



香港中華基督教青年會
Chinese YMCA of Hong Kong



01 02 03 04 05 06

Environmental friendly

Poverty



01 02 03 04 05 06 07

Healthcare



使他們都合而為一。

That all of them may be one.

約翰福音 John 17:21

Peace

年報
2019-20
Annual
Report



關於香港中華基督教青年會 About Chinese YMCA of Hong Kong



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關於香港中華基督教青年會 About Chinese YMCA of Hong Kong

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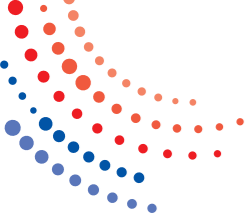
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關於香港中華基督教青年會 About Chinese YMCA of Hong Kong

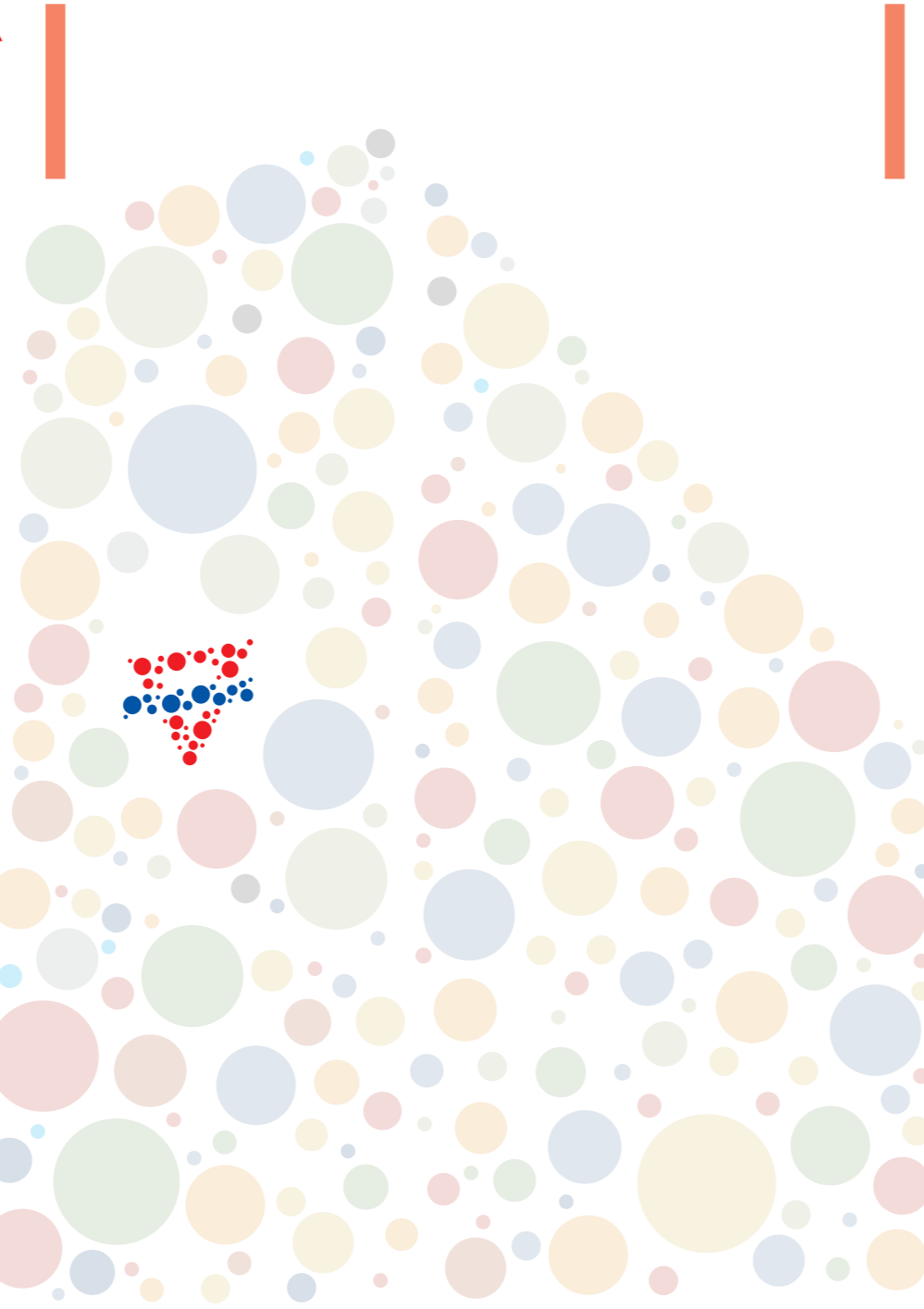
使命宣言 Mission Statement

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. 



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:

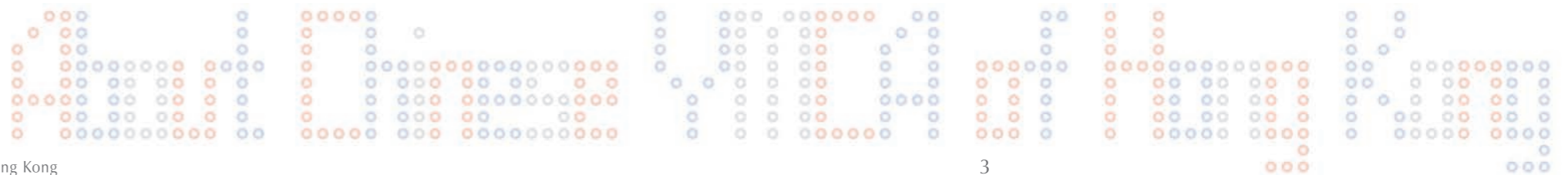
1. through which members could develop their interests,
2. to promote meaningful socialisation, sports and recreational, cultural, educational activities; and to cultivate the spirit to serve among young people,
3. to promote Christian ethics,
4. to enhance the well-being of the individual,
5. to enable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



簡介 Background



名譽會長
Hon. Presidents



郭志權博士
Dr. Philip Kwok Chi Kuen,
S.B.S., J.P.



周近智律師
Mr. Roland Chow Kun Chee



鄭漢鈞太平紳士
Dr. Cheng Hon Kwan,
G.B.S., O.B.E., J.P.



陳樹安博士
Dr. Cecil S.O. Chan



周永新教授
Prof. Nelson W.S. Chow,
S.B.S., J.P.



鄭志仁教授
Prof. Frank C.Y. Cheng
(2020/10/5 Deceased)

董事會
Board of Directors

會長
President



丘頌云先生
Mr. Yau Chung Wan

副會長
Vice President



鄭卓生博士
Dr. Arnold Cheng Cheuk Sang

義務書記
Hon. Secretary



蔡克剛律師
Mr. Herbert H.K. Tsoi,
B.B.S., J.P.

義務司庫
Hon. Treasurer



任德輝先生
Mr. Ronald T.F. Yam

董事
Directors



郭志權博士
Dr. Philip Kwok Chi Kuen,
S.B.S., J.P.



鄭志仁教授
Prof. Frank C.Y. Cheng
(2020/10/5 Deceased)



陳樹安博士
Dr. Cecil S.O. Chan



呂元祥博士
Dr. Ronald Lu



李炳光牧師
Rev. Dr. Li Ping Kwong,
S.B.S.



陳國煌博士
Ir. Dr. John K.W. Chan



樓恩德牧師
Rev. Lau Yan Tak



譚顯忠先生
Mr. Patrick H.C. Tam



蘇以葆主教
The Rt. Rev.
Dr. Thomas Soo, J.P.



陳以誠醫生
Dr. Chan Yee Shing



倪偉耀博士
Dr. Norman W.Y. Ngai



陳升惕先生
Mr. Stuart Chen Seng Tek



陳如森先生
Ir. Mr. Sam Chan



黃達琪先生
Mr. David Wong



潘展聰先生
Mr. Philip Poon



楊彼得律師
Mr. Peter P.T. Yeung



何鏡煒博士
Dr. Eddie K.W. Ho



孔慶全先生
Mr. Billy H.C. Hung



梁元生教授
Prof. Leung Yuen Sang,
M.H.

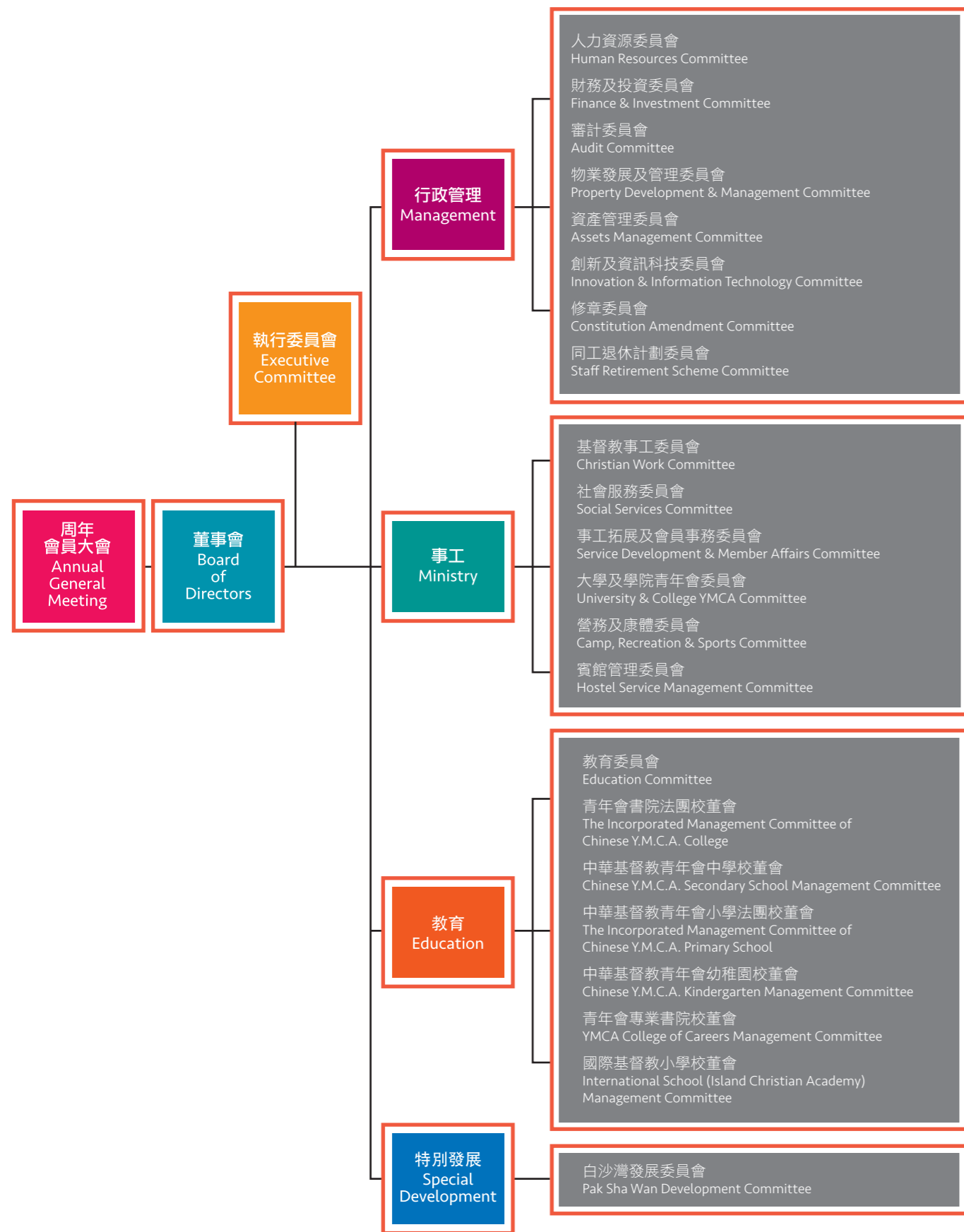


紀治興博士
Dr. Kee Chi Hing, J.P.



吳兆基先生
Mr. Keith Wu Shiu Kee

組織架構 (董事會及委員會) Organisational Chart (Board & Committees)



委員會成員 Committee Members

執行委員會

Executive Committee

主席	Chairman
丘頌云先生	Mr. Yau Chung Wan
委員	Members
任德輝先生	Mr. Ronald T.F. Yam
蔡克剛律師	Mr. Herbert H.K. Tsoi, B.B.S., J.P.
鄭志仁教授	Prof. Frank C.Y. Cheng (2020/10/5 Deceased)
鄭卓生博士	Dr. Arnold Cheng Cheuk Sang

人力資源委員會

Human Resources Committee

主席	Chairman
鄭卓生博士	Dr. Arnold Cheng Cheuk Sang
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何鏡煒博士	Dr. Eddie K.W. Ho
倪偉耀博士	Dr. Norman W.Y. Ngai
楊彼得律師	Mr. Peter P.T. Yeung
潘展聰先生	Mr. Philip Poon
蔡克剛律師	Mr. Herbert H.K. Tsoi, B.B.S., J.P.
鄭志仁教授	Prof. Frank C.Y. Cheng (2020/10/5 Deceased)
蘇以葆主教	The Rt. Rev. Dr. Thomas Soo, J.P.

財務及投資委員會

Finance & Investment Committee

主席	Chairman
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委員	Members
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陳升惕先生	Mr. Stuart Chen Seng Tek
陳國煌博士	Ir. Dr. John K.W. Chan
陳樹安博士	Dr. Cecil S.O. Chan
黃達琪先生	Mr. David Wong
蔡克剛律師	Mr. Herbert H.K. Tsoi, B.B.S., J.P.
鄭卓生博士	Dr. Arnold Cheng Cheuk Sang

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黃達琪先生	Mr. David Wong
鄭卓生博士	Dr. Arnold Cheng Cheuk Sang
譚顯忠先生	Mr. Patrick H.C. Tam

物業發展及管理委員會

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委員	Members
陳升惕先生	Mr. Stuart Chen Seng Tek
陳國煌博士	Ir. Dr. John K.W. Chan
黃小華先生	Mr. Solomon Wong
黃達琪先生	Mr. David Wong
譚顯忠先生	Mr. Patrick H.C. Tam

資產管理委員會

Assets Management Committee

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委員	Members
丘頌云先生	Mr. Yau Chung Wan
周近智律師	Mr. Roland Chow Kun Chee
陳樹安博士	Dr. Cecil S.O. Chan
鄭志仁教授	Prof. Frank C.Y. Cheng (2020/10/5 Deceased)
鄭卓生博士	Dr. Arnold Cheng Cheuk Sang

創新及資訊科技委員會

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主席	Chairman
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林家榮先生	Mr. Samuel Lam
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黃達琪先生	Mr. David Wong

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潘展聰先生	Mr. Philip Poon
蔡克剛律師	Mr. Herbert H.K. Tsoi, B.B.S., J.P.
鄭卓生博士	Dr. Arnold Cheng Cheuk Sang

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高膺先生	Mr. Ko Ying
許玉女士	Ms. Hui Yuk
陳國輝先生	Mr. Chan Kwok Fai
潘展聰先生	Mr. Philip Poon
蔡克剛律師	Mr. Herbert H.K. Tsoi, B.B.S., J.P.
蘇以葆主教	The Rt. Rev. Dr. Thomas Soo, J.P.



