安排與主題相關之活動，包括香港郊野保育、獨木舟體驗、原野烹飪、野外求生及水上安全知識講座等，提升他們對多元化及生態保育的認知。

響應全球青年會行動

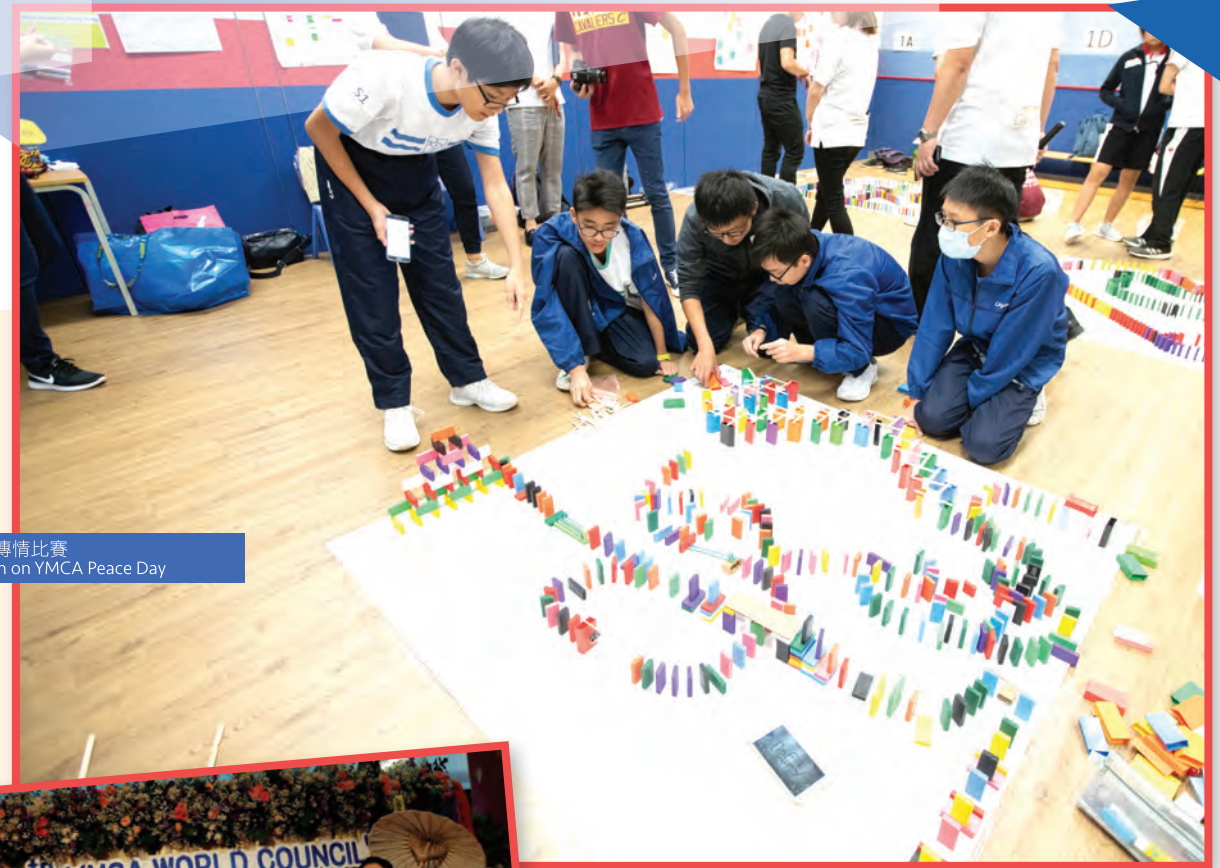
本會積極響應世界基督教青年會協會每年6月發動之普世青年會行動，與全球各地青年會一同慶祝青年會之成立。2018年行動主題為「Run the YMCA World」，本會集合多位來自海外的實習青年、國際交流幹事及本港青年領袖，以短片分享青年會的可持續發展理念，獲得大會頒發「Best SDG Video」以示嘉許。另外，為響應每年11月的「青年會和平日」，本會特別舉辦「愛·和平」骨牌傳情比賽，向公眾推廣愛與和平信息。

Providing diverse experiences

For years, the Association has been organising the “Be a Global Citizen Campaign” to promote the idea of global citizenship and help young people develop a more global perspective. As of 2018, the campaign had attracted 3,100 participants. The Borneo Rainforest Eco-Tour 2018, part of the Global Citizen Certificate Programme 2018, was held in July of that year. The tour saw 12 young participants spend four days in Borneo living simply and traditionally and in perfect harmony with nature. The eco-tour also featured canoeing, wilderness cooking, a wilderness survival course, and water safety lectures to enhance participants’ awareness of the importance of ecological conservation.

Engaging with the Global YMCA Movement

The Association has been actively involved in the YMCA World Challenge, an annual event held every June. The YMCA World Challenge for 2018 had “Run the YMCA World” as its primary theme, and to bring this theme to life, the Association brought together several overseas interns, international officers and local youth leaders to share the concept of sustainable development through a short film. The video won the “Best SDG Video” award from World Alliance of YMCAs. Also, as part of the worldwide YMCA Peace Day held in November, we organised a large-scale domino competition to promote love, peace and harmony.



「愛·和平」骨牌傳情比賽
Domino competition on YMCA Peace Day



第19屆青年會世界大會
The 19th YMCA World Council

加強各地青年會合作

本年度本會透過多次外訪、交流及國際會議，與世界各地青年會加強接觸，探討未來合作機會。本會同工聯同德國巴伐利亞青年會代表前往廣州，商討中、港、德三地青年會交流事工；拜訪美國三藩市青年會，探討兩地合作事宜；亦與澳洲布里斯本青年會總幹事商討成立大學青年會，以及到訪墨西哥及秘魯青年會，商討發展往來三地之服務考察及國際交流。

Strengthening cooperation between YMCAs around the world

During the year, the Association participated in several overseas exchanges and international conferences to strengthen the communication with YMCAs all over the world. Our staff members took representatives of the Bavarian YMCA on a visit to Guangzhou to discuss the exchange of young people between mainland China, Hong Kong and Germany. The Association also liaised with the San Francisco YMCA in the United States and the Brisbane YMCA in Australia, as well as YMCAs in Mexico and Peru to further enhance the scope of our international and cultural exchanges. 🌐

履行社會責任 Implementing Social Responsibility

本會現正營運五間社會企業—YM CAFé、YMCA Store、青新駅、YM Balloon及「花樂·誰家」，為外展青少年、婦女及聽障人士提供職場培訓及工作機會。又與商企、教會團體等攜手合作，鼓勵履行社會責任，共同服務社區、關心弱群及保護環境。

The Association now operates five social enterprises: YM CAFé, YMCA Store, New Creation Depot, YM Balloon and YM Fleur. Each of these enterprises offers occupational training to young people, women and the hearing impaired. Through these enterprises, the Association works hand in hand with corporations and churches to promote social responsibility, serve the community and care for disadvantaged groups and the environment.

持續發展社會企業

本會於2018年成立新的社會企業「花樂·誰家」，藉由回收鮮花製成乾花，減輕堆填區負擔，並讓婦女及青少年培養興趣、舒緩壓力；又於社區舉辦多次花藝製作活動，吸引區內婦女及親子參與。而YM Balloon氣球藝術社企培訓聽障青年擔任氣球師，發揮他們的創意，為公眾帶來歡樂。YM Balloon本年度繼續透過「快樂『球』學」計劃，教導有特殊學習需要之中學生扭氣球，從而協助他們提升專注力、溝通技巧及發揮團隊合作精神。

社企「青新駅」開辦「餐飲業先導課程」，對象為低學歷及少數族裔學生，由社企廚師講解入行條件、工作環境及晉升階梯，並實戰烹調菜式，全年共舉辦17個課程，服務超過200名青少年。YM CAFé作為外展青少年之培訓基地及就業平台，本年度聘請了12名外展服務對象，透過就業培訓及社工協助，9名學員成功找到工作，建立穩定的生活及工作模式。除了在香港浸會大會開設YMCA Store外，更與傳理系合作於校園內開設Coffee Corner，共聘請了3位婦女及7位外展青少年負責管理兩店鋪之業務。

Operating social enterprises with a sustainable mind-set

In 2018, the Association established YM Fleur, a social enterprise which helps to increase household income for women through creating dried floral products. Several floral workshops were held throughout the year for the women and children of the community. Meanwhile, YM Balloon employs people with hearing impairments and teaches them to become professional specialists in the balloon arts. This year, the Association continued to offer training for students with special educational needs through the “Hang Seng-YMCA Balloon Twisting Programme”, helping these students optimise their concentration, communication skills and team spirit.

The New Creation Depot restaurant has been offering career planning programmes to underprivileged youths and students from ethnic minorities. In 2018, a total of 17 courses were held, where chefs from the New Creation Depot explained the career paths, the working environment and the promotional opportunities that exist in the restaurant to the 200 participants. Meanwhile, the YM CAFé hired 12 youngsters from their outreach service. Through on-the-job training and assistance from social workers, 9 of these successfully found jobs and established stable lives. In addition to the YMCA Store opened at the Hong Kong Baptist University, the Association deepened cooperation with the University and opened a Coffee Corner on campus. A total of 3 women and 7 young people were employed to manage these two locations.



藝人森美探訪快樂「球」學計劃課堂
Celebrity Sammy Leung visiting the lesson of “Hang Seng-YMCA Balloon Twisting Programme”



「愛·實現」計劃宣傳啟動禮
Promotional event of the “Realise Love, Realise Dreams” project

於社區推廣「愛·實現」計劃

本會於2012年推出「愛·實現」計劃，收集來自公眾及商企的捐款，配合義工力量，協助弱勢社群實現生活上的願望，至今共處理82宗申請。2018年協助的個案包括：為末期癌症患者更換電器、於鄉郊長者家中安裝樓梯扶手、為獨居長者更換窗戶等。為讓計劃能夠進一步在社區內推廣，於2019年2月17日在葵青區大型商場內舉辦宣傳活動，邀請計劃受助人、義工及宣傳大使藝人陳智榮先生分享感受，亦設有展板向公眾介紹計劃內容。此外，計劃亦得到多個商會、物業管理公司及酒店協助，將宣傳品及捐款表格放置在各區店舖、工商及住宅大廈、餐廳等，期望得到更多社會人士支持。

藉運動捐贈物資

香港中華基督教青年會－賽馬會「起動傳承」社區運動大使計劃，年度內於全港各區舉辦多次「Mapperthon運動市集」，設有多個以推廣跑步、單車、板球、手綿球、街舞、街頭健身及滑板七項運動為主的攤位，並加入多項新興及創意運動的結合，如虛擬實景的運動融合，使市民大眾有嶄新的運動體驗，不分年齡及能力共同參與運動，增加對運動的知識及樂趣。而公眾於活動中消耗的卡路里會作出記錄，用以換取物資捐贈予不同的群體，為社區傳揚愛心。活動共得到逾200名運動大使協助，將由商企捐出以卡路里對換之社區物資，送贈予社區之長者、殘疾人士及基層家庭兒童。

建立環保生活模式

全會環保工作小組舉辦「無膠樽日2018」，獲眾多合作伙伴、學校、團體登記支持，參與人數逾13萬。活動當日除提供「免廢」消暑飲品外，並設活動攤位及講座教導公眾減少使用即棄膠樽；又於6月份推出「無膠樽挑戰」，鼓勵參加者自備水樽/水杯盛載飲品，將相片上載社交媒體分享，藉此廣傳無膠樽信息。此外，舉辦「Share德囍」共享資源創作比賽，鼓勵本港中學生活用「共享資源」概念，回應社區需要。四隊優勝隊伍更於2018年7月赴韓國參與「首爾共享資源體驗之旅」，認識更多有關資源共享的運作模式及經驗。

Promoting the “Realise Love, Realise Dreams” Project

The Association launched the “Realise Love, Realise Dreams” project in 2012, recruiting volunteers and raising funds to help make people’s dreams come true. So far, the project has helped 82 eligible individuals. In 2018, the project successfully assisted cases which included replacing electrical appliances for a patient with terminal cancer; installing stair railings for seniors in rural areas; and replacing windows for elderly people living alone. To raise public awareness about the project, a large-scale promotional event was held in Kwai Chung on 17 February. Service users, volunteers and even celebrity Jason Chan attended the event to share their thoughts and feelings about the project with the public. In a further promotional post for the project, and thanks to the generosity of several chambers of commerce, property management companies and hotels, leaflets about the project and donation forms were placed in shops, office buildings and restaurants in various districts around Hong Kong.

Linking sports to social services

The Chinese YMCA of Hong Kong – Jockey Club “Mapperthon Community Action” campaign held several street-based sports training events during the year, to promote running, cycling, cricket, taspony, street dance, street workout and X-games. This year, the Association integrated virtual reality with these sports events to offer the public a brand-new sports experience. As is usual for Mapperthon, the calories burned by each participant were “converted” into daily necessities that were donated by the campaign’s corporate sponsors. The event drew over 200 “Mappers” and the resources raised within the communities were donated to the elderly, disabled, and children from low-income families.

Helping establish an eco-friendly lifestyle

The Association’s Environmental Protection Working Group held “No Plastic Bottle Day 2018”, and supported by many partners, schools and organisations, over 130,000 supporters took part. In addition to providing refillable beverages, the event also featured games booths and talks to encourage everyone to reduce their use of disposable plastic bottles. In June, we also launched the “Plastic Free Challenge” to encourage participants to bring their own water bottles/mugs with them while on the go, and upload photos of themselves with their bottles/mugs to social media platforms.

In the same spirit, the “Happy to Share” competition was held to enhance secondary school students’ awareness of the concept and practice of sharing resources. Four winning teams from the competition took part in the Seoul Exploration Journey in July 2018 as their prize, and got to learn even more about the details of resource sharing. 🇰🇷



社會服務

Social Services

決心

Determination

本會手球隊成立了四支男女子隊伍參與香港手球聯賽，當中更有隊員入選香港代表隊，出戰國際手球賽事。

The Association has four handball teams that regularly participate in the Hong Kong Handball League. Some team members have been selected by the Hong Kong Handball Team to represent Hong Kong at international tournaments.

本會致力為市民提供適切及多元化之服務，切合社會上不同群體的需要，讓他們得到全面的照顧及達至身心靈健康。

The Association is dedicated to providing our community with timely and diverse range of social services to meet the needs of our society with holistic care and guidance.



微電影工作坊
Mini-Movie workshop

青年及外展服務 Youth and Outreach Services

培育創意產業新生代

本會連續第六年舉辦「全港中學微電影創作大賽」，今屆比賽以「我城·我創」為主題，透過微電影描繪於香港發生的人與事，以具創意故事向大眾宣揚正面信息。今年大會邀得本港資深電影工作者擔任客席導師，除舉行工作坊以提升參賽隊伍之電影攝製技巧外，得獎作品亦獲提名參與海外微電影節，透過與海外業界交流切磋，讓本港青年的作品走向更專業水平。

全面生涯規劃培訓

本會之青年生涯規劃小組本年度在本港15間中學舉辦「模擬社會體驗日」，為中學生提供全面的生涯規劃培訓，參與學生超過1,800人。活動目的不僅是事業上的規劃，而是要全面計劃人生，透過不同的人生角色及生涯場所，協助學生訂下事業和人生目標，期望引領青年人尋找生命的價值和活出自我。

Inspiring young people to join the creative industry

This year marked the sixth consecutive year of the Hong Kong Secondary School Mini-Movie Competition. The theme of this year's competition was "My City, My Creation". The young, talented participants were allowed to make their mini-movies in either animated or short video formats, and encouraged to promote positive messages to the public. Renowned Hong Kong film-makers were invited to be guest instructors in workshops where they shared tips on filmmaking and story crafting with the participants. In addition to receiving awards in Hong Kong, the winning movie-makers were also invited to international film festivals; where they were given opportunities to learn from overseas film practitioners and move to the professional level.

Offering comprehensive career planning assistance

During the year, the Association's Youth Life Planning Group held the "L.I.F.E. Planning Project" in 15 secondary schools across Hong Kong, helping to provide comprehensive career planning assistance for over 1,800 students. The event aimed to offer career planning guidance as well as life planning education. Through different role-playing exercises and discussions of possible career opportunities, students were encouraged to establish a clear sense of purpose and determine some of their life goals.



青少年籃球賽
Anti-drug basketball championship



公路單車訓練
Road cycle training

善用資訊科技

為達至「善用資訊科技，關心社會弱群」，本會舉辦「IFocus大使」計劃，鼓勵青年人發揮創意，為社區上不同的數碼弱勢設計適切之服務，協助他們融入社會。本年度的參加者運用數碼科技，設計多個別出心裁的項目，例如教導長者以交通應用程式策劃行程、透過虛擬實境眼鏡帶領低收入家庭兒童探索世界等。當中六位青年以「IFocus大使」身分，出席2018年11月在法國巴黎聯合國教科文組織內舉行的「第13屆聯合國網絡管治論壇」，交流有關互聯網使用之議題。

支持青年實踐理想

本會成立之「青年理想實踐基金」，為35歲或以下青年提供支援，協助青年創造及實踐理想，更在追尋理想的過程中得以成長。本年度基金共接獲15份計劃申請，包括「沖出我未來」、「香港蝴蝶幼蟲的沙律盆栽」及「漂流畫藝術交流計劃」等，項目形式多元化，有關於個人專業提升的，也有藝術發展及自然生態方面的，反映年輕人勇於在不同領域追求夢想，當中八項計劃成功獲基金批出約港幣16萬元資助額。

建立正面生活態度

為鼓勵青少年善用餘暇，培養運動興趣和建立正面的生活態度，本會青少年外展社會工作隊與團體合辦「2018沙田節抗毒籃『TEEN』籃球錦標賽」，鼓勵區內青少年組隊參加籃球比賽，藉此提升自信及抗逆能力，同時宣傳禁毒資訊。此外，又舉辦公路單車訓練班，參加者在專業教練的指導下挑戰自己及訂立目標，從中獲得成功感及自我肯定，部分參加者因而對公路單車運動產生興趣，更有志將興趣發展成為事業。

Making good use of information technology

The Association organised the "IFocus Ambassador" programme, which aims to promote the wise use of information technology and encourage students to care for minority groups while unleashing their creativity at the same time. This year, the participants used digital technology to design several creative projects, including teaching elderly people to use a transportation app on their smart phones, and introducing children from low-income families to the world through virtual reality. In November 2018, six of our IFocus Ambassadors took part in the 13th Internet Governance Forum in Paris, sharing their thoughts on digital inclusion with the other participants.

Empowering young people to realise their dreams

The Association's Foundation of Youth Self-Realisation Scheme is designed to empower young people aged 35 and under to follow their dreams and assist them as they try to fulfil their aspirations in life. During the year under review, we received 15 applications for the scheme, including projects like "Moving Towards My Future", "Eco-log Butterfly", "Art Loops Exchange" and others. The topics of these projects covered topics from personal promotion and art development, to environmental conversation. All projects reflected the courage young people displayed in pursuing their dreams in different areas. Eight projects were approved in the end, with grants disbursed totalling HK\$160,000.