基督教事工委員會		
Christian Work Committee		
主席	Chairman	
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何鏡煒博士	Dr. Eddie K.W. Ho	
吳兆基先生	Mr. Keith Wu Shiu Kee	
吳思源先生	Mr. Ng Sze Yuen	
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翁傳鏗牧師	Rev. Yung Chuen Hung	
梁永善牧師	Rev. Stephen W.S. Leung	
郭志權博士	Dr. Philip Kwok Chi Kuen, S.B.S., J.P.	
陳國煌博士	Ir. Dr. John K.W. Chan	
樓恩德牧師	Rev. Lau Yan Tak	
羅祖澄牧師	Rev. Lo Cho Ching	
蘇以葆主教	The Rt. Rev. Dr. Thomas Soo, J.P.	

社會服務委員會		
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陳弘毅先生	Mr. Kenneth Chen	
陳桂芬女士	Ms. Brenda Chan	
陳潔茵博士	Dr. Janet Chan	
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楊吉璽先生	Mr. Yang Kut Si	
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顏文雄博士	Dr. Raymond Ngan Man Hung	
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譚顯忠先生	Mr. Patrick H.C. Tam	

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吳兆基先生	Mr. Keith Wu Shiu Kee	
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高永雄教授	Prof. Ko Wing Hung	
陳如森先生	Ir. Mr. Sam Chan	
鄭正煒太平紳士	Ir. Mr. Kwong Ching Wai, Alkin, J.P.	

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陳寶瑜女士	Ms. Rebecca Chan Po Yu	
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黃達琪先生	Mr. David Wong	
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譚展朗先生	Mr. Tam Chin Long	
譚顯忠先生	Mr. Patrick H.C. Tam	
蘇以葆主教	The Rt. Rev. Dr. Thomas Soo, J.P.	

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曾道平先生	Mr. Joseph T.P. Tsang	
曾敏霞博士	Dr. Sharon Tsang	
湯頌年牧師	Rev. Tong Chung Nin	
馮葉德齡女士	Mrs. Fung Ip Tak Ling	
楊彼得律師	Mr. Peter P.T. Yeung	

賓館管理委員會		
Hostel Service Management Committee		
主席	Chairman	
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委員	Members	
倪偉耀博士	Dr. Norman W.Y. Ngai	
高 膺先生	Mr. Ko Ying	
紀治興博士	Dr. Kee Chi Hing, J.P.	
陳國煌博士	Ir. Dr. John K.W. Chan	
陳愛薇女士	Ms. Amy O.M. Chan	
陳樹安博士	Dr. Cecil S.O. Chan	
曾福全先生	Mr. Thomas Tsang	
楊寶坤太平紳士	Mr. Yeung Po Kwan, O.B.E., O.ST.J., C.P.M., J.P.	
廖志崑先生	Mr. Albert Liu	
譚顯忠先生	Mr. Patrick H.C. Tam	

教育委員會		
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主席	Chairman	
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余 煊博士	Dr. Yu Huen	
呂元祥博士	Dr. Ronald Lu	
沈雪明博士	Dr. Shen Shir Ming	
梁元生教授	Prof. Leung Yuen Sang, M.H.	
陳升惕先生	Mr. Stuart Chen Seng Tek	
陳以誠醫生	Dr. Chan Yee Shing	
楊寶坤太平紳士	Mr. Yeung Po Kwan, O.B.E., O.ST.J., C.P.M., J.P.	
蘇以葆主教	The Rt. Rev. Dr. Thomas Soo, J.P.	

青年會書院法團校董會		
The Incorporated Management Committee of Chinese Y.M.C.A. College		
主席 / 校監	Chairman / Supervisor	
呂元祥博士	Dr. Ronald Lu	
校董	Managers	
沈雪明博士	Dr. Shen Shir Ming	
梁鈺汶女士	Ms. Leung Yuk Man	
陳大福先生	Mr. Steve Chan	
陳如森先生	Ir. Mr. Sam Chan	
鄒小岳律師	Mr. Chow Siu Ngor	
劉忠明教授	Prof. Lau Chung Ming	
劉俊泉先生	Mr. Karl Lau	
劉國良校長	Mr. Lau Kwok Leung, Gyver	
樓恩德牧師	Rev. Lau Yan Tak	
鄭卓生博士	Dr. Arnold Cheng Cheuk Sang	
蘇以葆主教	The Rt. Rev. Dr. Thomas Soo, J.P.	

中華基督教青年會中學校董會		
Chinese Y.M.C.A. Secondary School Management Committee		
主席	Chairman	
梁元生教授	Prof. Leung Yuen Sang, M.H.	
校董	Managers	
丘頌云先生	Mr. Yau Chung Wan	
伍周美蓮太平紳士	Mrs. Ng Chow May Lin, J.P.	
何鏡煒博士	Dr. Eddie K.W. Ho	
沈雪明博士	Dr. Shen Shir Ming	
陳大福先生	Mr. Steve Chan	
陳以誠醫生	Dr. Chan Yee Shing	
陳錦偉校長	Mr. Chan Kam Wai, Dennis	
黃達琪先生	Mr. David Wong	
劉俊泉先生	Mr. Karl Lau	
鄭恩基太平紳士	Mr. Cheng Yan Kee, B.B.S., J.P.	
蘇以葆主教	The Rt. Rev. Dr. Thomas Soo, J.P.	

中華基督教青年會小學法團校董會		
The Incorporated Management Committee of Chinese Y.M.C.A. Primary School		
主席 / 校監	Chairman / Supervisor	
何鏡煒博士	Dr. Eddie K.W. Ho	
校董	Managers	
方永平教授	Prof. Fong Wing Ping	
申仲黎醫生	Dr. Joannie Shen Chung Li	
沈雪明博士	Dr. Shen Shir Ming	
孫群英校長	Ms. Suen Kwan Ying, Rita	
陳大福先生	Mr. Steve Chan	
陳以誠醫生	Dr. Chan Yee Shing	
陳錦偉校長	Mr. Chan Kam Wai, Dennis	
湯寶珍女士	Ms. Tong Po Chun, M.H.	
楊彼得律師	Mr. Peter P.T. Yeung	
劉俊泉先生	Mr. Karl Lau	
蘇以葆主教	The Rt. Rev. Dr. Thomas Soo, J.P.	

中華基督教青年會幼稚園校董會		
Chinese Y.M.C.A. Kindergarten Management Committee		
主席	Chairman	
陳以誠醫生	Dr. Chan Yee Shing	
校董	Managers	
丘頌云先生	Mr. Yau Chung Wan	
朱惠芳校長	Ms. Chu Wai Fong	
朱慧仁女士	Ms. Wylten Zhu	
何惠芳校長	Ms. Ho Wai Fong, Dilys	
呂楊俊婷校長	Mrs. Stella Lu	
沈雪明博士	Dr. Shen Shir Ming	
孫群英校長	Ms. Suen Kwan Ying, Rita	
張佩蘭女士	Ms. Goretti Cheung Pui Lan	
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陸趙鈞鴻博士	Dr. Angela Luk, B.B.S.	

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YMCA College of Careers Management Committee		
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沈雪明博士	Dr. Shen Shir Ming	
張小燕教授	Prof. Cheung Siu Yin, M.H.	
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陳如森先生	Ir. Mr. Sam Chan	
陳國煌博士	Ir. Dr. John K.W. Chan	
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	Ms. Gail Maidment	
	Mrs. Allison Wong	
	Mr. Philip Pang	

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陳如森先生	Ir. Mr. Sam Chan	
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劉興達太平紳士	Mr. Patrick H.T. Lau, J.P.	
鄭卓生博士	Dr. Arnold Cheng Cheuk Sang	

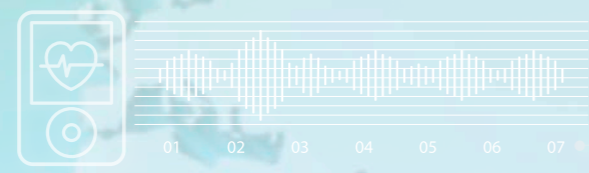
註：會長及總幹事為各委員會之當然委員。
Remarks: The President and General Secretary shall be ex-officio members of every committee.

行政會議成員 Cabinet Members



Poverty

Peace



Healthcare

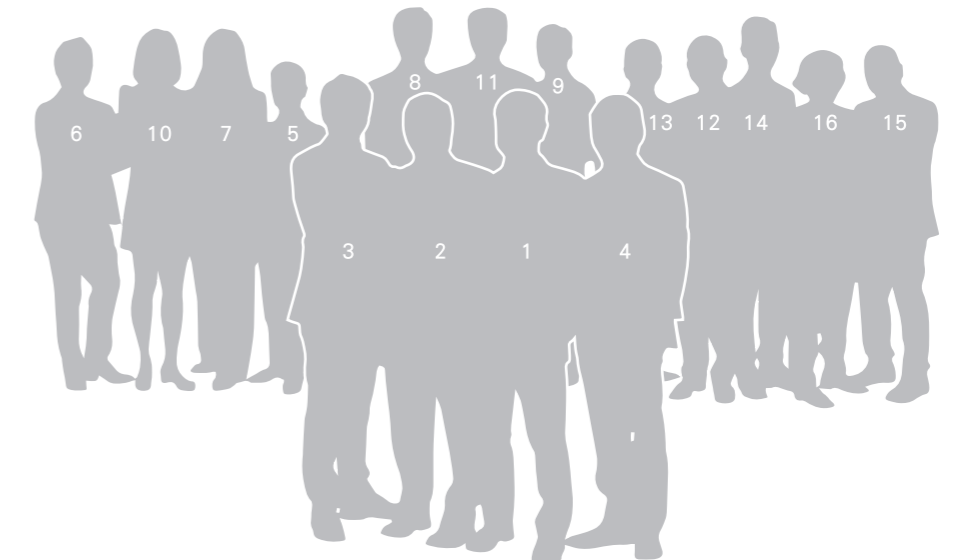


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Karl LAU Chun-chuen, General Secretary / Chief Executive

委員 Members

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- 15 陳錦偉 校長
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- 16 孫群英 校長
Rita SUEN Kwan-ying, Principal of Chinese Y.M.C.A. Primary School



丘頌云會長
Mr. Yau Chung Wan, President

回顧2019至2020年度，可說是迎難而上的一年。緊接著困擾整個香港社會多時的社會運動，新型冠狀病毒全球肆虐，衝擊著港人的身、心、靈健康及社會經濟發展。感謝主在逆境下，帶領香港中華基督教青年會透過各項本地及國際的事工，繼續為社會及市民的身、心、靈健康作出貢獻。

This has been a challenging year for Hong Kong, to put it mildly. Prolonged social unrest coupled with the continuing coronavirus pandemic have had adverse impacts on the physical, mental and spiritual health of Hong Kong people as well as the social and economic development in Hong Kong. We are forever grateful for the guidance of the Lord during this difficult time; which has allowed the Chinese YMCA of Hong Kong to remain committed to serving the people of Hong Kong, helping to bolster their physical, mental and spiritual health through our local and international ministries.



董事會成員出席周年會員大會
Our board of directors at the Annual General Meeting

身心靈輔導及網上資訊
Promoting holistic counselling and online information

就著社會事件，本會輔導組於去年12月與機構傳訊及市場拓展科共同製作「同理心對話」短片，呼籲各界聆聽青年人的聲音，鼓勵建立良好溝通。本會兩隊外展服務隊亦提供情緒支援熱線等適切且貼地的服務，回應青年人的實際需要。在疫情嚴峻期間，廣大市民深受困擾。本港曾一度停課及安排「在家工作」，這等措施無可奈何地對市民的日常生活造成重大影響。有見及此，本會迅即於網站推出抗疫專頁，從身、心、靈出發，提供抗疫自處之道，並邀請專業人士提供抗疫飲食和運動貼士，更為促進親子關係設計「停學不停義」留家手作活動等，內容一應俱全，實行「攜手抗疫，不分你我」。

Acting in response to the social unrest, our Counselling Unit teamed up with our Corporate Communications and Marketing Section to produce a short video called "An Empathetic Dialogue", promoting social harmony through sincere conversations. We also set up an emotional support hotline, with two of our outreach teams offering emotional guidance and care to adolescents having difficulties.

While the social distancing measures implemented during the coronavirus pandemic have significantly affected day to day life for everyone, the Association is encouraging people across Hong Kong to work together to fight the disease. We developed an "anti-epidemic information website" offering health tips and information to the general public, along with stay-at-home workouts and home-schooling materials that both educate children and promote parent-child relationships.



本會代表團參加YMCA 175周年慶典
Hong Kong delegates attending the YMCA 175 Celebration

國際會議及活動

Taking part in international conferences and events

在國際事工方面，感恩在過去一年，本會持續積極參與全球青年會舉行之多項重要的國際會議及活動。重要一項是去年8月在青年會起源地——英國倫敦舉行的YMCA 175周年慶典，過百個國家及地區合共超過3,000名青年會領袖參與其中。本人與劉俊泉總幹事率領本會董事、同工、青年領袖合共60多人出席。當時各國青年會領袖聚首一堂，集體再思青年會運動創立的理念和目標，共同探究未來全球青年會運動的發展方向，以及如何裝備青年人迎接世界轉變帶來的挑戰。

另外，亞太區基督教青年會協會四年一度之會員大會於去年9月在日本舉行，是次會議旨在強化亞太區青年會之合作聯繫，並交流如何把基督教信念更有效地融入在青年會運動當中。此外，本會聯同台北、大阪、首爾、新加坡京華及美國檀香山青年會所組成的「六地青年會」，於去年11月在夏威夷舉行第25屆會議，各地青年會分享彼此的工作經驗及成果，加強各地未來的合作。而在疫情發生後，本會與各地青年會一直保持緊密連繫，齊心共同為抗疫互相支援，分享期間的工作經驗。

In terms of our international ministry, in the first part of the 2019-2020 year, we participated in a number of significant international conferences and events. For us, the most unforgettable experience was attending “YMCA 175”, a global event held in London, England in August 2019. Over 3,000 YMCA representatives, including young people, staff, and volunteers from over 100 countries gathered for this flagship anniversary celebration, including myself, Mr. Karl Lau, our General Secretary, and 60 directors, staff members and youth leaders from across Hong Kong. Together, global leaders from YMCAs around the world explored the future development of the YMCA movement while sharing their vision and personal experiences of social transformations, revealing a collective vision of a positive and sustainable future for our planet.

The APAY 20th General Assembly was held in Japan just afterwards, in September 2019. The twin focuses of this Assembly were to strengthen coordination and cooperation between the Asia-Pacific YMCAs and exchange ideas on how to integrate the Christian faith into the YMCA movement more effectively. The 25th Six YMCAs Conference was also held in Hawaii, USA. Here, our delegates shared their regional work experience with YMCAs from Taipei, Osaka, Seoul, the Singapore Metropolitan YMCA, and the Honolulu YMCA. Since the start of global coronavirus pandemic, the Association has been working closely with global YMCAs in virtual ways, as we provide support to each other during this worldwide battle against the epidemic.