Establishing a positive attitude towards life in Hong Kong's youth

To encourage young people to make good use of their leisure time and cultivate an interest in sports, the Association's outreach team helped organise the "2018 Shatin Festival 2018 Anti-drug Basketball Championship". The event promoted anti-drug messages and also helped enhance the self-confidence and resilience of young people. The Association also held a road cycle training class, where participants were taught the basics of road biking by professional instructors. The class helped them develop a sense of self-recognition, and some participants expressed an interest in making a career out of cycling. 🚴



兒童及家庭服務
Children and Family Services

支援自閉症兒童

為提供優質而專業的早期介入服務，本會黃傳經學生發展中心推出「小腳板·大踏步」計劃，為兩歲至六歲患有自閉症兒童提供密集式訓練，配合本會臨床心理學家的督導及專業意見，令兒童得到全面發展；並讓家長了解兒童之需要及學習目標，支援家長進行日常家居訓練，有助兒童融入主流幼稚園學習。

培育正向品格知識

本會品格教育工作小組先後舉辦兩次家長講座，主題分別為「正向親子」及「逆處逢生－幫助孩子面對失敗和逆境」，邀得精神科專科醫生曾繁光先生及正生書院校長陳兆焯先生擔任講員，藉生動的個案及生命故事，向家長灌輸正向的品格知識和管教技巧，激發家長重新思考品格教育的重要性，從而幫助孩子以正向態度面對人生。

Offering support services for autistic children

This year, the Association's Wong Chuen King Student Development Centre joined forces with our clinical psychologist in the "Walking with the Kids' Intensive Training Programme" to provide professional early intervention services for autistic children between the ages of two and six. By helping parents identify and understand the needs and learning objectives of children with special educational needs (SEN), the programme aimed to support these parents through in-home training and helping the children better integrate into mainstream kindergartens.

Nurturing positive character

In 2018, the Association's Character Education Working Group held two seminars for parents, one on the theme of "Positive Parent-Child Relationships" and the other on "Dealing with Difficulties and Failure". Psychiatric specialist Dr. Tsang Fan-kwong and Mr. Chan Siu-cheuk, the Principal of the Christian Zheng Sheng College, were invited to share inspiring stories and offer parents tips and insights about how to help their children deal with failure through a positive mind-set and help them to develop a healthy attitude towards life's challenges.



自閉症兒童支援服務
Support service for autistic children



認識社區活動
Community exploring activity

親子社區認識及體驗

為促進家庭和諧，增進跨代的溝通和文化傳承，本會家庭社會工作小組特舉辦「傳承·傳情」Running Family活動，安排家庭走訪油尖旺的舊社區及製作懷舊小食，讓新一代了解昔日的香港情懷及故事。活動更安排參加者探訪區內的基層家庭、劏房戶及長者等，期望透過親身體驗，讓孩子們學習珍惜和關愛的重要。

Promoting parent-child community experiences

To promote family harmony and enhance inter-generational communication, the Association's Family Social Work Working Group launched the "Running Family - Caring for Home and Care for Community" programme, inviting families to visit Yau Tsim Mong district and enjoy traditional local street snacks. The participants also visited low-income families in the district, residents of subdivided flats and seniors in the area. In addition to having fun and sampling snacks, the aim of the visit was to teach children to spread messages of love and care. 📺



優活日運動體驗
R-day sports class

學校社會工作及輔導服務 School Social Work and Counselling Services



小組訓練活動
Group training

提升身心靈健康

香港人生活節奏急速，嚴重影響人們的身心靈健康。本會於2018年度透過全會事工活動，提高服務使用者對真正休息的意識和關注，提倡「優活」生活。全年共舉辦10多項「優活日」系列活動，透過運動、藝術、大自然日營等，為在職人士、兒童及其家長，提供靜觀伸展、呼吸及感恩的探索。活動有效推動大眾尋找優活的一刻，認識專注當下、自我覺察的需要；當中的小組活動更讓有精神壓力的服務對象，學習及享受安靜內心的過程，從而達到休息減壓的效果。

增強學生抗逆力

學校社會工作部本年度於七間駐校服務中學推行「Joyful Teens『尊重生命，逆境同行』逆風啟航計劃」，以正向心理為基礎，透過一系列度身訂造的活動——小組訓練、義工服務、歷奇訓練、成長營、家長工作坊及教師培訓等，開展為期一年的持續性計劃，著重學生的全人發展，提升學生的抗逆力和解難能力，以及認識和掌握促進個人之精神健康的方法。

Improving all-around well-being

The hectic pace of life in Hong Kong can cause adverse health effects, both physically and mentally. In 2018, the Association launched a project called "R-Day" to help members of the public understand and monitor their "inner worlds", including aspects of their physical and mental health. By teaching the participants about stretching, slow breathing techniques and meditation, the activity was designed to help those suffering from stress to quiet their minds and learn to relax.

Enhancing students' resilience

This year, the Association's School Social Work Department launched the "Joyful Teens – Accepting Challenges, Embracing Life Programme" at seven of the secondary schools which we serve. Through tailor-made activities, including group training, volunteer services, adventure training, parent workshops and teacher training activities, the programme focused on providing a year-long holistic approach to enhancing students' resilience and problem-solving skills, allowing them to recognise and maintain a positive mind-set.



大自然日營
Outdoor day camp



「有人共鳴」活動
"Be the Listener" event

推廣輕鬆減壓方法

為配合關注身、心、靈健康年度主題，本會於2018年10月至2019年6月期間推出「禪繞@社區」，安排認證禪繞畫導師到三間駐校服務中學及本會兩間會所教授禪繞畫之技巧，透過簡單線條，達到釋放壓力的效果，並且在創作過程中，參加者能夠欣賞自己，提升其自信心及成就感。

學習聆聽，培養同理心

輔導組獲平等機會委員會資助舉辦「有人共鳴」活動，當中的「同理心學堂」，讓參加者學習並體驗如何不帶批判地聆聽別人的分享；而「真人圖書館」則邀請了五位受精神困擾的青年或家長，經過事前訓練，在活動當天成為分享個人故事的圖書，讓讀者瞭解他們生命的苦與樂。兩次活動均帶出同理心的重要性，參加者反應非常正面，他們期望社會能提升對精神受困青少年的同理心。

Promoting easy relaxation techniques

Echoing the theme of holistic well-being, the Association held the "Zentangle@Community" programme between October 2018 and June 2019. Certified Zentangle instructors were sent to three of the secondary schools which we serve and two of our centres, teaching students and members Zentangle drawing techniques. Through simple lines and structures, participants were able to ease their tensions, enhance their self-confidence and improve their sense of well-being.

Learning to listen with empathy

The Association's counselling unit was sponsored by the Equal Opportunities Commission as we organised the "'Be the Listener' Empathy Academy and Human Library" event. The event featured sharing sessions where participants learned to listen to other people's stories without being critical. In addition, five young people and parents suffering from emotional distress were invited to share their with the group. The event received positive feedback, with the participants saying they gained a better understanding of those with emotional issues. 📖



健步足球計劃啟動禮
Launching of Hong Kong's first Walking Football League

康體及營地服務 Sports and Camp Services

運動治療服務

本會自2018年9月起，除原有之物理治療服務外，新增一醫療專項，推出運動治療服務，專注於預防體育運動創傷及傷患處理，讓各年齡層愛好體育運動人士，在傷患後能得到專門的治療與合適的運動鍛練，以便能恢復至日常生活與運動表現的最佳水平。目前提供之運動治療服務範圍包括：運動創傷治療、運動傷患預防，以及為運動隊伍比賽時作駐場急救及痛症諮詢等。

健步足球分齡聯賽

本會於2017年成功將健步足球這項新興運動引進香港，介紹給本會會友及公眾人士，讓曾受傷患困擾或較年長人士，也可以重拾踢足球的樂趣。本年度本會更與AXA安盛慈善基金合作，舉辦健步足球分齡聯賽，向50歲或以上的男女會友推廣健步足球運動，藉訓練及比賽過程，不但促進參加者建立恆常運動習慣，更有助他們擴闊生活圈子，提升身心健康。

發展多元化營地活動

本會烏溪沙青年新村於本年度推出STREAM這六大主題，即Sports運動、Technology科技、Recreation康樂、Environment環保、Artistic藝術及Mindfulness基督教靜觀，期望將這六項元素融入營地活動，全方位地令營地使用者得到全面發展。此外，亦與外間機構合作建立電子學習遊踪系統，透過手機應用程式在營內進行遊踪遊戲，將科技結合營地服務，為營友帶來嶄新的體驗。

Offering sports therapy service

The Association has been offering sports therapy services along with physiotherapy services since September 2018. Our sport therapy services focus mainly on preventing and treating sports injuries, and offer treatment to people of all ages after they have received an injury. The major services we offer include sports trauma treatment, sports injury prevention and field-side care for sports teams.



運動治療
Sports therapy service

Establishing the Walking Football League

The Association introduced the sport of walking football to Hong Kong in 2017. Walking football is a new sport which allows seniors and those with chronic illnesses to enjoy the fun of football without the risk of strain or injury. This year, the Association partnered with AXA Foundation to launch Hong Kong's first Walking Football League. Aimed mostly at people aged 50 or above, the League's focus was helping seniors enjoy an active lifestyle and allowing them to broaden their social circles.

Developing diverse campsite activities

The Association's Wu Kwai Sha Youth Village launched six themed activities around the concepts of "STREAM", such as sports, technology, recreation, environment, arts and mindfulness, integrating these six elements into various camp activities. The Association also collaborated with various institutions to establish an e-learning system, giving visitors a brand new experience of the Youth Village through a mobile app. 📱



長者健康檢查
Health check for the Elderly

長者服務 Elderly Services

建立長者健康生活

天平長者鄰舍中心推出「健康生活齊共創」計劃，以回應2018世界衛生日的主題「全民健康覆蓋」，藉不同主題的工作坊、講座及小組活動，提醒長者關注身心健康。計劃不但鼓勵北區的長者養成持續運動的習慣，服務更伸展至偏遠的鄉郊，讓更多使用者受惠。

以音樂作溝通橋樑

柴灣長者鄰舍中心於2018年9月推行「耆妙魔樂師」計劃，鼓勵長者運用音樂的「魔力」與其他群體（如家傭及學生等）分享音樂的樂趣，透過一系列的訓練，與社區不同團體合作表演。計劃除了讓長者有更豐盛的生活及學習體驗，亦促進跨代及不同文化的交流。當中最年長之參加者年屆95歲，而服務參與人士達377人次。

寓遊戲於訓練

為訓練長者的手腦協調及手指的靈活性，本會與香港飛行總會基金合辦「2018長者紙飛機大賽」，藉着這項懷舊玩物讓長者舒展四肢及訓練身體平衡。今屆比賽共有288位來自全港各區長者服務中心及院舍長者組隊參加，當日更有地區長者義工到場為參賽者打氣。

長者紙飛機大賽
Elderly Paper Airplane Contest

Promoting healthy lifestyles to the elderly

In response to the theme of World Health Day 2018 – "Universal health coverage: everyone, everywhere" – the Association's Tin Ping Neighbourhood Elderly Centre launched the "Healthy Life Together" programme. The programme was made up of a series of thematic workshops, seminars and group activities, all designed to remind seniors of the importance of staying healthy. The programme reached out to seniors across both rural and urban areas in North District, encouraging them to make exercise a daily habit.

Communicating through music

In September 2018, our Chai Wan Neighbourhood Elderly Centre launched the "Amazing Voices" scheme which encouraged elderly people to share the fun of music with other groups, like domestic helpers and students. Through a series of training and collaborative performances, the scheme aimed to enrich the lives of seniors and promote inter-generational and cultural exchanges. The scheme attracted 377 participants, with the oldest one being 95 years old.

Organising paper airplane games for flexibility

To maintain hand-eye coordination and finger flexibility in elderly people, the Association and the Hong Kong Aviation Club Foundation jointly organised the fun "Elderly Paper Airplane Contest 2018". A total of 288 elderly people from different centres and care and attention home took part in the event, along with many volunteers who helped the senior participants assemble the airplanes and cheered them on during the competition. 📱



智障人士旅遊活動
Sightseeing for mentally handicapped people

復康服務 Rehabilitation Services

指揮操表演
"Conductorcise" exercise

發掘聽障人士體藝才能

聯青聾人中心於2018年7月至2019年1月舉行「『聾』騰飛躍在體藝」計劃，提供工作坊讓聽障人士學習繪畫及陶瓷藝術，及後於本會專業書院舉行「聽障人士才藝畫展暨陶瓷展」，展出參加者之作品，並讓他們教導公眾繪畫及陶瓷藝術。此外，中心亦舉行「傷健共融籃球賽」，讓聽障及健聽人士在同一平台上進行體育競技。計劃透過不同項目，提升聽障人士的體藝水平及自信，向公眾展示聽障人士擁有與一般人無異的體育及藝術才能。

醒獅隊屢獲好評

由必愛之家一庇護工場及宿舍成員組成之必愛醒獅隊，經專業導師指導及完成全期36節訓練後，獅隊的表現有顯著的進步，學員學會了上板樑、採盆青等難度較高的動作，不但提升表演的觀賞度，同時亦加強學員的手腳協調能力、體力、耐性及團隊合作精神。獅隊更屢次應「中西區國際復康日」、長者日間中心及特殊學校等之邀請作公開表演，獲得公眾的高度讚賞，學員均十分享受表演過程及觀眾的掌聲。

Exploring the talents of the hearing impaired

The Association's Y's Men's Centre for the Deaf ran an inspiring programme for the hearing impaired between July 2018 and January 2019 called "Deaf Can Fly via Sports and Arts", offering painting and ceramic art workshops designed specifically for the hearing impaired. An exhibition was held at the YMCA College of Careers to display the works of the participants and give them the opportunity to teach visitors about painting and ceramic art.

The Centre also organised an integrated basketball competition to enable athletes with hearing impairments and those without hearing problems to compete at the same level. Through various projects, the Association works to improve the physical fitness and self-confidence of the hearing impaired and show the public that they have the same physical and artistic talents as everyone else in society.

Cheers and roars for our lion dance team

After successfully completing 36 training sessions, the Association's mighty lion dance team, made up of members of the Home of Love Sheltered Workshop, has grown from strength to strength. The team members not only learned difficult manoeuvres like the bench trick and "choy cheng", but their physical coordination, strength, patience and team spirit also improved enormously. The team was invited to perform on the International Day of Persons with Disabilities in Central and Western District, as well as at elderly centres and schools – receiving great acclaim from audience members in all locations. 🇮🇵



文化交流活動
Cultural exchange activity

少數族裔服務 Services for Ethnic Minorities



烹飪小組
Cooking class

連結社區網絡

天水圍天晴會所推出「總動『元』社區連線」計劃，透過多元文化工作坊，如舞蹈小組、烹飪活動及語文研習組等，將本地與少數族裔婦女連結，互相認識和欣賞對方的文化和長處。此外，會所亦安排少數族裔青年於元朗區九間中學推行「世界公民」工作坊暨社區導賞團，深化本地青少年對多元文化的認識，體驗少數族裔小店文化，促進少數族裔人士與社區人士的交流。計劃推出以來，參與的本地青少年、婦女及少數族裔人士約達一千人，活動有助推動社區和諧及可持續發展。

Linking community networks to improve inclusion

During the year, the Association's Tin Shui Wai Tin Ching Centre launched their "Linking the Community" programme, aiming to link local people and ethnic minorities through multicultural workshops such as dance groups, cooking activities and language learning groups. The Association also held the Global Citizen Workshop and Tour for local young people, allowing them to explore several interesting shops operated by ethnic minorities. The programme has drawn over 1,000 participants since its launch, and helped promote harmony and sustainable development throughout the community. 🇮🇵

本會透過開辦幼稚園、小學、中學及持續教育服務，為本港社會培育

富創意、善用資訊科技，兼具服務精神的新一代。

We have shown our commitment to nurturing and inspiring a new generation of Hong Kong youth who are rich in creativity, knowledge of information technology, and a service-oriented attitude through setting up kindergartens, primary schools, secondary schools and continuing education services.



聖誕報佳音活動
Christmas carols

中華基督教青年會幼稚園、 中華基督教青年會葵涌幼稚園、 中華基督教青年會上水幼稚園

Chinese Y.M.C.A. Kindergarten,
Chinese YMCA Kwai Chung Kindergarten
and Chinese Y.M.C.A. Sheung Shui Kindergarten



親子運動會
Parent-Child Sports Day



青小學生參與國際兒童運動智能大賽
Our primary school students participating in the
ISF International Sports Festival

中華基督教青年會小學 Chinese Y.M.C.A. Primary School



促進教師專業發展

本會幼稚園參與由教育局推出的「內地與香港教師交流及協作計劃」，內地交流人員透過定期到校，與教師作集體備課、觀課和課後討論，促進兩地教師在兒童體能、健康及藝術範疇的交流，共同設計創新教材及活動，設立探討提升幼稚園教育水平的模式和策略的平台。活動 加深教師對幼兒體能與身心健康的關注，讓教師更靈活及有效運用資源創設學習環境，設計多元化、不同層次的體能活動，協助幼兒養成強健的體魄。

Promoting the professional development of teachers

Earlier this year, the Chinese Y.M.C.A. Kindergarten took part in the Mainland-Hong Kong Teacher Exchange and Collaboration Programme organised by the Education Bureau. During the project period, teachers from the mainland made regular visits to the kindergarten and co-planned a diverse series of lessons and after-school activities, jointly developed creative teaching materials with local teachers, and helped draw up strategies for improving the overall education level of kindergartens in both regions. The programme helped to improve teachers' attention regarding children's physical and emotional health, allowing teachers to use their resources more flexibly and help young children develop strong minds and strong bodies. 🇭🇰

推廣身心全方位健康

為關顧學生身心的全面發展，青年會小學積極鼓勵學生參與不同的活動及比賽，吸收新知識及拓展視野。校方於2018年12月派出6位學生出戰在新加坡舉行的全球首屆國際兒童運動智能大賽，與超過80位來自內地、台灣、新加坡及馬來西亞的參賽選手切磋，比賽透過核心運動技能，以遊戲方式進行10多個競技項目，青年會小學其中4位代表更取得驕人成績。此外，同學們於比賽期間，認識到不同種族人士的起居生活及文化特色，得以增廣見聞。

Encouraging all-round student development

To show how much the school cares for the overall development of its students, the Chinese Y.M.C.A. Primary School constantly encourages students to participate in different activities and competitions. This year, the school sent 6 students to the first ISF International Sports Festival in Singapore, where they competed with over 80 contestants from Taiwan, mainland China, Singapore and Malaysia. The event featured dozens of games and 4 students from the Chinese Y.M.C.A. Primary School achieved remarkable results. Overall, the students had plenty of opportunities to broaden their horizons by exchanging ideas and experiences with people from around the world and learning across cultures. 🇭🇰