在美國夏威夷舉行第25屆六地青年會會議
The 25th Six YMCAs Conference in Hawaii, USA

明年本會將成立120周年，為此董事會已組成籌備工作小組，商討來年的慶典活動和事工安排。我們為著即將開展的工作同心交託，並為上主一直以來的帶領及保守獻上感謝。

最後，本人謹代表董事會全人向本會名譽會長郭文藻博士致敬。郭博士於去年9月9日董事任期內因病蒙主寵召。郭博士服務董事會36年，對本會事工發展貢獻良多。本會痛失一位忠心的義工領袖。然而，郭博士留給我們美好的見證，將激勵我們努力傳承青年會運動的使命給下一代！

Next year marks the 120th anniversary of the Chinese YMCA of Hong Kong. To prepare for this important event, the Board of Directors has formed a working committee to plan the celebrations and events for the coming year. We give thanks to the Lord for his leadership and guidance as we work hard to provide services to the people of Hong Kong in this new and uncertain environment.

Finally, on behalf of the Board, I want to pay tribute to Dr. Kwok Man Cho, Honorary President of the Chinese YMCA of Hong Kong, who passed away on 9 September 2019 during his tenure. Dr. Kwok served on the Board of Directors for 36 years and made significant contributions to the development of the ministry of the Association. We were truly sorry to lose Dr. Kwok as he left us with a lifetime of achievements – a beautiful testimony that inspires us to pass on the mission of the YMCA movement on to the next generations. 🙏



第20屆亞太區基督教青年會會員大會
The APAY 20th General Assembly

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



健步足球健兒進行熱身運動
The walking football players having a warm-up session

記憶猶新，本人剛在去年7月的周年會員大會上，圍繞醫療、健康及運動作重點報告後不久，年終時，全球便開始爆發新冠肺炎疫情，港人身處嚴峻疫情當中，更加關注自己和家人的健康。期間政府推出的防疫措施，雖然為廣大市民的生活帶來很大的影響，但受惠於先進的資訊科技，令我們既可實行社交距離，同時仍可進行無縫的網上學習及線上工作會議，共同迎難而上，勉力維持學習和工作生活。無疑自疫情開始，這種新模式完全改變了我們的生活方式，但本會並沒有因而放慢腳步，反而更積極主動因應社會各階層的不同需要，藉此機會深化及加速一些新服務及平台的開發和使用，促進會友的身、心、靈健康。

The memory is still fresh in my mind of our Annual General Meeting in July 2019, when I delivered a key report on medicine, health and sports. Not long after the meeting, the global coronavirus outbreak began. Now that the pandemic is upon us, people are paying extra attention to their health of themselves and their families and, although the anti-epidemic measures introduced by the government may be difficult and inconvenient at times, all of us understand the incredible importance of health and fitness.

The “new normal” of life in the coronavirus pandemic has seen our daily routines upended and our ways of living radically changed. However, at the Chinese YMCA of Hong Kong, our commitment to our mission remains strong and we have not slowed down. Thanks to the wonders of advanced information technology and telecommunications, we have been able to work remotely and learn online while maintaining the necessary social distancing. These measures have allowed the Association to continue working and proactively respond to the needs of different social groups. We have seen this crisis as an opportunity to deepen and accelerate our work by introducing new services and platforms, all designed with the overall wellbeing of our members in mind.

運動與治療 Promoting exercise and physiotherapy

新冠肺炎疫情肆虐全球，更加令我們做醒勤做運動與增強免疫力息息相關。近年，本會積極推廣健步足球，鼓勵金齡及病癒的一群建立良好的運動習慣。為了解健步足球對促進參加者身心健康的成效，本會早前委託香港中文大學進行研究，報告顯示健步足球除了能明顯提升50歲或以上人士的心肺功能及平衡力、增強抵抗力外，更有助其開拓社交圈子，提升滿足感。

The seriousness of the pandemic is a reminder of the vital relationship between physical activity and a strong immune system. As such, the Association remains more committed than ever to actively promoting sports and exercise for all. In recent years, we have introduced and promoted the sport of walking football, helping people aged 50 and above and those suffering from chronic illnesses to safely develop a “sports habit” and enjoy playing sports.

Earlier this year, we also sought to understand the impact of walking football on the physical and mental health of players by commissioning a study from the Chinese

此外，本會自2014年開展物理治療服務，其後更加入運動治療醫療專項，提供體育運動創傷及傷患處理服務。有見社區對物理治療服務之殷切需求，因此本會新設服務點於私人樓宇，擴充物理治療及職業治療服務，以滿足更多市民不同的需要。

年度內本會亦推出YM Sports，與亞太區多個青年會合作，讓參加者互相切磋、提升技術水平，同時更促進跨地區青年會的交流。

University of Hong Kong on the effect of walking football on the cardiopulmonary function of people aged 50 and above. The results of the study revealed that walking football not only improves the circulatory and immune systems of older people, it also has positive effects on their physical balance and helps them expand their social circles.

The Association launched its physiotherapy clinical services in 2014. Since then, we have added sports therapy services to our repertoire, providing sports trauma and injury treatments. Lately, responding to a higher than normal demand for physiotherapy services from the community, we also began establishing new service point in private building, further expanding our physiotherapy and occupational therapy services to meet the needs of the public.

We also launched YM Sports this year, a cooperative initiative with other YMCAs in the Asia-Pacific region which allows participants to learn from each other and improve their technical abilities while enjoying cross-regional exchange opportunities.



本港YM Sports代表參加兒童足球世界盃
Hong Kong's representatives of YM Sports in the YMCA Kid's World Cup

疫情下的支援 Supporting society during the coronavirus pandemic

在疫情嚴峻的2、3月期間，本會機動地作出一系列應對措施。一方面聯繫企業和友好伙伴，呼籲募集捐款及防疫用品，為弱勢社群送上的不單是物資，更有溫暖、慰問與關愛；另一方面，停課期間本會中、小學及幼稚園準備了一系列的網上學習資源，讓學生可以在家中學習，並為有經濟困難的學生借出手提電腦和提供上網設備。

In February and March of this year, during the severe second wave of the coronavirus epidemic, we launched a flexible series of response measures to help the public. First, we contacted our corporate partners, encouraging them to donate hygiene supplies to vulnerable communities around Hong Kong, offering them warmth, care and protection. Next, we designed a series of online learning resources to support the idea of "suspending classes without suspending learning" and also loan out laptop computers and internet connection equipment – allowing students with families in financial difficulty to study from home.

關顧到疫情期間，服務單位只能提供有限服務，會方即時為會友免費延長會籍一年，鼓勵會友在疫情後積極參與各項活動，保持身心健康。以上種種，均足見我會同工和義工充份發揮「持之義恆，順疫同行」之精神。

另一方面，疫情重創全球旅遊及酒店業，賓館在防疫工作上更是不能鬆懈。故此，本會兩所賓館嚴格實施周全的防疫措施，以確保顧客及同工置身於安全衛生和清潔的環境，冀盼疫情緩和後賓館業務能夠迅速重回軌道。同時，作為有承擔的多元化社會服務機構，本會轄下的賓館更為需要進行自願家居隔離人士提供住宿服務，同心抗疫。

Due to the government's stringent anti-epidemic measures, YMCA units and service centres were only able to maintain limited services for several months. Thus, to encourage our members to stay active and participate in YMCA events, we extended their memberships for a period of one year for free. All these measures reflect our updated mission: "stay healthy and stand firm to serve".

The on-going pandemic is seriously affecting the travel and hospitality industries. To ensure the safety and health of guests at our two hostels, we have added comprehensive preventive measures at these premises. We hope and pray that business will recover quickly when the pandemic is finally over. Meanwhile, as a committed and diversified social service organisation, our hostels also are providing accommodation services for people who are required to quarantine themselves – doing our part to help Hong Kong fight this terrible disease.



義工派送防疫物資予需要人士
Volunteers delivering hygiene-related products to the needy

獎項與嘉許 Recognition through awards

在社會服務方面，本會自2016年開始獲本會Y-Care合作伙伴恒生銀行全力支持「恒生—YMCA快樂『球』學計劃」，支援有特殊教育需要的中小學生。去年8月，其中八位學員更衝出香港，前往台灣參加「台灣國際氣球藝術大會2019」中型氣球藝術創作賽，並獲頒「佳作獎」，成績令人鼓舞！

This year, the Association has remained dedicated to providing social services, such as our "Hang Seng – YMCA Balloon Twisting Programme for Special Educational Needs Students", a programme for children with SEN which has been supported by our Y-Care Corporate Partner, Hang Seng Bank, since 2016. In August 2019, the balloon twisting team participated in the "Taiwan International Balloon Art 2019" event, winning the Outstanding Award in the Medium-sized Balloon Art Creation category, a result we are all proud of!

此外，柴灣長者鄰舍中心的銀髮義工，組成「凝聚耆力·傳愛社區」義工隊，早前更於南華早報及信和集團主辦的「香港精神獎2019」中，獲得「團體合作獎」。期望長者義工們的善心行動，能觸動社會大眾關心身邊有需要的人士，讓愛心廣傳。

The Super Golden Age Volunteer Team from our Chai Wan Neighbourhood Elderly Centre also won "The Spirit of Community Award" at the Spirit of Hong Kong Awards 2019, jointly organised by the South China Morning Post and SINO Group. We hope to see more efforts by our volunteers recognised in this fashion when the situation permits.

至今疫情仍然持續，希望大家不要鬆懈，繼續努力發揮「抗疫同行，不分你我」之互助精神。誠然，前路滿有挑戰，但藉著信靠上帝的大能，青年會董幹職全人和義工的同心服事，我們對前路仍然是滿有盼望的！

Unfortunately, at the time of writing, the coronavirus pandemic shows no sign of abating despite our best efforts. We all need to be resilient and resourceful, and stay united against this pandemic by embodying a spirit of mutual support. Even though the way ahead seems challenging at the moment, let us put out trust in God and walk with faith into a brighter future. 🙏

LONDON

YMCA 175 Anniversary

基督教青年會於1844年在英國成立，2019年8月在英國倫敦舉行了青年會175周年慶典，共有來自100個國家／地區之青年會成員，超過3,000人參與。

YMCA was founded in 1844 in England; last August, YMCA invited over 3,000 members from 100 countries / regions to attend its 175th anniversary celebration held in London.

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	
壹萬小時義工服務獎 Award of 10,000 Hours for Volunteer Service	社會福利署 Social Welfare Department
積金好僱主 Good MPF Employer	強制性公積金計劃管理局 Mandatory Provident Fund Schemes Authority
「友商有良」嘉許企業嘉許狀 Partner Employer Award	香港中小型企業總商會 The Hong Kong General Chamber of Small and Medium Business
ARC國際年報大賽封面設計銅獎及整體優異獎（非牟利機構－基督教服務團體組別） ARC Awards 2019—Bronze Award in Cover Photo/Design and Merit in Overall Presentation (N.G.O.—Christian Organization)	MerComm., International
戶外燈光約章伙伴計劃－19項鉑金獎及1項金獎 Charter on External Lighting Partnership Scheme—19 Platinum Awards and 1 Gold Award	環境局 Environment Bureau



獎項/成就 Awards / Achievements	頒發機構 Awarded by
大學及學院青年會部 University and College YMCA Department	
第八屆香港傑出義工獎—Mission Until Dawn（校友組織） The 8 th Hong Kong Volunteer Award—Mission Until Dawn (Alumnus units)	義務工作發展局及南華傳媒 Agency for Volunteer Service and South China Media



柴灣會所 Chai Wan Centre	
「滙豐香港社區夥伴計劃2019」傑出社區大獎—啟晴數碼科技教育計劃 2019 HSBC Hong Kong Community Partnership Programme Outstanding District Efforts Award —“Sunshine City”	香港社會服務聯會 Hong Kong Council of Social Service

康怡會所 Kornhill Centre	
「2019全港嘉爾頓錦標賽」筲箕灣區賽亞軍—港島第242旅童軍團 “Hong Kong Caltrion Trophy Competition 2019” 1 st Runner-up (Shau Kei Wan District) —242 nd Scout Troop	香港童軍總會筲箕灣區 Scout Association of Hong Kong Shau Kei Wan District

藍田會所 Lam Tin Centre	
「2018-19年度優秀青年活動嘉許計劃」觀塘區優秀青年活動獎—「捕。夢」計劃 Outstanding Youth Activity Commendation Scheme 2018-19 (Kwun Tong)—“Dream Market”	民政事務局及青年發展委員會 Home Affairs Bureau and the Youth Development Commission

觀塘區優秀義工獎勵計劃2019優秀義工—兒童組：胡焯苡(義工)，少年組：蔡玉容(義工) Outstanding Volunteer Awards 2019 (Kwun Tong District) Outstanding Volunteer —Children group: Wu Cheuk-kiu (volunteer), Youth group: Tsoi Yuk-yung (volunteer)	觀塘區青年活動委員會 Kwun Tong District Youth Programme Committee
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觀塘會所 Kwun Tong Centre	
公益金青少年入樽計劃2018/19—入樽計劃大獎（男子公開組） Community Chest Slam Dunk Challenge 2018/19—Overall Champion (Boys' Open Teams)	成長希望基金會 Changing Young Lives Foudation

荃灣會所 Tsuen Wan Centre	
「2018-19年度優秀青年活動嘉許計劃」荃灣區優秀青年活動—一創「Teen」職計劃 Outstanding Youth Activity Commendation Scheme 2018-19 (Tsuen Wan) —Tsuen Wan District Youth Career Programme	民政事務局及青年發展委員會 Home Affairs Bureau and the Youth Development Commission

獎項/成就 Awards / Achievements	頒發機構 Awarded by
顯徑會所 Hin King Centre	
2018年沙田區傑出青年－陸海星(會友) 2018 Sha Tin District Outstanding Young—Luk Hoi-sing (member)	沙田區青年活動委員會 Sha Tin District Youth Programme Committee
優秀青年嘉許計劃2018-19優異獎－邵子朗(會友) Outstanding Youth Commendation Scheme 2018-19 Remarkable Youth Award—Shiu Tsz-long (member)	民政事務局及青年發展委員會 Home Affairs Bureau and the Youth Development Commission
2019年度沙田區傑出家庭義工－魏曝翹、魏健新、陳嘉儀(會友) Outstanding Family Volunteer Award 2019 in Shatin—Ngai King-kiu, Ngai Kin-sun, Chan Ka-yee(members)	社會福利署 Social Welfare Department
2019年度沙田區傑出兒童義工－黎懿澄(會友) Outstanding Children Volunteer Award 2019 in Shatin—Lai Yi-ching (member)	社會福利署 Social Welfare Department



天水圍天澤會所 Tin Shui Wai Tin Chak Centre	
元朗區學生全方位增值計劃－優異表現獎 Yuen Long Student Comprehensive Valued-added Project—Outstanding Performance Award	元朗大會堂、元朗民政事務處及元朗區中學校長會等 Yuen Long Town Hall, Home Affaris Department Yuen Long District Office and Yuen Long District Secondary School Heads Association, etc.