水上運動訓練
Water sports training

Island Christian Academy



國際小學組織學生探訪區內長者
Students of our international primary school
visiting the elderly in the community



社交及情感學習課程
Social and emotional curriculum

培育學生關愛社區

Island Christian Academy國際小學本年度其中一項重要成就，乃獲得國際學校協會(CoIS) 及英國國際小學課程(IPC)之認可資格。而在學術方面，校方編排之學術課程在國際學校評核中表現優秀，並且超越不少亞太區內的國際學校，在同儕之中脫穎而出。

本年度，校方推出嶄新的社交及情感學習課程，為校內所有班級提供一套整全的學習模式。同時，配合校方持續推行的服務學習計劃，更有效地在校園以外實踐對社區的關愛。此學習計劃在過去一年日漸增長，除了地區上的一所護老院外，學校亦加強了與上環以及蘇豪地區的社區聯繫。

Nurturing students to love their Community

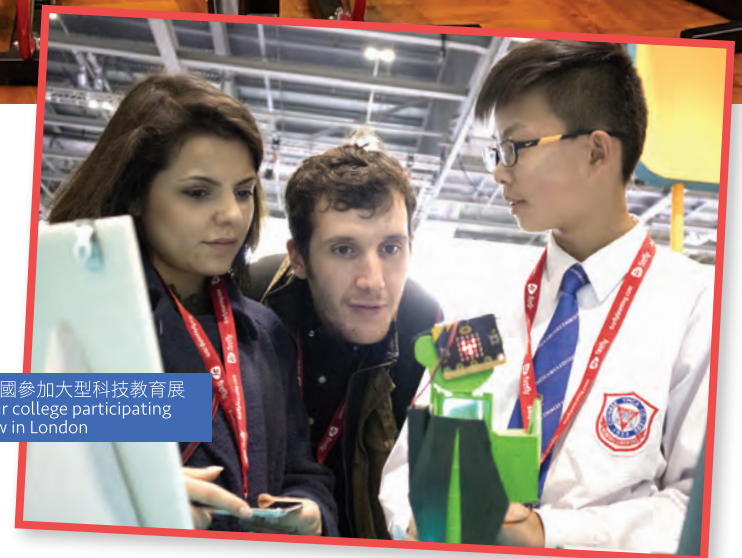
A particular highlight of this year was the Island Christian Academy's successfully accreditation by the Council of International Schools (CoIS) and the International Primary Curriculum (IPC). The Academy's academic programme remains outstanding, as evidenced by our outstanding results in the International Schools Assessment (ISA) results which placed us above many of our peer schools across the Asia Pacific region.

This year, the Academy also implemented a new Social and Emotional (SEL) Curriculum. This is a rigorous and comprehensive programme which spans all of our primary classes. Meanwhile, our Service Learning Programme remained an excellent way to show our commitment to promoting love in the community outside of the confines of our school campus. This year, the programme grew and expanded the relationship with a local retirement home and other entities in Sheung Wan and Soho areas of Hong Kong Island. 🇭🇰



動感單車邀請賽
Fitness Cycling Competition

青年會書院
Chinese Y.M.C.A. College



青書學生赴英國參加大型科技教育展
Students of our college participating
the BETT Show in London

推廣校園體適能文化

為鼓勵學生恆常參與體育活動，按世界衛生組織建議每日運動60分鐘，青年會書院與中國香港體適能總會及香港才能教育研究會聯合主辦「動感單車 x FIT先導計劃」，協助本港中學在校推廣體適能工作，發展活躍及健康的校園生活。書院亦於2019年1月19日舉行「活躍及健康校園動感單車邀請賽」，集合15間中學、共250位學生透過螢幕進行模擬單車公路賽，將運動訓練與嶄新科技結合，打造充滿動感活力的校園生活。

Supporting a culture of fitness on campus

Keeping in mind that the World Health Organization recommends 60 minutes of daily exercise as a general benchmark, the Chinese Y.M.C.A. College, the Physical Fitness Association of Hong Kong and the Hong Kong Competency Education Research Institute jointly organised the "Fitness Cycling x FIT Pilot Scheme" to promote physical fitness in schools and encourage students to develop an active and healthy campus life. On 19 January 2019, a total of 250 students from 15 secondary schools competed against each other in a simulated cycling road race, combining sports training with innovative technology to help create a fun and engaging school memory. 🇭🇰



著名籃球教練Zack Jones到訪青中指導學生球技
Famous basketball coach Mr. Zack Jones visiting our secondary school and teaching students basketball techniques



貴港兩地學生就酒店及旅遊業務進行交流
Guizhou-Hong Kong students exchanging their views on Hotel and Tourism

中華基督教青年會中學 Chinese Y.M.C.A. Secondary School



校園年宵活動
Lunar New Year Fair in our campus

實踐所學，連繫社區

青年會中學於農曆新年開放校園舉辦年宵活動，由學生、家校會、學校教會合作營運30多個攤位，開放予學生親友及天水圍區坊眾入場。全校師生皆全情投入參與，各班級從構思到籌備、採購，以至營銷的過程都親力親為，將所學知識活學活用。一連三天的年宵活動共有逾3,000人參與，所得之營運收益均用於慈善捐款。另外，校方亦捐出部分善款及派出師生代表，參與由本會大學及學院青年會部策劃，在柬埔寨興建兒童遊樂場之行動。

Practicing learning, connecting to communities

During the Chinese New Year holiday, the Chinese Y.M.C.A. Secondary School organised its annual Lunar New Year Fair on campus. Over 30 booths were operated by students, the parent-teacher association and school alliance churches. All the teachers and students were fully engaged in the fair from the conception and preparation stages through to procurement and marketing. The three-day event drew over 3,000 visitors and the proceeds raised either went to charity or were used as subsidies to sponsor students and teachers to participate in the construction of children's playgrounds in Cambodia.

青年會專業書院 YMCA College of Careers



全港3D打印比賽參賽作品
Products of 3D Print Portrait Design Competition

拓展學生行業視野

青年會專業書院開辦之酒店及旅遊業務營運文憑課程，結合學習與職場元素，為有志投身酒店及款待業的學員，提供切合市場需要的訓練。本年度校方並聯同貴州建設職業技術學院，舉辦「『走向貴州』貴港兩地學生雙向交流之旅2018」，帶領修讀酒店及旅遊管理之學員前往貴州，探訪貴州建設職業技術學院及與當地學生交流，參觀旅遊景點及酒店，增加瞭解國內的教學模式、當地旅遊和酒店設施等，增強學員對酒店及旅遊行業發展的認識。

Improving students' career prospects

This year, the YMCA College of Careers launched a diploma course in Hotel and Holiday Business Operation that combines learning and workplace elements in order to provide training that meets the needs of the current market. The Association also collaborated with the Guizhou Polytechnic Construction on a Guizhou-Hong Kong Exchange Tour, taking hotel and tourism management students from Hong Kong to the Guizhou Polytechnic Construction. Students were exposed to the domestic teaching models used in Guizhou and learn about the local tourism and hotel facilities. This greatly enhanced their understanding of the development of the hotel and tourism industry both at home and in China.

本會轄下設有兩所賓館，為旅客提供優質的 **住宿、餐飲及宴會服務**，所有賓館的營運收益，均用於本會慈善活動上。

The Association runs two hostels, at which we strive to provide quality **accommodation, dining and banqueting services** to our customers. All the operating profit realised from these properties are used to subsidise charitable events held by YMCA.



城景國際
The Cityview

城景國際十周年晚宴
The 10th Anniversary Dinner of The Cityview



賓館員工植樹活動
Tree planting activity for staff members

「十·傳·拾美」十周年

為慶祝重新命名十周年，城景國際於2018年精心策劃一系列「十·傳·拾美」活動及優惠，當中包括提供住宿及婚宴套餐優惠、限定餐飲券及製作十周年蛋糕，又推出「你減廢·我減費」、「萬步·漫遊」環保減排等活動，與旅客攜手實踐綠色旅遊。此外，城景國際亦舉辦了員工植樹活動及十周年員工晚宴，共創美好回憶。

The Cityview's 10th anniversary

To celebrate the tenth anniversary of the establishment of The Cityview, the hostel demonstrated "The Ultimate in Hospitality" theme through a variety of promotions and activities, including accommodation and wedding banquet packages, food and beverage vouchers, as well as a 10th anniversary cake and a number of environmental protection activities that brought the practice of green tourism alive for visitors. The Cityview also held a tree planting event and an anniversary dinner for staff as a way of thanking them for their service.

灣景國際
The Harbourview



灣景國際獲至尊慳神大獎
The Harbourview won the "Hanson Grand Award"

節能工作成效卓著

灣景國際持續優化賓館的設備，減少能源消耗；又以綠色設計應用於客房的翻新工程，提升能源效益之成效令人滿意。灣景國際更定期為員工安排講座和參觀活動，提升員工的節能和環保意識。透過實施有效的計劃，灣景國際在環境局及機電工程署共同舉辦之「慳神有計大比拼2017」中，奪得酒店組別的「至尊慳神大獎」，成為首間獲得此獎項的賓館。

Electrifying results in power conservation

This year, The Harbourview continued to optimise the hotel's equipment to reduce energy consumption and apply green practices across its operations. The Harbourview also continued to regularly organise lectures and tours for employees to enhance their energy conservation and environmental awareness. Through the effective implementation of the scheme, The Harbourview won the "Hanson Grand Award" in the hotel category at the "Energy Saving Championship Scheme 2017" jointly put on by the Environment Bureau and the Electrical and Mechanical Services Department.