天水圍天晴會所 Tin Shui Wai Tin Ching Centre	
元朗區傑出義工選舉元朗傑出義工之星－吳權富(會友) Yuen Long Outstanding Volunteer Award—Ng Kuen-fu(member)	社會福利署 Social Welfare Department

九龍會所 Kowloon Centre	
2019新五泰盃暨國際YMCA分齡游泳邀請賽－10金8銀26銅及團體季軍 YMCA Swimming Festival in Taipei 2019—10 Gold medals, 8 Silver medals, 26 Bronze medals and the 3 rd Prize in group division	台北市中華基督教青年會 Taipei YMCA

必列者士街會所 Bridges Street Centre	
第62屆體育節「粵港澳大灣區水中健體比賽暨匯演2019」－銅獎及朝氣勃勃大獎 The 62 nd Festival of Sport “Guangdong-Hong Kong-Macao Greater Bay Area Hydro-Fitness Competition & Integrative Performance 2019”—Bronze Award and Team Spirit Award	中國香港體育協會暨奧林匹克委員會 Sports Federation & Olympic Committee of Hong Kong, China

獎項/成就 Awards / Achievements	頒發機構 Awarded by
YM Balloon	
「台灣國際氣球藝術大會2019」中型氣球藝術創作賽－佳作獎 “Taiwan International Balloon Art 2019” Medium-sized Balloon Art Creation—Outstanding Award	台灣國際氣球藝術大會 Taiwan International Balloon Art
2019年度優秀社企員工－徐潔珊(同工) Outstanding SE employee in 2019—Tsui Kit-shan (staff)	香港社會企業總會有限公司 Hong Kong General Chamber of Social Enterprises Limited



聯青聾人中心 Y's Men's Centre for the Deaf	
觀塘區關愛僱主表揚計劃2019 Kwun Tong District Caring Employer Award 2019	觀塘區國際復康日工作會議小組及香港傷殘青年協會 Kwun Tong District IDDP Working Group and Hong Kong Federation of Handicapped Youth

柴灣長者鄰舍中心 Chai Wan Neighbourhood Elderly Centre	
「凝聚耆力·傳愛社區」義工隊－香港精神獎2019團體合作獎 The Super Golden Age Volunteer Team—The 7 th Spirit of Hong Kong Adwards 2019 “The Spirit of Teamwork Award”	南華早報及信和集團 South China Morning Post and SINO Group
全港第13屆手語歌比賽樂齡組冠軍 The 13 th Hong Kong Sign Language Singing Contest—Champion of elderly group	香港中華基督教青年會聯青聾人中心 Chinese YMCA of Hong Kong Y's Men's Centre of the Deaf



獎項/成就 Awards / Achievements	頒發機構 Awarded by
中華基督教青年會小學 Chinese Y.M.C.A. Primary School	
「機械奧運會國際賽2019」1項冠軍、4項亞軍、4項季軍及3項殿軍 International Robotic Olympiad 2019 (Thailand) : 1 Champion, 4 first runner up, 4 second runner up and 3 third runner up	香港機械奧委會 Hong Kong Robotic Olympiad
創意思維世界賽－香港區賽小組亞軍 Odyssey of the Mind (Hong Kong Tournament) team award—1st runner up	Odyssey of the Mind Hong Kong Association



中華基督教青年會中學 Chinese Y.M.C.A. Secondary School	
International European Music Competition 2020 Hong Kong Region—Champion	IEMC International Music Festival Salon de Musique Chez Vivianne
2019香港代表隊選拔賽－12-15歲男女混合組拉丁舞五項公開賽冠軍 Selection for Hong Kong Team 2019—Champion of Mixed Age 12 to 15 Latin 5 dance Open	香港體育舞蹈總會 Hong Kong DanceSport Association
元朗區校際比賽： 女子甲組籃球冠軍 Inter-School Basketball Competition 2019-2020 (Girls A) —Champion 男子及女子甲組手球冠軍 Inter-School Handball Competition 2019-2020 (Boys A, Girls A) —Champion 女子丙組游泳冠軍 Inter-School Swimming Competition 2019-2020 (Girls C) —Champion	香港學界體育聯會元朗區中學分會 The Hong Kong Schools Sports Federation Yuen Long Secondary Schools Area Committee

青年會書院 Chinese Y.M.C.A. College	
2019香港青年音樂匯演－中學初級組管樂團 銀獎 2019 Hong Kong Youth Music Interflows—Symphonic Band Contest Silver Award (Secondary School Junior Class)	音樂事務處 Music Office
聯校音樂大賽2019－敲擊樂合奏小組金獎 Joint School Music Competition 2019—Percussion Ensemble Gold Award	香港聯校音樂協會 Joint School Music Association
聯校音樂大賽2019－合唱團銀獎 Joint School Music Competition 2019—School Choir Silver Award	香港聯校音樂協會 Joint School Music Association
「漫遊音樂世界」學校聯演2019－傑出表演獎 2019 “Travel Around the Music World” Joint School Concerts—Outstanding Award	音樂事務處 Music Office
香港聯校代表團－創意思維世界賽2019 Float & Banner Parade巡遊比賽－Banner Contest Finalist Odyssey of the Mind 2019 World Finals Float & Banner Parade Contest—Banner Contest Finalist	Creative Competitions, Inc.

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、單一學期最高新生人次、全年最多成功開班數目及單一學期最多成功開班數目 Capacity Building Mileage Programme—5 Outstanding Organisation Awards: Services and Support, The Highest New Entrants in a Year, The Highest New Entrants in a Term, The Highest Successful Classes in a Year and The Highest Successful Classes in a Term.	香港公開大學李嘉誠專業進修學院 LiPACE of OUHK
自在人生自學計劃卓越導師獎－楊敏玲、龐森、陳連、謝慧華(導師) Capacity Building Mileage Programme Outstanding Instructor Awards—Yeung Man-ling, Pong Sum, Jacqueline Chan Lin, Sia Wai-wa (Instructors)	

獎項/成就 Awards / Achievements	頒發機構 Awarded by
城景國際 The Cityview	
Certificate of Excellence 2019	TripAdvisor
Loved by Guests Awards 2019	Hotels.com
Traveller Review Awards 2020	Booking.com
「香港國際美食大獎2019」可持續發展魚類－鱈魚(25歲以下)組別銅獎 Hong Kong International Culinary Classic 2019—Western Cuisine Sustainable Fish—Cod (U25 Apprentices), Bronze Award	Hong Kong International Culinary Classic, UBM
我最喜愛的食肆2019－我最喜愛的亞洲菜館 U Favorite 2019 Food Awards—Asian Restaurant	U Magazine
「2019最佳.hk 網站獎」商業－企業組別金獎 “Best.hk Website Awards 2019” Commercial—Corporate Stream, Gold Prize	香港互聯網註冊管理有限公司 Hong Kong Internet Registration Corporation Limited
開心企業－「開心工作間5+」 Happy Company 5years+	香港生產力促進局 Hong Kong Productivity Council
金質認證 Gold Certification	EarthCheck
香港旅遊業減塑約章2019－銀獎 Charter of Plastic Reduction in Hotel Industry 2019—Silver Award	浩洋青年商會 Junior Chamber International Ocean



灣景國際 The Harbourview	
2018年度香港環境卓越大獎－酒店及康樂會所界別優異獎 Hong Kong Awards for Environmental Excellence 2018—Hotels and Recreational Clubs, Certificate of Merit	環境運動委員會、環境保護署以及九個機構合辦 Jointly organised by the Environmental Campaign Committee, the Environmental Protection Department and 9 organisations
香港綠色機構認證 Hong Kong Green Organisation Certification	環境運動委員會 Environmental Campaign Committee



2019年傑出同工獎勵計劃得獎名單

Winners of the Staff Outstanding Performance Award Scheme 2019

姓名 Name	所屬單位 Service Unit	姓名 Name	所屬單位 Service Unit
陳慧君 Chan Wai-kwun	中華基督教青年會中學 Chinese Y.M.C.A. Secondary School	羅勁柱 Lo King-chu	中華基督教青年會小學 Chinese Y.M.C.A. Primary School
譚浩賢 Tam Ho-yin	青年會專業書院 YMCA College of Careers	黃豪認 Wong Ho-ying	城景國際 The Cityview
陳潔慈 Chan Ki-chi, Kitty	灣景國際 The Harbourview	姚頌霖 Yiu Chung-lam, Andrew	知識管理及策劃科 Knowledge Management & Strategy Section
莫楚媛 Mok Cho-wun	大學及學院青年會部 University & College YMCA Department	樂卓奇 Lok Cheuk-kay, Tricky	九龍會所 Kowloon Centre
馬穎藍 Ma Wing-lam, Miranda	新界會所 New Territories Centre	廖潤鳳 Liu Yun-fung, May	天水圍天澤會所 Tin Shui Wai Tin Chak Centre

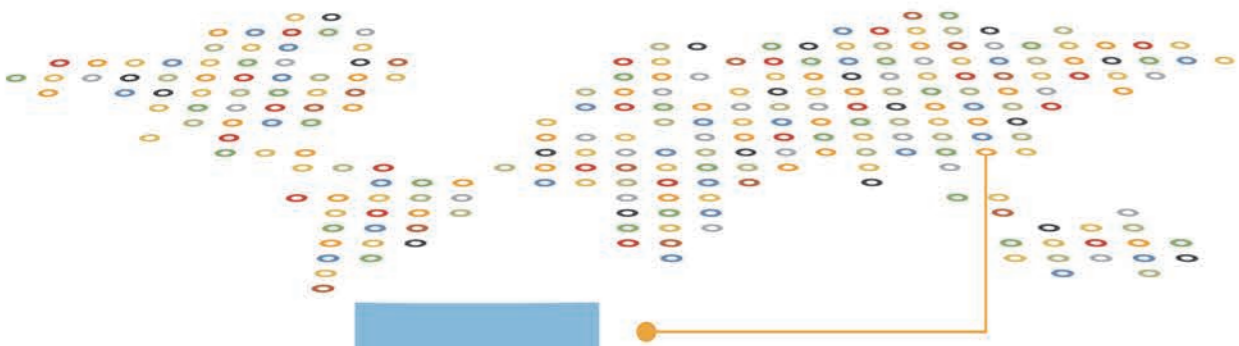


2019年卓越服務獎勵計劃

Outstanding Service Award Scheme 2019

獎項 Awards	所屬單位 Service Unit	
冠軍、創意革新獎、 跨單位/團體合作獎 First Prize, Innovative Award, Inner-cooperation Award	手作遊樂場 Playground Builder	大學及學院青年會部 University & College YMCA Department
亞軍 Second Prize	凝聚耆力·傳愛社區 The Super Golder Age Volunteer Team	柴灣長者鄰舍中心 Chai Wan Neighbourhood Elderly Centre
	童叟·宜嬉 Play Beyond Limited	大學及學院青年會部 University & College YMCA Department
季軍 Third Prize	《與生命有約》生死教育藝術協作計劃 "Embrace Life" Life and Death Education Art Project	基督教事工部 Christian Work Department
優異獎 Merit Award	Sower - We Power 羅賓行動 Robin Hood's Action	佐敦會所 Jordan Centre
優異獎 Merit Award	AMAZING KIDS@兒童創造展能培育計劃 Amazing Kids Nuturing and Enrichment Project	天水圍天澤會所 Tin Shui Wai Tin Chak Centre
優異獎 Merit Award	聾人電影佈道會 Movie for the Deaf—evangelical event	聯青聾人中心 Y's Men's Centre for the Deaf





YOUNG

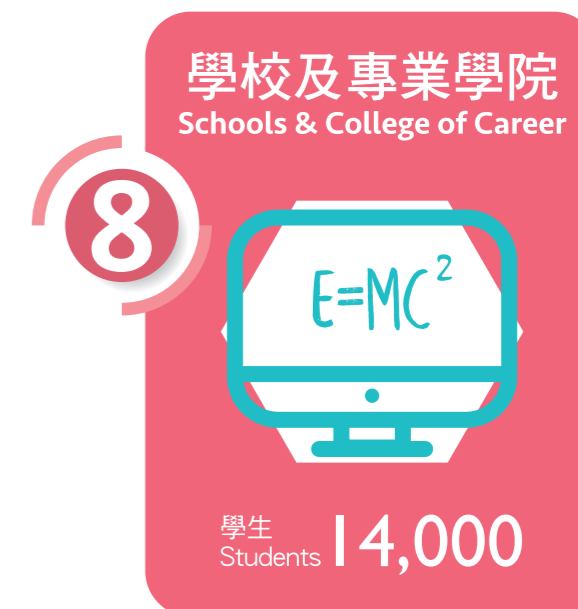
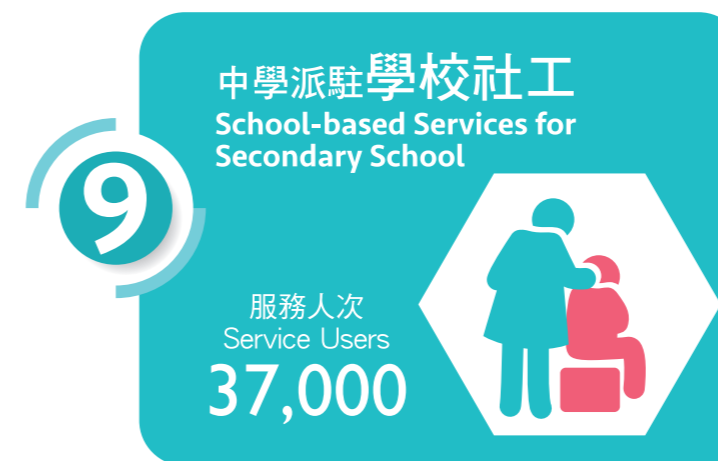
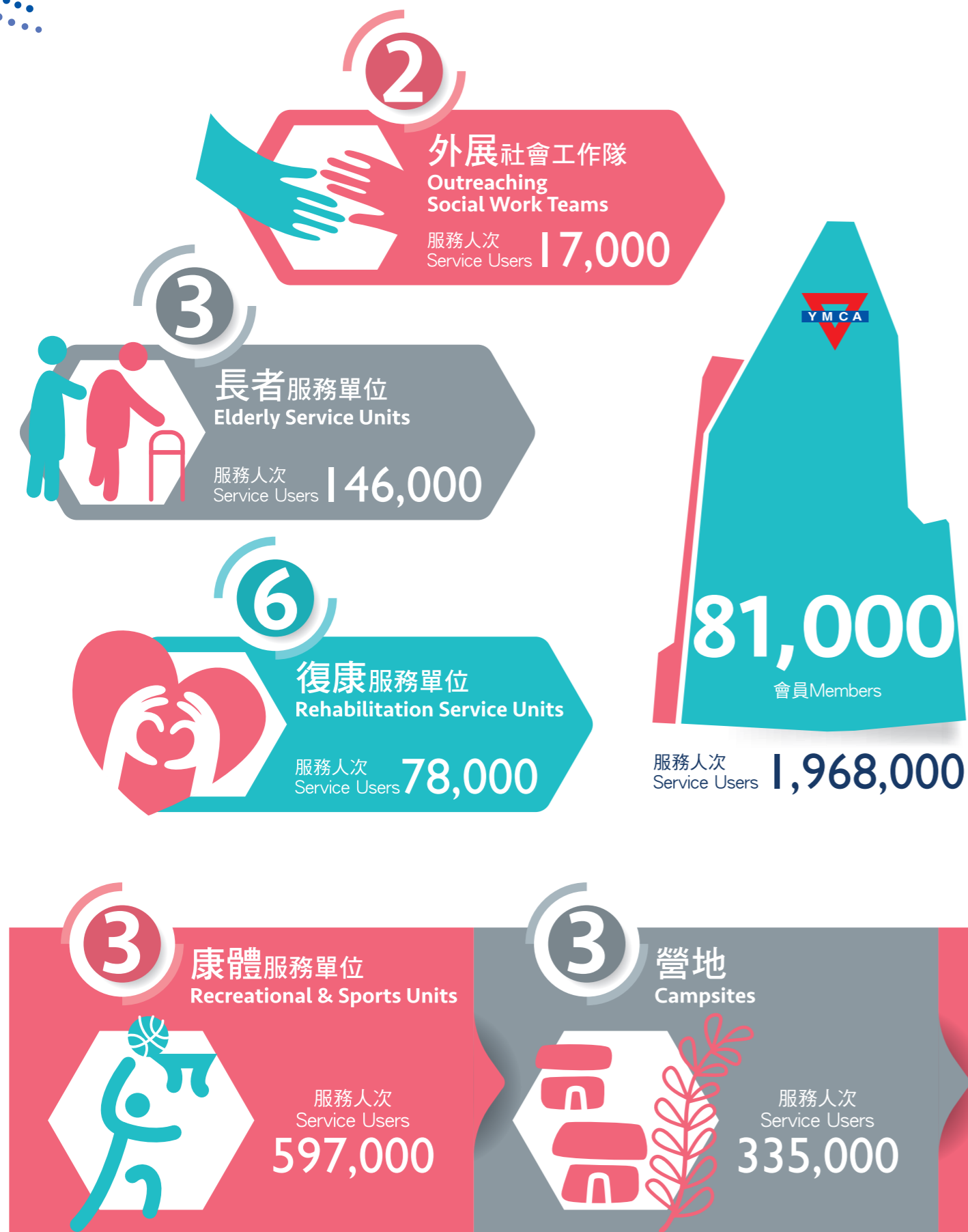
服務回顧 Service Overview



Global Y Explorers

本會與全球多個青年會合作，每年透過「寰宇探索者義務工作發展計劃」安排青年參與海外實習及服務，交流彼此文化，擴闊視野。

The Association joined hands with global YMCAs in the "Global Y Explorers Programme", offering young people overseas internships and services each year to broaden their horizons.



YM Volunteer 2019-20

嘉許人數
Awardees

1,692 人
volunteers

總服務時數
Total hours of service

118,050 小時
hours



金章
Gold medals

331 人
volunteers



銀章
Silver medals

96 人
volunteers



銅章
Bronze medals

300 人
volunteers

35 人
volunteers

新星獎
Outstanding Novice
Volunteer awards



480 人
volunteers

年資服務獎
Years Service awards



782 人
volunteers

新晉義工獎
Novice Volunteer
awards



社會福利署義工運動2019 Social Welfare Department's Volunteer Movement 2019

總服務時數
Total hours of service

119,271 小時
hours

獲嘉許獎狀
receive certificates in total



863 人
volunteers



55 小組
groups

獲長期服務獎狀
receive Long Service awards



33 人
volunteers

青年會運動 YMCA Movement

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** towards building a better Hong Kong.



基督教事工學院課堂
A lesson of the Institute of Christian Ministry



放鬆及拉筋工作坊
A relaxation and stretching workshop

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, equipping Christians, who were trained in our Institute of Christian Ministry (ICM) to serve the Church and spread the love of God to the community in partnership with various churches and institutions.

推動全人康健

基督教事工部為促進教會及機構同工的身心健康，連結香港康體事工網絡，舉辦教會同工加油站及 TotalFit 事工，透過多元化活動，包括健體運動、放鬆拉筋、養生講座、同工午餐團契等，推廣身、心、靈全人健康的理念，年度內共有逾200人次參與。

裝備造就信徒

本會基督教事工學院為有心志服務教會／基督教機構的信徒，以及有意進修的教牧同工，提供聖經、神學及實用事工課程。2019年度註冊學生為49人；學院又舉辦不同主題的公開講座，包括「桌遊與基督教信仰」、「新世代社會關懷與福音工作」及「靈性操練與生命成長」，總參加人數為335人。

分享福音盼望

本會派駐同工於嶺南大學校牧處推動校園福音工作，去年舉辦「YOLO福音週2019」活動，透過生死教育主題——你只可活一次 You Only Live Once，與學生一起共度福音旅程，參與人數逾1,000人次。另於去年7月起聯同多個團體合辦「與生命有約」音樂協作計劃，安排約十位大學生與晚晴或罕有病病友進行訪談，為他們的生命故事編曲作詞；又於幼稚園、大學及神學院舉辦音樂工作坊及講座，將這些生命樂章在社區中傳播，感動人心，約有300人次參與。

Promoting holistic health

To help improve the overall physical, mental and spiritual wellness of staff members in churches and institutions, our Christian Work Department and HK Sports Ministry Network worked together this year, jointly organising a number of recreational activities for the users. These included fitness exercises, relaxation and stretching workshops, health seminars and lunch fellowships. In total, these activities, which attracted over 200 participants throughout the year, promoted the concept of holistic health in body, mind and spirit.

Equipping Christians by theological training

The Association's Institute of Christian Ministry (ICM) offers a full range of biblical, theological and practical ministry courses to Christians who are committed to serving churches and Christian institutions, as well as pastoral staff who intend to pursue further studies. In 2019, there were 49 registered students; the ICM also held public lectures on a variety of topics, including "Boardgames and the Christian Faith", "A New Generation Social Care and Gospel Work" and "Spiritual Practice and Personal Growth." Together, these lectures were attended by 335 participants.

Sharing the hope of the Gospel

For some time, the Association's Christian Work Department has been supporting the Chaplain's Office at Lingnan University. Last year, we held the "YOLO Gospel Week 2019", a meaningful week full of activities which shared the journey of the gospel with students through a series of "life and death education" activities called "You Only Live Once". This event attracted 1,000 participants.

Since July 2019, the Association has also engaged several organisations in our "Embrace Life" music project. The project pairs ten students with ten patients receiving palliative care, depicting their life stories through original music compositions. During the year, we also held several music workshops and lectures at kindergartens, universities, and theological seminaries, spreading the life-affirming magic of music through the community, and attracting 300 participants altogether. 🎵

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.



社會創新國際青年研討會
International Youth Conference on Social Innovation



丹麥交流團參加者分享快樂體驗
Participants of the Denmark tour sharing their thoughts about happiness



童軍成員服務台灣當地兒童
Scouts and Girl Guides serving children in Taiwan

啟發創新思維

大學及學院青年會部與香港浸會大學學生事務處於2019年7月19日至22日合辦「社會創新國際青年研討會」，吸引超過18個國家／地區、接近200位與會者及參展隊伍參與。透過專題演講、工作坊、展覽及社區考察等活動，啟發本地和海外青年人以創新思維積極回應社會需要；其中的「創意滿『社』社會創新展覽」，得到超過20個海外及本地社創單位參展，向公眾介紹社創項目如何舒緩各項社會問題。

海外服務交流體驗

青年議會於2019年6月26日至7月4日舉辦「尋找快樂之旅——靈『丹』妙藥」交流團，探索居住在世界最快樂的城市——丹麥，當地人對快樂的定義及其與精神健康的關係。在行程中，透過參與義工服務、進行街頭訪談和文化交流等，參加者得以體驗青年會的義工運動精神，以及丹麥人的生活哲學。回港後，參加者籌備工作坊分享在交流團所學的文化特色和體會到的快樂，並鼓勵與身邊人分享快樂的元素。

童軍赴台交流

本會童軍及女童軍聯合委員會於2019年12月20日至24日舉辦短線服務交流計劃，參加者包括本會童軍、女童軍成員及領袖共19人。行程包括到訪南投縣基督教青年會，與當地青年作藝術交流；又到訪台北市中華基督教青年會，服務當地兒童，為他們舉行營燈會及設計遊戲。透過是次服務交流，不但促進香港及台灣兩地青少年之友誼和文化交流，過程中團員互相照顧、支持及致力服務他人，亦充分體現了童軍及女童軍的精神。

Cultivating innovative thinking in young people

Last summer, the Association's University and College YMCA Department and the Hong Kong Baptist University's Office of Student Affairs, jointly held the International Youth Conference on Social Innovation between 19 and 22 July 2019. The conference brought in nearly 200 attendees and also teams from over 18 countries and regions. Through themed lectures, workshops, exhibitions and community visits, local and overseas young people were inspired to respond to the needs of their societies with innovative thinking. Held during the conference, the Local and Overseas Social Innovation Project Fair attracted representatives from more than 20 overseas and local communities who introduced the attendees to the various ways in which social innovation projects can alleviate societal problems.

Participating in overseas service exchanges

The Association's Young Members Council organised a tour dubbed "A Trip to Happiness-Hygge" between 26 June and 4 July 2019. The tour explored Denmark, ranked as the "happiest country in the world", with the participants seeking to understand the definition of happiness through the eyes of local Danes and learn about their idea of the relationship between happiness and mental health.

Through participating in volunteer services, conducting street interviews and a variety of cultural exchanges, the participants were able to experience first-hand the spirit of the YMCA volunteer movement and the Danish philosophy of life. After returning to Hong Kong, the participants took part in a workshop to share the cultural characteristics and elements of happiness that they learned during the tour. All participants found it encouraging and enjoyable to share their experience with the people around them.

Heading to Taiwan on an exchange trip for Scouts and Girl Guides

The Association's Scouts and Girl Guides Council held a short-range overseas service activity between 20 and 24 December 2019. The participants included 19 members of the Association's Scouts, Girl Guides and several leaders. They visited the Nantou YMCA to exchange artistic ideas and held a joint service programme with the Taipei YMCA, sharing their thoughts and experiences with local children through designing games and fun lanterns. This trip promoted the virtue of mutual assistance and aid, perfectly reflecting the true spirit of the Scouts and Girl Guides. 🇹🇼

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 through the recruitment of a large body of volunteers of different ages, genders and from different strata of society who work to serve those are most in need.

動員義工力量

為響應世界基督教青年會成立175周年的慶祝活動，本會於2019年6月動員接近200位義工，每人參與最少175分鐘義工服務，當中包括帶同親手烹調營養保健老火湯，登門探望獨居或雙老長者，表達關心；陪同傷殘及有特殊教育需要的學生前往西藏參與生態及文化體驗；亦有義工到四川探訪當地受地震影響的災民等。在約一星期內，本會義工們已在世界不同角落進行了接近1,900小時服務。

推動在家服務

本會每年均透過「YM Volunteer」義工獎勵計劃，表揚及嘉許義工的無私貢獻，今年的主題為「持之『義』恆」，鼓勵義工持續參與義工活動，服務社會。2019年度共有1,692位義工獲嘉許，服務時數超過118,050小時。雖然因著2020年初疫情爆發，本會的義工服務亦受到一些影響，但卻無阻義工們服務的熱誠，他們響應本會推出的「YM Volunteer@Home」，留家抗疫之餘亦發揮各自所長，在網上透過不同形式參與義工活動，為社區帶來正能量。

傑出表現備受嘉許

本會的義工服務不但多元化，更憑著出色表現屢獲殊榮。其中，大學及學院青年會部校友組織Mission Until Dawn (MUD)，過去數年曾赴多個第三世界國家，為當地兒童建設遊樂場，因而獲得義務工作發展局頒發「第八屆香港傑出義工獎」。柴灣長者鄰舍中心的長者義工隊成立青頤社區飯堂，為區內獨居長者炮製健康「住家飯」，亦向麵包店收集剩餘麵包，派送予有需要的長者，發揮鄰里互相守望的精神，獲頒發由南華早報及信和集團主辦「香港精神獎2019」之「團體合作獎」。

Embracing the power of volunteerism

To celebrate the 175th anniversary of the YMCA in a unique way, the Association deployed nearly 200 volunteers, each of whom participated in at least 175 minutes of volunteer service in June 2019. These activities included showing love and care by visiting and preparing meals for elderly people living alone or elderly couples. Our volunteers also accompanied students with disabilities and special educational needs to have an ecology and cultural trip in Tibet; visiting people in Sichuan who were affected by the 2008 earthquake, and providing many other services. The programme was a great success, with nearly 1,900 hours of volunteer service carried out in just one week.

Promoting volunteer services at home

In order to recognise the many contributions of our volunteers, every year we organise the "YM Volunteer Awards Presentation Ceremony". The theme for the ceremony this year was "Persistence in Volunteering", and 1,692 volunteers who had amassed a total of 118,050 service hours received honours at the event. Due to the outbreak of the COVID-19 in early 2020, our volunteer services have been slightly affected, but the enthusiasm of the volunteers has not been compromised. Our volunteers responded to the "YM Volunteer@Home" launched by the Association, bringing positive energy to the community through various online volunteering opportunities while staying at home.

Honouring outstanding volunteering work

Our highly diversified volunteer services, which have always provided excellent support to people in need, surpassed themselves last year by achieving various awards of distinction in Hong Kong. Mission Until Dawn is one of the awarded, an alumni organisation of our University and College YMCA Department which has been serving children of third world countries over the past few years. Last year, Mission Until Dawn's playground project received the Eighth Hong Kong Volunteer Award from the Agency for Volunteer Service. In addition to this success, the Super Golden Age Volunteer Team from our Chai Wan Neighbourhood Elderly Centre won the Spirit of Teamwork Award at the Spirit of Hong Kong Awards 2019 organised by the South China Morning Post and Sino Group, for their work feeding and distributing surplus bread to needy seniors in the community. 🍲



義工探訪四川居民
Our volunteers visiting people in Sichuan



義工為有需要長者烹調食物
Volunteers showing love by preparing meals for the elderly



義工為第三世界國家兒童建設遊樂場
Volunteers building playground for children of third world country



HOME VOLUNTEER

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.



「世界公民證書課程」參加者在越南進行服務
Global Citizenship Certificate Course
participants performing services in Vietnam



秘魯基督教青年會代表探訪本會服務單位
YMCA of Peru delegates visiting our service units

加深認識世界議題

「世界公民獎勵計劃」旨在裝備青年人關心社會和肩負社會責任，培育他們成為世界公民。截至2020年3月31日，計劃總參加人數已超越3,390人。2019年6月舉行的「2018/19年度世界公民獎勵計劃頒章禮」，大會以主題形式的體驗攤位，增進出席者對不同世界議題的認知。而同年7月舉辦的「世界公民證書課程2019—『越』球下的人」越南體驗及服務之旅，安排參加者前往越南服務當地兒童、探訪貧困家庭和殘障兒童，並參觀越戰遺留的古芝地道和戰爭博物館，讓參加者深入瞭解越南的歷史和反思戰爭帶來的禍害。

跨地區體育切磋

本會多年來致力推廣體育普及教育，為青少年提供有系統的培訓，近年更與世界各地青年會合作，進行跨地域體育訓練和比賽，讓不同文化背景的青少年彼此交流和增廣見聞。2019年5月舉辦「YM Sports選拔賽」，選出代表本會的健兒，分別到日本、韓國、台灣和天津參與YMCA國際性游泳、籃球及足球比賽和特訓，不但能提升參加者的運動技能，亦能瞭解當地文化，擴闊視野。

國際參與及交流

本會透過青年會的國際網絡，讓本港與海外青年有更多互相交流、分享彼此經驗的機會。年度內安排逾30位中學及大學生出席YMCA 175慶典，參與當中的講座和工作坊，討論世界各地青年議題。另外，透過本會「寰宇探索者義務工作發展計劃」，為參加者安排短、中或長期海外實習，派駐於青年會轄下不同服務單位，為會友及社區人士服務。而秘魯青年會一行12人首次訪港，除參觀本會服務單位外，亦與會友進行文化交流，建立國際友誼，以及加強兩地青年會今後之合作。

Deepening global awareness

The Association's long-running "Be a Global Citizen Campaign" aims to enhance young people's global awareness and encourage them to shoulder their social responsibilities as global citizens. As of 31 March 2020, the programme had attracted over 3,390 participants. The 2018-2019 Be a Global Citizen Campaign Award Presentation Ceremony was held in June 2019 and featured thematic experience booths designed to enhance the attendees' global awareness.