人才培訓

Staff Development

熱誠

Passion

本會擁有一套完善的兒童少年游泳獎勵計劃，鼓勵會友從小開始有系統地學習游泳。本會泳隊成員更在本港及國際賽事中屢獲佳績。

The Association's comprehensive Youth and Teens Aquatics Scheme encourages children to learn swimming in a step-by-step, progressive way. Over the years, our highly-regarded swimming team has received a number of awards at local and international competitions.



健步足球課程
Walking football course

為鼓勵僱員多做運動，本會在過去一年舉辦「同工運動獎勵計劃」，透過訓練運動大使，推動及帶領各單位同工參與運動。計劃以「Green Monday, Fit Friday」為口號，於星期一派發水果以鼓勵同工多行樓梯、少用電梯，以及於星期五騰出半小時做運動。又舉辦一連串訓練課程，包括：循環訓練及伸展運動班、水上活動工作坊、健步足球課程、Smart 運動體能訓練班、瘦身瑜伽班、強筋健體操、健身入門班及一級運動攀登訓練證書課程等。同工運動獎勵計劃更設有多個獎項，包括個人獎及單位最積極參與獎等以示鼓勵。

此外，會方於2018年10月16日在烏溪沙青年新村舉行「2018年事工研討會」，主題為「身心靈健康」，透過專題講座、工作坊及各式活動，讓同工認識及體驗各種放鬆及減壓方法，繼而構思將各類提升身心靈健康之活動融合於服務中。

在2018至19年度，本會內部共舉辦126個同工培訓課程，合共3,332人次參加，當中包括專業提升訓練項目，例如：情緒導向治療課程、新晉領袖訓練、性格透視認證課程、綜合調解員證書課程及身心靈系列之培訓項目。本會並為前線同工提供工作技能訓練，例如：食物安全與營養資訊、聖約翰急救證書課程、ICAC 講座及電腦技能提升課程等。

To encourage our staff members to stay active, this year the Association launched the Staff Members Sports Awards Scheme. On top of appointing and training sports ambassadors to urge staff from each of our service units to engage in sports, we also used the slogan "Green Monday, Fit Friday" to motivate people to take the stairs instead of using elevators. The scheme also hosted a series of training courses, including cycling training and stretching classes, water sports workshops, walking football courses, yoga classes, introductory fitness classes, and others. The scheme also gave out a number of awards including individual awards and the "Most Actively Participating Unit Award" in recognition of the efforts of participants.

The Association also held the Ministry Seminar 2018 at the Wu Kwai Sha Youth Village on 16 October 2018. The theme was "Body, Mind and Spiritual Health", and through thematic lectures, workshops and various other activities, staff members were able to experience different ways of relaxing and decompressing, giving them inspiration to come up with their own ideas for activities to improve the health of their bodies and minds.

The Association held a total of 126 staff training courses for 3,322 participants in 2018 and 2019, these included professional training workshops and courses like the Emotionally Focused Therapy course, New Leadership Training, a Personality Dimensions Qualified Facilitator course, a general mediator training course and others. The Association also provided vocational training for frontline staff, with courses including food safety and nutrition information, a St. John's First Aid certificate course, an ICAC lecture and a computer skills enhancement course.



Circle Painting工作坊
Circle painting workshop



新晉領袖訓練
New leadership training



一級運動攀登訓練證書課程
Level 1 Sport Climbing Certificate Course

尊重

Respect

手綿球由日本名古屋青年會發明, 2009年由本會引入香港, 由於球身為海綿構造, 輕巧安全, 適合長幼人士參與。

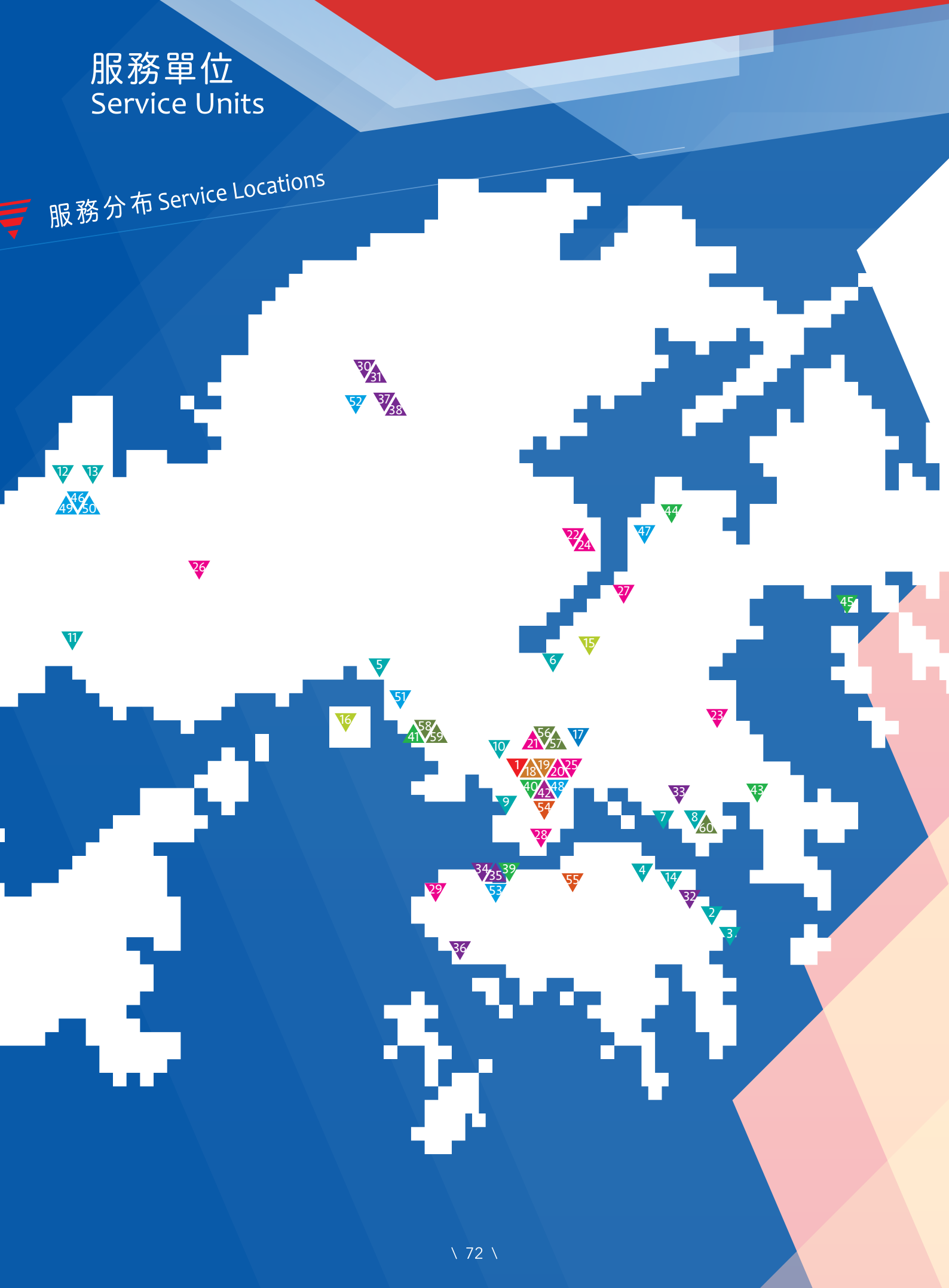
Taspony was invented by the Nagoya YMCA in Japan and was introduced to Hong Kong by the Association in 2009. The taspony ball is made of a sponge material that is both light and safe, making it a suitable sport for people of all ages.

服務單位
Service Units



服務單位
Service Units

服務分布
Service Locations



1 9 2 9
總辦事處
Administration Office

兒童及青少年服務
Children & Youth Services

- 1 9 7 5
2 柴灣會所
Chai Wan Centre
- 1 9 9 7
3 小西灣會所
Siu Sai Wan Centre
- 1 9 8 8
4 康怡會所
Kornhill Centre
- 1 9 6 1
5 荃灣會所
Tsuen Wan Centre
- 1 9 6 0
6 顯徑會所
Hin Keng Centre
- 1 9 6 3
7 觀塘會所
Kwun Tong Centre
- 1 9 7 4
8 藍田會所
Lam Tin Centre
- 2 0 0 1
9 佐敦會所
Jordan Centre
- 1 9 5 6
10 石硤尾會所
Shek Kip Mei Centre
- 1 9 8 2
11 屯門會所
Tuen Mun Centre
- 2 0 0 1
12 天水圍天澤會所
Tin Shui Wai Tin Chak Centre
- 2 0 0 9
13 天水圍天晴會所
Tin Shui Wai Tin Ching Centre

特殊學習支援服務
Special Education Support Service

- 2 0 1 4
14 黃傳經學生發展中心
Wong Chuen King Student Development Centre

外展社會工作
Outreaching Social Work

- 1 9 8 8
15 沙田青少年外展社會工作隊
Shatin Youth Outreaching Social Work Team
- 1 9 8 9
16 葵青及荃灣青少年外展社會工作隊
Kwai Tsing & Tsuen Wan Youth
Outreaching Social Work Team