In July 2019, we held a Global Citizenship Certificate Course in Vietnam, which saw participants visit and perform services for children of poor families and the disabled. Also, the participants went on a day trip to the Chu Chi Tunnels and War Remnants Museum, getting an in-depth look at Vietnam's history and learning about the scourge of war.

Taking part in cross-regional sports training

For decades, the Association has remained committed to promoting sports education and providing systematic athletic training to young people. In recent years, we have cooperated with the Global YMCA to offer cross-regional sports training programmes and competitions, allowing young members from different cultural backgrounds to communicate and play sports with each other. In May 2019, we held the YM Sports Trials, with athletes representing the Association selected to participate in swimming, basketball, football competitions and training events in Japan, South Korea, Taiwan, and Tianjin. These programmes not only improved the participants' skills in the various sports, but also broadened their personal horizons.

Joining international engagements and exchanges

Through YMCA's international network, local and overseas youths are given many different opportunities to exchange ideas and share their experiences. During the year under review, more than 30 secondary school and university students had a great opportunity to attend the YMCA 175 celebration, participating in lectures and workshops to discuss global youth-related issues. In addition, through the Global Y Explorers programme and its many internship and volunteer opportunities, participants got the chance to take part in short, medium and long-term overseas internships in different service units with YMCAs around the world. This year, a group of 12 people from the YMCA of Peru visited Hong Kong for the first time. In addition to visiting the Association's various service units, they also took part in cultural exchanges with our members. This will undoubtedly strengthen future cooperation between the two YMCAs. 🇮🇵



本會代表隊在台北參加游泳邀請賽
Athletes of the Association at the YMCA
Swimming Festival in Taiwan

履行社會責任 Implementing Social Responsibility

本會現正營運六間社會企業——YM CAFé、YMCA Store、YMCA Tuck Shop、YM Balloon、青新駅及花樂誰家，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 six social enterprises: YM CAFé, YMCA Store, YMCA Tuck Shop, YM Balloon, New Creation Depot 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.



快樂「球」學計劃學員參加「台灣國際氣球藝術大會2019」
Students of our balloon twisting programme joining the "Taiwan International Balloon Art 2019"

社企就業培訓

本會社企YM CAFé除了為烏溪沙青年新村營友提供西式餐點及飲品外，更提供四個實習生崗位予中學生作生涯規劃體驗；又為聯青聾人中心咖啡課程學員提供工作實習機會，學員不但可以練習拉花及沖調咖啡，更可學習製作食物的技巧，豐富實習經驗。另外繼YMCA Store後，本會自2019年8月起於香港浸會大學內增加一個新銷售店，名為YMCA Tuck Shop，兩間店鋪共聘用六位婦女及六位外展青少年負責管理，讓他們發展才能，貢獻社會。

社企YM Balloon氣球師本年繼續為「恒生—YMCA快樂『球』學計劃」提供氣球藝術課程，以增強有特殊教育需要學生的自信心及手眼協調能力。當中八位優秀學員，更在「台灣國際氣球藝術大會2019」中型氣球藝術創作賽中獲得「佳作獎」！

Driving vocational training through social enterprises

Our social enterprise, YM CAFé, provides Western-style cuisine for campers at our Wu Kwai Sha Youth Village and offers four intern positions for secondary students, and barista course students from our Y's Men's Centre for the Deaf. These students get to learn latte art skills and the basics of food preparation. In addition to the YMCA Store at Hong Kong Baptist University (HKBU), in August 2019, the Association added another social enterprise at HKBU: the YMCA Tuck Shop. Together, both social enterprises at HKBU employ a total of six women and six young people who assist with the outlets' daily operations, allowing them to develop their talents and contribute to society.

Meanwhile, aspiring balloon artists from YM Balloon, another of our social enterprises, continued to support the Hang Seng-YMCA Balloon Twisting Programme throughout the year, working to enhance the self-confidence and hand-eye coordination skills of students with special educational needs. Eight exceptional students won the Outstanding Award at the "Taiwan International Balloon Art 2019" event, and we are extremely proud of their



小學生響應海岸清潔行動
Primary School students taking part in seashore cleaning



乾花製作工作坊
A dried floral products workshop

另外，社企「花樂誰家」培訓基層婦女製作乾花花藝製品，透過參與市集、展覽及嘉年華活動作銷售推廣，為她們帶來兼職收入；並於2019年12月在觀塘正式開設門市，有助推廣產品及舉行工作坊，讓市民大眾認識回收花材升級再做的環保概念。

與企業共展關懷

本會藉「Y-Care企業伙伴計劃」與企業攜手關愛社會弱勢人士，例如恒生銀行義工隊陪同基層及新來港家庭暢遊新界，享受親子時光；另一企業伙伴「Danone Nutricia Early Life Nutrition」於本會觀塘會所為獨居長者及低收入家庭兒童舉辦賀年派對，與200多位參加者共迎春節。此外，本會又推出「運動友善計劃」協助企業鼓勵員工多做運動，關顧員工身心健康，得到20多間企業響應參加。

為弱勢人士圓夢

本會於2012年推出「愛·實現」基金（前稱「愛·實現」計劃），收集來自公眾、商企、慈善組織的捐款，配合義工力量，協助弱勢社群實現夢想，讓真正需要幫助的人感受到社區人士的關愛，至今處理約百宗申請，當中包括為患罕見病童購置一台切合其需要的輪椅、為患嚴重腎病且經常留院的學生，安排與家人同遊內地動物園；而於疫症肆虐期間，亦為一位行動不便的獨居婆婆安排入住院舍，讓她在疫情下獲得適當照顧。此外，基金獲不同商會及物業管理公司等協助宣傳，藉以得到更多人士認識和支持。

關注海洋及沙漠保育

有見塑膠污染問題日益嚴重，全會環保工作小組將原有「無膠樽日」擴展為「無塑香港」，於本年度推出「無塑海洋教育行動」，邀得超過40間小學響應，約3,600名師生及家長參與海岸清潔、講座、親子工作坊等活動，培育青少年認識及關注海岸塑膠垃圾污染問題，活動更得到24萬人於網上登記支持。此外，本會與西安基督教青年會及定邊縣團委合辦「『常青林』沙漠植樹服務營2019」，於2019年7月29日至8月4日在陝西省定邊縣舉行，本港、澳門、台灣及內地各城市青年會共有72人參加，各地義工共同進行沙漠植樹和固沙等活動，並藉此了解植樹前後對當地沙漠環境的改變及影響。

performance. Additionally, YM Fleur, a social enterprise that helps to increase household income for women through the creation of dried floral products, officially opened a shop in Kwun Tong in December 2019, selling recycled floral products and hosting workshops to enhance public awareness of the importance of protecting the environment.

Joining hands with companies to show love

The Association has been working along with its Y-Care Corporate Partners to offer assistance to the disadvantaged in society. For example, the Hang Seng Bank volunteer team accompanied the grassroots and newly arrived families to have a trip in the New Territories for parent-child time; another corporate partner "Danone Nutricia Early Life Nutrition" also visited our Kwun Tong Centre to host a New Year party for 200 elderly people living alone and children from low-income families. In addition, the Association also launched the "Sport-Friendly Action" programme to encourage employees of corporates to stay active and take care of their overall wellbeing, the programme drew over 20 companies to participate.

Realising the dreams of the underprivileged

The Association's Realise Love, Realise Dreams Foundation (formerly known as the Realise Love, Realise Dreams Project) has been running since 2012, gathering community momentum to help people in need realise their dreams. Since the launch of the Foundation, about 100 applications have received support from people and organisations, including the purchase of a wheelchair for a child with a rare disease; a zoo trip for a student with severe kidney disease; arranging senior housing for an elderly lady with limited mobility during the pandemic; and many others. Thanks to publicity assistance from various business associations or Chambers of Commerce and property management companies, the public image of the Foundation has been strengthened and broadened.

Working to conserve marine and desert environments

Spurred on by the growing problem of plastic pollution around the world, the Association's Environmental Protection Working Group extended our popular "No Plastic Bottle Day" campaign, turning it into the "No Plastic Hong Kong" campaign in 2019. Shortly afterwards, we launched the "Plastic-free Ocean Action". This programme saw around 3,600 students and teachers from over 40 primary schools take part in seashore cleaning activities, lectures and parent-child workshops to enhance young people's awareness and spark their concern about coastal plastic waste pollution. The programme attracted an impressive 240,000 online registrations. In addition, the Association, the Xi'an YMCA and the Dingbian County Commission jointly organised the "Woodland YMCA Desert Tree Planting Service Camp" between 29 July and 4 August 2019. A total of 72 young people from Hong Kong, Macau, Taiwan and mainland China carried out tree planting and sand fixation activities in the desert, helping them understand the positive impacts of tree planting and the changes these trees can bring to the local environment. 🌳🌊

Central American Exchange Tour

大學及學院青年會部組織20位本港大專生，遠赴巴拿馬及哥倫比亞兩國，與當地義工進行文化交流，以及服務有需要的兒童。

Our University and College YMCA Department led a group of 20 Hong Kong college students to the Central American countries of Panama and Colombia where they conducted cultural exchanges with local volunteers, while at the same time serving children in need.

社會服務
Social Services



社會服務 Social Services

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 a timely and diverse range of social services to meet the needs of our society with holistic care and guidance.

抗疫支援服務 Anti-epidemic Support Services

搜羅物資捐贈弱勢

本會於新冠肺炎疫情爆發後，即時緊密聯繫各大企業及組織，邀請他們捐款或捐助物資，透過本會送予基層家庭。各企業、機構都相當踴躍，紛紛作出捐助，包括口罩、搓手液、漂白水、食糧及湯包等。當中不少Y-Care企業伙伴更是身體力行，安排企業義工協助派送物資、致電聯絡和關懷社區有需要人士，並組成學習團隊，為停課學生進行網絡功課輔導，讓社會上的弱勢得到適切援助，心靈亦得到安慰。

Collecting supplies for the needy and offering assistance

Early in 2020, immediately after the outbreak of the coronavirus began in Hong Kong, the Association quickly reached out to major companies and organisations, encouraging them to donate hygiene and infection prevention supplies to needy people around the city. We received positive feedback from companies in sectors across Hong Kong who stepped up and donated surgical masks, hand sanitiser, household bleach and all sorts of food items. Many of our Y-care CSR partners also formed volunteer teams to provide support and guidance to those in need over the phone, and even formed a tutor group to offer online homework assistance to students from underprivileged families, helping take care of their educational needs while schools are closed. All these services were offered to ensure that those in need received the appropriate assistance in a timely manner.



紓緩情緒壓力

本會輔導組於疫情初期，進行了一項情緒及生活壓力問卷調查，發現有超過八成受訪者感到不同程度的焦慮及不安。有見及此，輔導組準備了一系列的提升心靈抗逆力小貼士，透過文字、插圖和短片在本會網頁及社交平台作出分享，以簡單實用的方式助大眾紓緩面對疫情所帶來的壓力，提供心靈上的支援。

Relieving emotional stress

Early in the coronavirus outbreak, the Association's Counselling Unit distributed a questionnaire on the emotions and stress experienced by people during the pandemic. The results revealed that over 80% of respondents were feeling varying degrees of anxiety. In view of these findings, the Counselling Unit prepared a series of tips on how to develop emotional resilience. These were shared publicly on our website and social media platforms through articles, illustrations and short videos – all designed to give people simple ways to relieve their stress and to get spiritual support.

提供網上活動及資訊

本年初，會方因疫情而暫停了各會所/中心的實體活動，改以線上形式與會友聯繫，透過社交平台及通訊軟件，進行各式各樣的興趣分享、學習、遊戲及運動示範。本會義工獎勵計劃YM Volunteer亦推動YM Volunteer@Home，邀請義工在家中進行服務分享，例如青年示範廢物升級再造、大學生分享海外交流經歷，以及長者教導烹調健康美食等，抗疫之餘不忘服務社會。本會並製作了多條抗疫資訊短片，讓社會各階層均能接收到最貼心的防疫資訊。此外，更在網站增設免疫專頁，集結以上種種豐富內容，分享最新活動資訊，與會友及市民大眾同心抗疫。

Developing online activities and distributing information

During the pandemic, the Association has suspended physical activities at our centres, instead conducting as many activities as possible in online mode. At the same time, we have launched a number of interest and learning courses, and conducted games and stay-at-home exercise demonstrations through social media platforms and communications software. The Association's YM Volunteer Scheme has also launched the YM Volunteer@Home programme, with volunteers virtually sharing home cooking recipes, waste recycling tips and past overseas exchange experiences. Elderly people were also invited to give healthy cooking demonstrations to the online community. Meanwhile, an anti-epidemic information video series and a special website were produced to unite the public in fighting and overcoming the coronavirus pandemic.

免費延長會籍

自疫情開始後，為減低病毒傳播機會，市民減少外出消遣及用膳，不少公共設施亦暫停開放，本會由1月29日起只能維持有限度服務。為關顧受影響之會友，本會為會友自動免費延長會籍一年，以鼓勵會友於疫情緩和後，重新投入運動、各項興趣及訓練活動，保持身心健康。

Offering free extensions to memberships

To reduce the risk of virus transmission and protect the public and our members, the Association suspended many of our facilities from 29 January 2020. As a result, our beloved members have not been able to use our services in the usual way for much of 2020. As a response, the Association automatically extended all memberships for one year free of charge, in the hope that members will re-engage in activities when the pandemic eases and the situation returns to normal.



青年及外展服務 Youth and Outreach Services

運用數碼科技關心社會

本會舉辦「IFocus@IGF2019」活動，鼓勵青年人善用資訊科技幫助社會上的弱勢社群。活動共選出十個優秀計劃，包括協助基層家庭兒童利用資訊科技提升學習技巧、利用AR提升專注力不足及讀寫障礙學生的學習能力，以及教授初中學生認識編程技巧等，於2019年暑假期間為不同對象提供逾百人次服務。當中優勝隊伍更以「IFocus大使」的身分，出席2019年11月在德國柏林舉行的「第14屆聯合國網絡管治論壇」，與世界各地青年代表進行討論及分享。

Leveraging digital technology to show we care about society

During the year under review, the Association organised the “IFocus@IGF2019” event to encourage young people to find ways to use information technology that will help care for members of the disadvantaged community. A total of ten outstanding projects were selected, which included a project that helped children from grassroots families improve their learning skills through information technology; a project that used augmented reality (AR) to improve the learning ability of students with ADHD and dyslexia; and a course that taught junior high school students about programming. During the summer of 2019, several hundred target users were served by these projects. In November 2019, the winning team took part in the 14th Internet Governance Forum in Berlin, Germany, sharing their thoughts and experiences with youth representatives from all over the world.