學校社會工作
School Social Work

- 1 9 7 9
17 學校社會工作部
School Social Work Department

基督教事工
Christian Ministry

- 1 9 8 7
18 基督教事工部
Christian Work Department

輔導服務
Counselling Services

- 1 9 9 6
19 輔導組
Counselling Unit

大學及學院青年會
University & College YMCA

- 2 0 1 0
20 大學及學院青年會部
University & College YMCA Department
- 2 0 0 3
21 大學青年會(香港浸會大學)
Uni-Y (HKBU)
- 2 0 0 7
22 大學青年會(中大崇基)
Uni-Y (CCC CUHK)
- 2 0 1 0
23 大學青年會(香港科技大學)
Uni-Y – HKUST
- 2 0 1 0
24 大學青年會(香港中文大學)
Uni-Y (CUHK)
- 2 0 1 0
25 學院青年會(青年會專業書院)
College YMCA (YMCA College of Careers)
- 2 0 1 0
26 大學青年會(嶺南大學)
Uni-Y (LU)
- 2 0 1 1
27 大學青年會(香港恒生大學)
Uni-Y (HSUHK)
- 2 0 1 2
28 大學青年會(香港理工大學)
Uni-Y (PolyU)
- 2 0 1 3
29 大學青年會(香港大學)
Uni-Y (HKU)

長者服務
Elderly Services

- 1 9 8 9
30 天平長者鄰舍中心
Tin Ping Neighbourhood Elderly Centre
- 1 9 8 9
31 天平頤康之家
Tin Ping Care & Attention Home for the Elderly
- 2 0 0 1
32 柴灣長者鄰舍中心
Chai Wan Neighbourhood Elderly Centre

復康服務
Rehabilitation Services

- 1 9 8 9
33 聯青聾人中心
Y's Men's Centre for the Deaf
- 1 9 9 5
34 必愛之家宿舍
Home of Love Hostel
- 1 9 9 5
35 必愛之家—庇護工場
Home of Love – Sheltered Workshop
- 1 9 9 7
36 華愛之家宿舍
Home of Love – Wah Fu Hostel
- 2 0 0 1
37 盛愛之家宿舍
Home of Love – Yung Shing Hostel
- 2 0 0 1
38 盛愛之家—庇護工場
Home of Love – Yung Shing Sheltered Workshop

康樂體育事工
Recreational & Sports Services

- 1 9 1 8
39 必列者士街會所
Bridges Street Centre
- 1 9 2 9
40 九龍會所
Kowloon Centre
- 1 9 8 2
41 新界會所
New Territories Centre

物理治療服務
Physiotherapy Service

- 2 0 1 4
42 物理治療服務
Physiotherapy Service

營地服務
Camp Services

- 1 9 5 9
43 獅子會—青年會將軍澳青年營
Lions – YMCA Junk Bay Youth Camp
- 1 9 7 0
44 烏溪沙青年新村
Wu Kwai Sha Youth Village
- 1 9 7 1
45 聯青社—青年會黃宜洲青年營
Y's Men – YMCA Wong Yi Chau Youth Camp

教育服務
Education Services

- 1 9 4 6
46 中華基督教青年會中學
Chinese Y.M.C.A. Secondary School
- 1 9 5 2
47 青年會書院
Chinese Y.M.C.A. College
- 1 9 9 5
48 青年會專業書院
YMCA College of Careers
- 2 0 0 0
49 中華基督教青年會小學
Chinese Y.M.C.A. Primary School
- 2 0 0 1
50 中華基督教青年會幼稚園
Chinese Y.M.C.A. Kindergarten
- 2 0 0 7
51 中華基督教青年會葵涌幼稚園
Chinese YMCA Kwai Chung Kindergarten
- 2 0 0 8
52 中華基督教青年會上水幼稚園
Chinese Y.M.C.A. Sheung Shui Kindergarten
- 2 0 1 2
53 Island Christian Academy

賓館服務
Hostel Services

- 1 9 6 6
54 城景國際
The Cityview
- 1 9 8 5
55 灣景國際
The Harbourview

社會企業
Social Enterprises

- 2 0 1 3
56 YM Café
- 2 0 1 3
57 YMCA Store
- 2 0 1 4
58 青新駅
New Creation Depot
- 2 0 1 4
59 YM Balloon
- 2 0 1 8
60 花樂·誰家
YM Fleur

總辦事處

Administration Office

總幹事 / 行政總監

劉俊泉先生

General Secretary / Chief Executive

Mr. Lau Chun-chuen, Karl

副總幹事 / 社會服務總監

李慶偉博士

Deputy General Secretary / Chief Social Services Officer

Dr. Lee Hing-wai, Bonson

副總幹事 / 財務總監

黃宗義先生

Deputy General Secretary / Chief Financial Officer

Mr. Wong Chung-ye, Johnny

教育總監

陳大福先生

Chief Education Officer

Dr. Chan Tai-fuk, Steve

審計部

Internal Audit Department

主管 / 審計經理

關潔雲女士

In-charge/Internal Audit Manager

Ms. Kwan Kit-wan, Wiki

審計副經理

黎少文先生

Assistant Manager (Internal Audit)

Mr. Lai Siu-man, Zenon

財務部

Finance Department

高級財務經理 - 社會服務

吳淑美女士

Senior Finance Manager - Social Services

Ms. Ng Shuk-mei, Lilian

高級財務經理 - 投資

李志信先生

Senior Finance Manager - Investment

Mr. Lee Chi-shun, Larry

財務經理 - 賓館

周 洪女士

Finance Manager - Hospitality

Ms. Chow Hung, Doris

資訊科技部

Information Technology Department

主管 / 資訊科技高級經理

關偉賢先生

In-charge/Senior Manager (IT)

Mr. Kwan Wai-yin, William

資訊科技服務經理

陳炳光先生

Service Manager (IT)

Mr. Chan Ping-kwong, Bernard

高級系統工程師

孔繁超先生

Senior System Engineer

Mr. Hung Fan-chiu

黎語堂先生

Mr. Lai Yu-tong, Tommy

秘書室

Secretarial Office

行政經理

林瑞鳳女士

Administrative Manager

Ms. Lam Sui-fung, Cindy

會產部

Property & Maintenance Department

主管 / 會產經理

李銘堃先生

In-charge/Property & Maintenance Manager

Mr. Lee Ming-kwan

設施經理

張偉強先生

Facility Manager

Mr. Cheung Wai-keung, Alex

採購服務經理

陸慶梁先生

Procurement Services Manager

Mr. Luk Hing-leung, Leslie

九龍會所 - 事務部

Kowloon Centre - Business Department

主管

梁志航先生

In-charge

Mr. Leung Chi-hong, Anthony

人力資源部

Human Resources Department

主管 / 執行幹事

姚友蘭女士

In-charge/Executive Secretary

Ms. Yow Yau-lan, Yvonne

經理(人力資源)

何月麗女士

Manager (Human Resources)

Ms. Ho Yuet-lai, Cindy

人力資源副經理

李婉茵女士

Assistant Manager (Human Resources)

Ms. Lee Yuen-yan, Joyce

人力資源主任

黃麗雅女士

Human Resources Officer

Ms. Wong Lai-nga, Lea

黃佩怡女士

Ms. Wong Pui-yee, Priscilla

關慧賢女士

Ms. Kwan Wai-yin, Winnie

譚璟珊女士

Ms. Tam King-shan, Ivy

朱嘉麗女士

Ms. Chu Ka-lai, Koey

基督教事工部

Christian Work Department

會牧

李錦定牧師

Chaplain

Rev. Li Kam-ting, Paul

助理主任幹事

陳婉華女士

Assistant Principal Programme Secretary

Ms. Chan Yuen-wah, Olivia

林惠健先生

Mr. Lam Wai-kin, Ivan

劉志成牧師

Rev. Lau Chi-shing Stephen

何其偉牧師

Rev. Ho Kee-wai, Patrick

朱子溢先生

Mr. Chu Tsz-yat

助理程序幹事

葉志豪先生

Assistant Programme Secretary

Mr. Ip Chi-ho, Chris

輔導組

Counselling Unit

主管 / 臨床心理學家

余欣泉女士

In-charge/Clinical Psychologist

Ms. Yu Yun-chuen, Rachel

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Assistant Principal Programme Secretary

Mr. Ma Hing-man, Bean

黃芷芳女士

Ms. Wong Tsz-fong, Ida

葉思雅女士

Ms. Yip Sze-nga, Esther

策劃及拓展部

Strategy & Development Department

協調幹事

蕭婉玲女士

Coordinating Secretary

Ms. Shiu Yuen-ling, Jessica

知識管理及策劃科

Knowledge Management & Strategy Section

主管

蕭婉玲女士

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黃建豪先生

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李逸熙先生

Mr. Lee Yat-hei

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Research Officer

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姚頌霖先生

Assistant Service Development Officer

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梅可兒女士

Ms. Mui Ho-yi, Zoe

業務發展助理

黃小燕女士

Service Development Assistant

Ms. Wang Siu-yin, Jan

機構傳訊及市場拓展科

Corporate Communications & Marketing Section

傳訊主任(出版)

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高級傳訊主任(義工事務)

黃幟慧女士

Senior Communications Officer (Volunteer Service)

Ms. Wong Kwok-wai, Venus

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陳美莉女士

Communications Officer (Media)

Ms. Chan Mei-lee, Tim

傳訊主任(宣傳)

曾卓加女士

Communications Officer (Promotions)

Ms. Tsang Cheuk-ka, April

傳訊主任(社交媒體)

羅德華先生

Communications Officer (Social Media)

Mr. Law Tak-wah, Tony

助理傳訊主任(會員事務)

張希文女士

Assistant Communications Officer (Membership)

Ms. Cheung Hei-man, Monica

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Regional Social Service 1

執行幹事

李道生先生

Executive Secretary

Mr. Li To-sang

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周敏璇女士

Ms. Chau Man-suen, Chloe

鍾俊仁先生

Mr. Chung Chun-yan, Steve

張朝麟先生

Mr. Cheung Chiu-lun, Cheston

助理主任幹事 (特)

黃惠嫻女士

Assistant Principal Programme Secretary (SP)

Ms. Wong Wai-han

程序幹事

李國文先生

Programme Secretary

Mr. Lee Kwok-man

徐偉謙先生

Mr. Tsui Wai-him, Nicodemus

葉慧儀女士

Ms. Ip Wai-yee, Polly

羅 艷女士

Ms. Law Yim, Grace

譚敬慈女士

Ms. Tam King-chi, Rita

助理程序幹事

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Assistant Programme Secretary

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謝叙倫先生

Mr. Tse Chui-lun

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Siu Sai Wan Centre

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黃月茹女士

Programme Secretary

Ms. Wong Yuet-yu

黃曉琳女士

Ms. Wong Hiu-lam, Danica

何 沫女士

Ms. Ho Mut, Miranda

助理程序幹事

張小玲女士

Assistant Programme Secretary

Ms. Cheung Shiu-ling, Thomas

洪偉亮先生

Mr. Hung Wai-leung, Thomas

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副校長
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錢志明先生
梅志文先生

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Principal
Mr. Lau Kwok-leung, Gyver
Vice-Principal
Ms. Ng Yuk-lin
Ms. Yim Yin-heung
Assistant Principal
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人力資源經理
歐愛儀女士
行政管家
陳慶團先生
餐飲經理
吳健忠先生
市場傳訊經理
陳進穎女士
總工程師
葉佐坤先生
保安經理
賴學銘先生

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Executive Assistant Manager
Ms. So Lai-shan, Lisa
Director of Sales
Ms. Cheung Yuk-mun, Mendy
Human Resources Manager
Mr. Ng Oi-ye, Michelle
Executive Housekeeper
Mr. Chan Hing-tuen, Joe
Food & Beverage Manager
Mr. Ng Kin-chung, Simon
Marketing Communications Manager
Ms. Chan Chun-wing, Jenny
Chief Engineer
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署理人力資源經理
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工程經理
胡惠忠先生
餐飲部經理
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行政總廚
李世聰先生

General Manager
Mr. Leung Ming, Harrison
Executive Assistant Manager
Ms. Cheung Pui-kwan, Ponnice
Front Office Manager
Mr. Lam Ching-wang, Terence
Acting Human Resources Manager
Ms. Lee Yuen-yan, Joyce
Executive Housekeeper
Mr. Wan Wai-leung, Alain
Engineering Manager
Mr. Wu Wai-chung
Food & Beverage Manager
Mr. Ng Kai-man, Ken
Executive Chef
Mr. Lee Sai-chung, Kelvin



堅持

Persistence

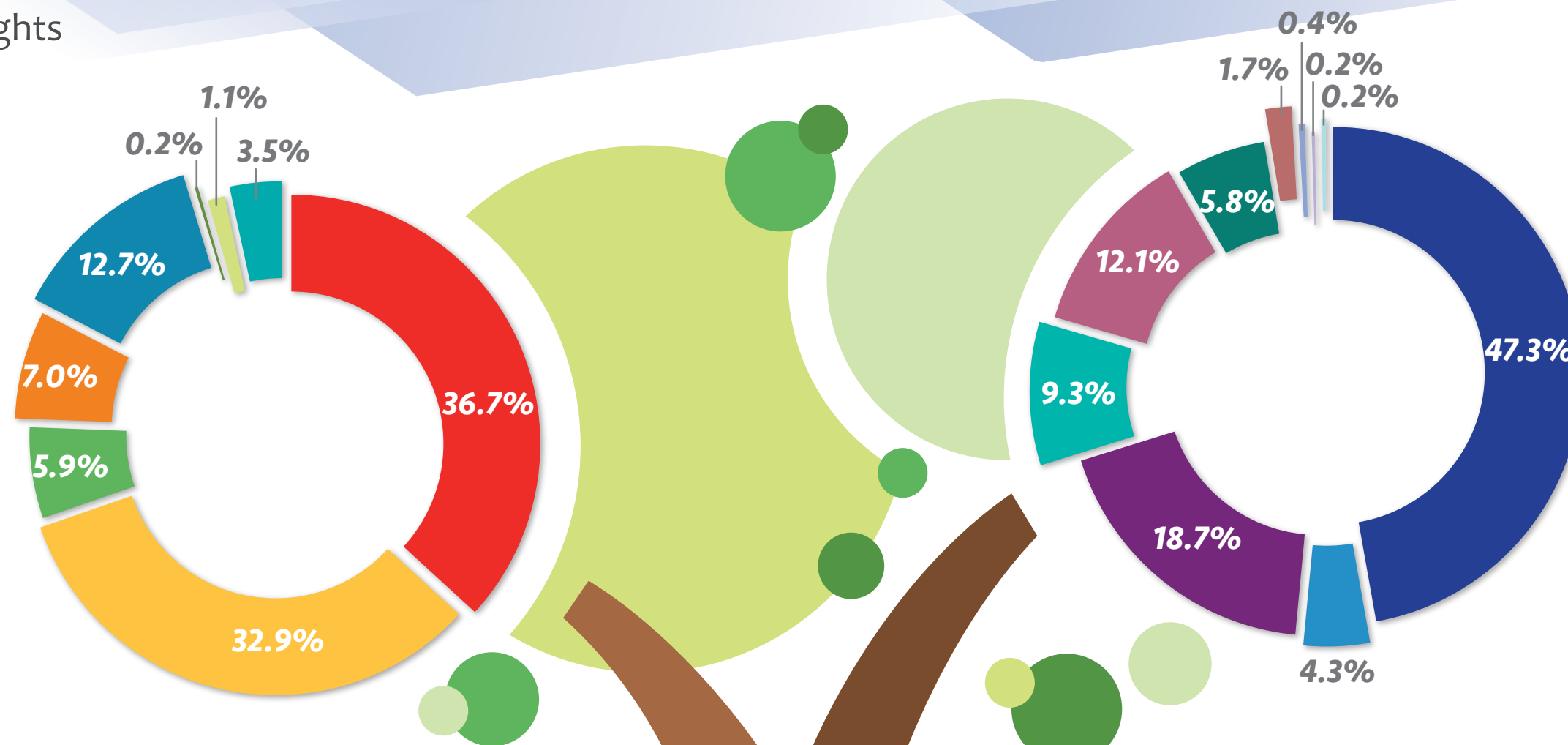
近年本會由英國引進「只准行，不准跑」的健步足球，讓曾受傷患困擾或較年長的一群，也能享受踢足球的樂趣。

Recently, the Association introduced a brand-new sport called walking football to Hong Kong. As running is not allowed, older players and those with chronic illnesses can continue to enjoy the game of football.

財務摘要
Financial Highlights

財務摘要 Financial Highlights

(2018至2019年度營運業績－港幣佰萬)
(2018-2019 Operating Result - HK\$ million)



營運收入 Operating Income

	2018/19 \$	2017/18 \$
政府資助 Government Subventions	431.2	406.7
賓館服務 Hostel Services	385.3	360.7
營地服務 Camp Services	69.1	66.7
學費 Education Fee	81.9	76.9
程序活動 Programmes	149.4	153.6
會費 Membership Fee	1.9	1.9
捐獻 Donations	12.5	6.2
由其他儲備撥入 Transfer from Other Reserves	41.5	0
	\$1,172.8	\$1,072.7

支出與分配 Expenditures & Allocations

	2018/19 \$	2017/18 \$
薪酬及相關支出 Staff & Related Cost	554.1	465.6
食材成本 Cost of Food	50.7	48.7
教育服務 Education Services	219.2	193.5
程序活動 Programmes	108.9	102.1
其他營運支出 Other Operating Cost	141.7	130.6
折舊 Depreciation	68.5	64.8
租金、差餉、管理費 Rent, Rates and Management Fees	20.4	21.4
中央項目 Central Items	4.7	4.7
獎券基金資助項目 Lotteries Fund Expenditure	2.1	2.9
捐獻 Donations	2.5	3.1
其他撥備 Transfer to Other Reserves	0	35.3
	\$1,172.8	\$1,072.7

有關機構運用整筆撥款儲備的資訊，公眾可於辦公時間內於本會機構傳訊及市場拓展科或可於以下連結查閱：
The information of Lump Sum Grant Reserve is available for public inspection during regular business hours at Chinese YMCA of Hong Kong's Corporate Communications & Marketing Section,
or by clicking on the following link:
http://www.ymca.org.hk/zh-hant/annual_report

Friendship

友誼

板球運動在本港普及於南亞裔人士之間。本會透過板球活動接觸少數族裔青年，幫助他們融入社區。

Cricket is a popular sport among South Asians in Hong Kong. Through games of cricket, the Association is building connections with ethnic minority youths and helping to integrate them into the wider community.

鳴謝

Acknowledgements



鳴謝
Acknowledgements

(以 筆 劃 按 序 排 列)
(List in alphabetical order)

我們衷心感謝下列機構、團體、部門及個別人士對本會的捐助及支持。倘有錯漏，敬祈見諒。

We would like to express our gratitude to the following companies, organisations, departments and individuals for the generous donation and support to our services. Should there be any missing, please accept our apologies.

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Hewlett-Packard HK SAR Limited
Microsoft Hong Kong Limited
Nexify Limited
Prime Living Limited
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Smart Pixels Technology Ltd.
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Union Bancaire Privee Hong Kong
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又一村花園俱樂部
大埔浸信會天澤福音堂
大新銀行
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中國基督教播道會恩福堂
中國移動香港有限公司
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中華基督教青年會小學家長教師會
中華基督教會上水堂
中華基督教會小西灣堂
中華基督教會馮梁結紀念中學
中華傳道會安柱中學
仁愛堂田家炳中學
元朗公立中學校友會英業小學
元朗公立中學校友會鄧兆棠中學
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香港理工大學
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