IGF
2019
BERLIN



Internet Governance
Forum Berlin

25–29 November 2019

ONE WORLD.
ONE NET.
ONE VISION.



聯合國網絡管治論壇
The Internet Governance Forum



延續運動結合義工服務

香港中華基督教青年會一賽馬會「起動傳承」社區運動大使計劃推行三年多以來，曾參與運動訓練及義工服務的社區運動大使達1,795人，他們以運動消耗卡路里的形式，換取商企捐贈物資及服務，社區受惠人士達8,448人次。2019年6月，計劃甄選出15名運動大使參與「Mapperthon海外交流團」，探訪台南的長者機構，推行有運動元素的義工服務，將普及運動文化及義工精神延伸至海外。隨著計劃於2019年10月正式完結後，於2020年2月開展新一期的三年計劃，名為香港中華基督教青年會一賽馬會「喜動傳承」社區運動計劃，加入推廣跨代共融健康社區之新元素。

協助青年打造理想

本會為協助青年創造及實踐理想，成立「青年理想實踐基金」為35歲或以下青年提供支援。本年度共有三項計劃成功獲得基金資助，包括透過訪問和錄影記錄不同的生命故事、多國文化體驗營及創作職業啟發工具和教材，共批出資助額港幣\$83,604，協助青年在不同領域追求實踐夢想。此外，本會「FARM—青年文化及創意廣場」參與香港貿易發展局於2019年8月在香港會議展覽中心舉辦之「家電·家品·博覽」之初創坊，為16名有志從事手作行業之青年提供一站式展覽、推廣及銷售平台，讓公眾認識及購買他們製作的創意產品。

透過藝術反思人生

本會為外展服務對象之青少年舉辦「藝動人生」計劃，透過四次藝術初探，包括話劇、音樂劇及舞蹈表演欣賞等，由社工帶領青年人於活動後撰寫個人反思集，引導他們尋找自我及理解別人；繼而開展編作劇場及一人一故事劇場訓練，由導師、社工及青年人共同創作劇本，透過劇場訴說情感、分享個人故事、關心社會，並於2019年8月在社區藝墟中展現成果。



Linking community services with sports

Running for three years, the Chinese YMCA of Hong Kong-Jockey Club “Mapperthon Community Action Project” has attracted a total of 1,795 participants and volunteers who took part in community resource-matching initiatives to “convert” the calories burned during various sports activities into daily necessities that have helped 8,448 needy people across the city.

In June 2019, 15 of our “mappers” were selected to participate in a Mapperthon overseas trip. They visited organisations caring for elderly people in Tainan, Taiwan, promoting the idea of “sports for all” as well as the spirit of volunteerism. Following the conclusion of phase one of the project in October 2019, the Association immediately implemented the second round of the Chinese YMCA of Hong Kong-Jockey Club “Mapperthon Sports Project”. This stage will run for another three years and include several new elements that will promote social inclusion in the community.

Assisting young people to realise their dreams

The aim of the Association's Foundation of Youth Self-Realisation Scheme is to empower people aged 35 and under to pursue their dreams. During the year under review, three projects received grants totalling HK\$83,604 namely: “Life Stories on Camera”, “Multinational Cultural Experience Camp”, and “Inspirational Tools and Teaching Materials for Creative Professions”. Also, YMCA FARM was invited by the Hong Kong Trade Development Council to facilitate the participation of 16 selected start-ups in the Home Delights Expo, a one-stop exhibition, promotion and sales platform. The start-ups gained exposure at the expo, helping visitors learn more about their creative products.

Reflecting on life through art

The youth-oriented “Arts for Change” programme's goal was to empower outreach social workers to lead young people to learn more about themselves and others by writing personal reflection journals and through preliminary art explorations, including drama, music and dance appreciation. This programme focused on the co-creation of scripts between artists, social workers and young people, helping them express their emotions and share personal stories. The participants worked hard on their projects, which were shown to the public during August 2019.

兒童及家庭服務 Children and Family Services

提升親子溝通質量

本會與Y-Care企業合作夥伴陽光房地產基金合作舉辦「陽光無手機日」，分別於2019年4月及5月分舉行Unplug Camp及Unplug Day活動，帶領近百位家庭參加者「放下手機，樂享天倫」，內容包括親子講座、五感體驗活動、手工花製作及親子遊戲等，一方面透過專家講解，讓家長了解與孩子溝通技巧，另一方面為家庭成員營造直接溝通的環境及機會，從而提升親子溝通的質量。

Improving parent-child communication

In April and May 2019, the Association teamed up with our Y-Care Corporate Partner Sunlight REIT to organise the "Sunlight Unplug Day and Camp". The event's goal was to promote family harmony by improving interactions between family members and promoting mutual understanding through parent-child lectures, the "Five Senses Experience" and several parent-child workshops. At the same time, the event encouraged everyone to cut down on their use of smartphones and instead, spend quality time with their families.

改善家居傳愛心

本港居住環境擠迫，有著為數不少的劏房戶家庭，在缺乏足夠生活空間的情況下，容易引發各種家庭問題。佐敦會所舉辦「空間大改造」計劃，與專業義工（如室內設計師、建築師及工程師等）合作，為劏房戶家庭進行室內設計及傢俱替換，釋放生活空間，藉此提升親子關係及家庭和諧；另一方面，讓青少年義工與專業師傅配搭，在服務過程中學習家居維修技能及知識，以及提升溝通技巧。計劃於兩年間共協助29戶劏房家庭進行改造，參與義工約有300人。

塑造品格素養

本會品格教育工作小組以基督教價值為本，藉舉辦講座和工作坊，向中、小學及幼稚園學生家長和小學生灌輸品格的重要性，並教導家長培育品格的方法。年度內邀得張瑪莉小姐主講「如何做個精明的父母」家長講座、吳思源先生主講「建立更緊密的親子關係，讓子女愛上父母」家長講座，以及舉辦「品格—同理心、尊重別人」等學生講座，藉灌輸正確價值觀，提升親子關係，助子女建構良好品格。

幼稚園駐校服務

本會黃傳經學生中心現派駐社工於本港26間幼稚園，配合幼兒之全人發展，於體、智、靈三方面為學童提供訓練，並為學生及其家長提供有系統之輔導服務，及早識別高危家庭，按需要作適切轉介；另透過工作坊、講座及支援小組，協助家長瞭解子女的成長需要及建立支援網絡，以及為教職員提供培訓及支援。

Transforming space through love

In Hong Kong's numerous residential areas, living conditions are overcrowded, with many people living in sub-divided flats. These cramped apartments and less-than-ideal living conditions often are the cause of various family issues. The Association's Jordan Centre collaborated with teams of volunteer professionals, including interior designers, architects and engineers, to carry out a renovation project for residents of sub-divided flats to help create conditions in which disadvantaged families can develop harmonious family relationships. At the same time, young volunteers working on the project were given the opportunity to learn home repair skills and improve their communication skills while working alongside the professionals. A total of 29 low-income families will benefit from the programme during its two-year run, with about 300 volunteers participating.

Cultivating positive character traits

The Association's Character Education Working Group is committed to delivering character education among parents of kindergarten, primary and secondary school students. The Working Group also shares positive character education tips with parents. During the year, the Working Group held two seminars for parents, one called "How to be Smart Parents", and the other called "Establishing a Closer Parent-child Relationship". Miss Mary Cheung and Mr Ng Sze Yuen spoke at the seminars, while a third seminar for students called "Character-Empathy and Respect for Others" was also held to promote proper values and assist children as they work towards building a positive character.

Serving at kindergartens

The Association's Wong Chuen King Student Development Centre has social workers deployed in 26 kindergartens across Hong Kong. These social workers provide physical, mental and spiritual training, plus advice for students. Students and parents are also offered systematic counselling services which identify and assist high-risk families. Through workshops, seminars and support groups, parents learn to understand the growth needs of their children and how to build a support network. Training and support are also made available to teaching staff at the kindergartens.



康體及營地服務 Sports and Camp Services

開展跑步治療

近年跑步風氣盛行，但不恰當的訓練往往容易造成勞損傷患。九龍會所於本年度推出全新的「跑步治療」計劃，由會內專業運動員、田徑教練及物理治療師擔任導師，教授正確的跑步科學理論，由預防受傷到治療、康復運動與訓練方法，提供全面的指導及分享，讓會友在既安全又健康的環境下，享受跑步的樂趣。

參與首屆健步足球世界盃

本會積極推動中年或受傷患影響人士參與健步足球，養成運動習慣及重拾做運動的樂趣。本年初更為健步足球參加者舉辦選拔營，以體適能、足球技巧、比賽表現、紀律等作準則，甄選出24位表現出眾的健兒，組成50歲組別及60歲組別兩支香港代表隊，參加2021年在英國曼徹斯特舉行的首屆健步足球世界盃盛事，與各地參賽者交流切磋。

Introducing a therapeutic running programme

Always a popular activity, running has become even more widespread in recent years. However, many people have found out the hard way that improper training can cause muscle and joint pain or even permanent damage. This year, the Association's Kowloon Centre launched a new Therapeutic Running Programme, with professional athletes, track and field coaches and our own physical therapists serving as instructors to teach the public about the science of running. The programme touched on a wide variety of topics, including injury prevention and treatment, plus rehabilitation and training methods, while also providing comprehensive guidance and expert sharing sessions, all of which helped our members learn how to enjoy running in a safe and healthy way.

Setting the stage for the first Walking Football World Cup

For years, the Association has been actively encouraging middle-aged people and people with chronic illnesses to stay active. At the beginning of this year, we held the "Walking Football World Cup 2021 Selection Camp" to select high-level walking football players based on factors such as physical fitness, football skills, game performance and discipline. A total of 24 athletes were selected to form two teams, one in the 50s age group and the other in the 60s age category. These teams will participate in the first-ever "Walking Football World Cup" to be held in Manchester, England in 2021, where they will undoubtedly have fun and enjoy exchanges with participants from all over the world.

長跑訓練班參加者
Participants of the distance-running training programme



青年參賽者展示健體成果
Young contestants showing their prowess in bodybuilding

提供青年健體平台

新界會所與世界健美健身協會香港分會合作，於2019年4月舉辦「第一屆YMCA全港青年健體錦標賽」，對象為全港中學生及大專生，藉比賽將健體運動推廣至年輕一代，並為健身愛好者提供平台，展現努力鍛鍊的體態；同時鼓勵大眾多參與體育活動和比賽，強身健體。

舉辦親子露營體驗營

為鼓勵家長與子女有更多親子相處時間及親近大自然，烏溪沙青年新村特意舉辦「露營體驗親子營」，由營地提供整全的露營設備，並有導師帶領原野烹飪體驗，讓家長無需攜帶任何器材，與子女一起輕鬆體驗大自然生活；此外，在兩日一夜的體驗營內，參加家庭更可使用營內多項康樂設施及用品，例如旋風球、飛盤、射箭、攀石及繩網等，透過參與一系列有益身心的活動，從而強化親子關係。

Providing a fitness platform for young people

During the year, the Association's New Territories Centre worked with WBFP (HK) to organise "The 1st Chinese YMCA of Hong Kong Junior Physique Sport Championship", providing a fitness platform for all secondary and tertiary students in Hong Kong. The competition aimed to promote bodybuilding and fitness to the younger generation to show off the fruits of their efforts while encouraging the public to participate in sports activities.

Organising Parent-child Camping

To encourage parents to enjoy quality time with children and get closer to the nature, Wu Kwai Sha Youth Village organised "Parent-child Camping" for members. Camping essentials were provided by the campsite to make the outdoor experience more lovely for both parents and children. The two-day event also features outdoor cooking, flyball, frisbee, archery, rock climbing, and rope nets, etc. It is aimed to enhance the parent-child relationship through a series of outdoor activities. 🏕️



親子家庭享用營內設施
Family members enjoy the campsite activity

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

推廣正向思維

學校社會工作部為八間駐校中學逾5,000名學生推出「Star Teens結伴同行計劃」，於校內宣揚以正向心理面對困境。計劃以正向心理學中的幸福元素作為框架，讓學生能以正面積極的心態來抵抗負面情緒；更配合藝術元素，讓學生掌握穩定情緒及舒緩壓力的知識。Star Teens於完成訓練後成為照亮他人的星星，帶領其他人步向晴天，於社區推廣正面思維的信息。

分享情緒健康信息

面對突如其來的新冠肺炎疫情，學校社工於網上舉辦了一系列以桌遊、運動、魔術、藝術等為主題的活動，讓同學在家學習之餘，也能與社工保持良好溝通。部門亦製作了兩期家長資源包（抗逆停課及復課篇）及不同主題的電子海報，經由學校轉發給學生，提醒學生與家長關注情緒健康。此外，學校社工並舉行了兩期知識技能共享計劃，由同工輪流帶領，互相分享自己擅長的技能，當中包括Sticker製作班、IG功能研習班及花卉輕鬆畫等。

近一年因着社會事件及疫情的關係，本港市民無論在生活上或情緒上均受到衝擊。因此，輔導組同工透過網上、社交媒體平台，以及傳媒訪問，回應社會大眾情緒上的需求；內容由明白自身的感受開始，繼而進入回應別人情緒的方法，並提醒讀者用不同方式照顧自己的身、心、靈。另外，因瀏覽人數漸漸增多，同工開始撰寫有關心理學及輔導相關知識，以提高讀者的自我覺察，亦藉此增加大眾對於輔導的認識。

Promoting the power of positive thinking

This year, the Association's School Social Work Department held the "Star Teens Walk with You Programme" for over 5,000 students from eight of the secondary schools which the department serves. The programme used the components of happiness as a framework to guide students into overcoming negative emotions through positive thinking. Along with artistic elements, students were taught important concepts relating to emotional stability and stress relief. After completing the training, the Star Teens were better equipped to "shine their light" and make a positive impact on the community.

Sharing information on emotional wellness

As part of our response to the coronavirus pandemic, the Association's School Social Work Department launched a series of online activities for students which included board games, sports, magic and art, thereby allowing students to remain in communication with social workers while studying at home. The department also produced two parent resource kits; one on class suspensions and the other on class resumption, together with a series of electronic posters on different topics. These were forwarded to students by their schools, reminding both students and parents to pay attention to their emotional health. We also held two knowledge and skills sharing sessions. Led by our staff members, these sessions saw the staff share their skills with the participants; among the topics covered were sticker-making, IG function and flower-drawing.

Against the background of the pandemic and the on-going social unrest, many people have been left feeling unsettled and stressed. In order to respond to the emotional needs of the public, the Association's Counselling Unit published a number of articles through the Internet and social media platforms and conducted media interviews. The content of these articles included self-awareness, empathy and holistic wellbeing. The popularity of these articles led our staff to add articles about psychology and counselling-related concepts to increase public awareness of the benefits of counselling. 🍷



Star Teens領袖訓練活動
A leaders training session for Star Teens



透過遊戲助長者認識科技
Helping elderly people to learn IT through games

長者服務 Elderly Services

建立運動習慣

柴灣長者鄰舍中心舉辦為期一年的「社區穩步同行計劃」，招募有跌倒風險之長者參與，提供適合體適能活動、中心健身器械、義工上門運動，以每星期進行150分鐘運動為目標，鼓勵有跌倒風險之長者建立恆常運動習慣，並招募社區人士擔任社區關愛大使，由物理治療師、體適能教練、社工等提供適切義工訓練，以增強長者與社區人士的連繫。

打破數碼隔閡

天平長者鄰舍中心舉辦「樂齡數碼新體驗」，培訓退休人士擔任數碼指導員，學習應用STEM及VR知識，滿足個人學習新事物的期望，體驗數碼科技的樂趣。服務成功走訪區內的長者單位、私營院舍、庇護工場、學校及上門幫助區內不同年齡層的社區人士，親身體驗科技的樂趣，做到助人自助，配合創新科技營造關愛社區。

減緩認知障礙

天平頤康之家為院舍內患有認知障礙症長者舉辦「畫出心中情」，鼓勵及引領院友繪畫水墨畫，強化他們的專注力和手眼腦協調能力，培養他們對畫水墨畫的興趣及鞏固院友的自我價值，以舒緩認知障礙病情。完成畫作後，老師及社工鼓勵長者分享其作品，讓他們表達心中的感受或畫中寓意，長者均感到有成就感及滿足感。

Building healthy exercise habits

This year, our Chai Wan Neighbourhood Elderly Centre launched the one-year-long "Community Walk with Steady Steps" programme, providing elderly people at risk of falling with physical training and fitness equipment, and connecting volunteers with individual seniors. The programme's goals were to encourage elderly people to engage in 150 minutes or more of physical activity per week and recruit volunteers to serve as community ambassadors and receive training provided by physiotherapists, fitness coaches and social workers – all with the aim of strengthening the connection between elderly people and the community.

Breaking through digital barriers

The Association's Tin Ping Neighbourhood Elderly Centre launched the IT Programme for the Elderly, aiming to train retirees to serve as digital instructors by learning STEM and various VR-related applications. The programme not only met the participants' expectations that they would learn new things, it went above and beyond, allowing them to experience the inherent fun of digital technology. The retirees who completed the programme reached out to people in elderly units, private homes, sheltered workshops and schools, helping them learn innovative technology while simultaneously creating a caring community.

Protecting the elderly against cognitive decline

This year, our Tin Ping C&A Home for the Elderly held a "Drawing Out Feelings" activity for seniors with dementia. The participants were encouraged to express their feelings through ink paintings to strengthen their concentration and hand-eye-brain coordination skills, while also cultivating their interest in ink paintings and helping them consolidate their self-image. After completing the paintings, teachers and social workers encouraged the seniors to share their work, allowing them to express their feelings and gain a sense of satisfaction. 🍷



復康服務 Rehabilitation Services

開拓聽障青年視野

「第38屆國際聽障青年營」於2019年8月3日至8日在馬來西亞舉行，共有50位來自日本、台灣、香港及馬來西亞等地的聽障青年參加，促進不同地區聽障青年的文化交流、團契及網絡建立，並協助聽障青年建立國際觀。此外，聯青聾人中心之「聯青社區學院－聽障專才培訓計劃」，於2019年7月17日至11月5日舉辦「國際咖啡師證書課程」，為有志成為咖啡師的聽障人士提供設手語翻譯的培訓課程，提升他們在相關行業就業的機會，並發展職業志向。

強化身體機能，延緩老化

考慮到本會轄下的庇護工場工友及宿舍舍友，均開始步入年長階段，或會提早出現老化徵狀及各種健康問題，故單位透過進行BMI測試及物理治療評估，為學員提供適切之訓練活動（包括運動、認知及情緒），強化年長工友／舍友之身體機能、延緩衰老的速度，並透過多元化及趣味性桌上遊戲訓練教材，加強認知訓練，延緩腦部退化，提升他們參與活動之動機，建立興趣、社交網絡及培養自信心，達致健康及豐盛之晚年。

發掘智障人士潛能

華愛之家宿舍舉辦「視藝創作展共融」活動，發掘智障人士的藝術潛能與創意，讓他們透過視藝表達個人情感；並藉著視藝比賽及公開展覽活動，讓社區人士從得獎作品了解智障人士的能力，增加公眾對他們的認識及接納，推廣傷健共融信息。

Broadening the horizons of the hearing impaired

"The 38th YMCA International Youth Camp for the Hard of Hearing" was held in Malaysia between 3 and 8 August 2019. A total of 50 people with hearing impairments from Japan, Taiwan, Hong Kong, Malaysia and other countries participated in various cultural exchanges which broadened their horizons while cementing their fellowship and developing their social networks.

The Training Programme for the Hearing Impaired run by the Y's Men's Community College for the Deaf launched an International Barista Certificate Course, which ran from 17 July to 5 November 2019. This training course focused on sign language interpretation for people with hearing impairments who had an interest in becoming a barista. Completing the course provided enhanced employment opportunities to all participants.

Strengthening the body and mind to delay aging

Considering that many of the members of our sheltered workshops and hostels are either elderly or becoming elderly, they often experience the early stages of aging and the various health problems which go hand in hand with aging. To combat this, we provide them with a physical examination which looks at their general health and body mass, and offer them appropriate training activities to strengthen their physical abilities and delay the speed of aging.

We also offer sports, cognition and emotion-related activities such as table games and cognitive training exercises to delay brain degeneration and improve their motivation to participate in activities, as well as expand their social network and cultivate their self-confidence. Working together, all these offerings help set up our members for a golden age that is healthy and rewarding.

Unlocking the talents of mentally handicapped persons

The Home of Love—Wah Fu Hostel organised a Visual Arts Creation Exhibition this year. Designed to explore the artistic potential and creativity of people with intellectual disabilities, the exhibition allowed them to express themselves through the visual arts. A competition and exhibition of art works helped the public gain a better understanding of people with intellectual disabilities while also promoting a strong message about the importance of social inclusion. 🇭🇰

智障人士藝術活動
A painting activity for the mentally handicapped

少數族裔服務 Services for Ethnic Minorities

藉運動推廣共融信息

天水圍天晴會所與香港卡巴迪聯盟合作，2019年7月至2020年1月期間舉辦「地區為本種族融和計劃－卡巴迪社區推廣計劃」，透過引入這項源自南亞的流行運動，推動種族共融訊息。計劃邀得香港卡巴迪代表隊成員及教練擔任推廣大使，進行一連串服務項目，包括卡巴迪基礎及導師訓練班、入校體驗日、媒體專訪、社區推廣日及體驗比賽等，成功招募少數族裔組成YMCA卡巴迪代表隊，並參加本港卡巴迪比賽，以運動帶出「In Kabaddi, we are ONE」信息。

支援學習及活動

觀塘會所本年度舉辦「無分彼此少數族裔計劃2019-20」，透過不同類型的活動，如語文、球類及煮食訓練等，培養區內南亞裔青少年的學習興趣，支援他們課堂內外的學習需要。活動並加入本地青年義工參與，與南亞裔青少年共同探訪區內獨居長者、進行戶外參觀等，加深彼此溝通和合作，達致共融的效果。

Promoting inclusion through sports

The Association's Tin Shui Wai Tin Ching Centre joined hands with Kabaddi United Hong Kong to launch a "District-based Programme for Racial Harmony – Kabaddi Community Promotion Campaign" between July 2019 and January 2020. The programme aimed to promote racial harmony through the introduction of Kabaddi, a popular competitive team sport which began in South Asia. The programme featured Kabaddi basics and mentor training classes, school experience days, media interviews, community promotion days, games and more. The programme led to the successful recruitment of many members of ethnic minority groups who formed a YMCA Kabaddi team and took part in a local Kabaddi competition, broadcasting the message that "In Kabaddi, we are ONE".

Supporting learning and activities for all

This year, the Association's Kwun Tong Centre organised an inclusion programme for Ethnic Minorities. This wide-ranging series of activities helped involve people in many different types of events, including language learning, ball games and cooking activities, all designed to cultivate the interest of South Asian youths throughout East Kowloon district and support their learning needs outside the classroom. Local volunteers also took part in these activities, especially those which involved visiting elderly people living alone in the district and tours with South Asian youths which helped enhance mutual communication. 🇭🇰

本會卡巴迪代表隊
The YMCA Kabaddi Team

教育服務 Education Services

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.



認識不同種族文化活動
A "learning across cultures" activity

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

Chinese Y.M.C.A. Sheung Shui Kindergarten

學習及尊重多元文化

本會為幼稚園高班學生設計活動，從語言、食物、服飾、建築物及手工藝等方面，認識不同國家的文化，例如探究印尼、日本和泰國人等的生活文化，從而培養學生尊重和欣賞不同種族之文化差異，亦學習關懷外籍家庭傭工為香港家庭的付出；建立和諧美好、多元社會的概念。此外，停課期間，推行「班主任互動室」及「英語教室」，實時進行教學活動；又製作了不同的影片，校長、老師及同學們一同化身YouTuber，貫徹「停課不停學」。

Learning about and respecting cultural diversity

This year, educators from the Association designed various cultural activities for K3 students, allowing them to explore the cultures of Indonesia, Japan and Thailand, etc. from various perspectives: language, food, clothing, architecture and handicrafts. These activities also helped cultivate students' respect for and appreciate of cultural differences, especially as they relate to the many contributions that domestic helpers make to families across Hong Kong.

Throughout 2020, we also launched "interactive classrooms" and "virtual English classrooms" where our educators carried out real-time teaching activities which saw principals, teachers and classmates transformed into YouTubers to achieve an important mission: "suspending classes without suspending learning." 📺



青小學生於新加坡遊學
Our primary school students participating in a study tour to Singapore

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

擴展聯校網絡

青年會小學推出「青小寰宇教室」，與澳洲、新加坡、中國內地及澳門等地的姊妹學校合作舉辦遊學活動，建立有系統的訓練，包括跨學科之學習；通過交流活動，培養同學擁有國際化的視野，並把遊學經歷所學活用在學習及生活中，提升學生的生活技能，幫助學生建立正面的價值觀，如堅毅、尊重他人、尊重文化差異及責任感等。年度內參與遊學活動的學生及家長約有1,000人。

Expanding our joint school network

Early in the year under review, our Chinese Y.M.C.A. Primary School launched a Global Campus campaign, cooperating with other primary schools in Australia, Singapore, mainland China and Macau to organise study tours and systematic training exercises, including interdisciplinary learning. Through these exchange activities, students gained a global vision and were able to apply their knowledge to their daily lives. The programme helped students develop positive values like perseverance, respect for both others and cultural differences, and a sense of responsibility. Approximately 1,000 students and parents participated in the study tours during the year. 🌐

Island Christian Academy

訂立目標願景

Island Christian Academy國際小學在這充滿挑戰的一年，定下四個重要元素——愛在當下、為明日學習、為永恆而活及領導下一代，並以此為學校訂立學習目標及共同願景。年度內學校舉辦了福音話劇、聖誕活動、科技日及運動日等，自疫情爆發後，校方持續提供網上學習，亦開啟了家長教師線上會議的新模式。

Establishing goals and a clear vision

During this challenging year, Island Christian Academy set four key aspects as the learning goals of the school. These “four L” aspects will deliver their important vision: Love for today; Learn for tomorrow; Live for eternity; and Lead the next generation.

During the 2019-2020 school year, the school put on a gospel drama, a Christmas event, a Science and Technology Day, and a school Athletics Day. Since the outbreak of the coronavirus pandemic, the school has been providing online learning and has recently implemented a new model for parent-teacher online conferences. 📺



聖誕報佳音
Christmas Carol singing

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

興建兒童遊樂設施

青年會中學於2019年7月2日至7日共派出13名學生參加「柬埔寨服務團— Playground Builder」。活動由大學及學院青年會校友組織Mission Until Dawn籌劃，是次為首度加入中學生參與。計劃旨在透過為發展中國家的兒童興建遊樂設施，促進其身心及社交發展。校方期望透過服務活動，讓學生能擴闊國際視野，並體驗到海外貧困地區的需要，學習以具體行動回應。



為柬埔寨兒童興建遊樂設施
Building a playground for Cambodian children

Building a children's playground

Between 2 and 7 July 2019, 13 students from our Chinese Y.M.C.A. Secondary School participated in a “Cambodia Service Tour - Playground Builder” visit. The tour was organised by Mission Until Dawn, an alumni organisation of the University and College YMCA Department; and this was the first time that secondary school students could take part in such a tour. As always, the visit aimed to promote the physical, mental and social development of children in developing countries through building amusement facilities. The participating students were expected to broaden their horizons and experience the needs of people living in impoverished areas through service activities, while learning to respond to these needs with immediate, concrete actions. 📺



青年會書院 Chinese Y.M.C.A. College

青書於「學與教博覽2019」展示學生STEM作品
Showing our college students' STEM products
in the "Learning and Teaching Expo 2019"

發揮港生創意思維

青年會書院鼓勵學生發展創意思維，本年度繼續承辦「美國創意思維世界賽—香港區賽」，帶領香港區賽中脫穎而出的隊伍，組成了「美國創意思維世界賽2019—香港聯校代表團」，於2019年5月20至27日到美國參加世界賽，與來自世界各地約900多支隊伍角逐15個比賽組別之冠軍殊榮，並在其中兩個比賽組別，分別獲得世界亞軍及季軍；香港代表團更在「Float & Banner Parade巡遊比賽」取得「Banner Contest Finalist」獎項，盡顯港生創意，為港爭光！

Unleashing students' creative thinking

The Chinese Y.M.C.A. College has always been committed to promoting creative thinking. During the year under review, the school hosted the "Odyssey of the Mind" Hong Kong Regional Tournament and led the winning team, the Hong Kong Joint School Delegation, to the Odyssey of the Mind 2019 World Finals in the United States which ran from 20 to 27 May 2019. The US tournament drew over 900 teams from all over the world to compete for the championship in 15 categories. The Hong Kong Joint School Delegation won the World First Runner-up and Second Runner-up in two categories. The team also won the Banner Contest Finalist Award in the Float and Banner Parade, bringing glory to Hong Kong. 🇭🇰

青年會專業書院 YMCA College of Careers



運動管理高等文憑課程學員
Students of the "Advanced Diploma in Sport Management" course

新增運動管理培訓

為持續培訓本地人才，提供不同範疇的學習及專業發展途徑，青年會專業書院在原有的款待管理、設計及藝術學系以外，本年度增設社會科學及康體學系，開辦兩年全日制運動管理高等文憑課程，憑藉本會在康體事工上的豐富經驗，為學員提供全方位的運動管理培訓。學員在完成課程後，可銜接本港或海外大學升讀二年級本科學位課程，如體育教育、運動科學及運動管理等，為有志投身運動管理事業的青年作好準備。

Adding sports management training to our repertoire

The YMCA College of Careers opened a new avenue of learning this year to once again increase the reach of learning opportunities for our students: the Department of Social Sciences and Recreation. This adds a third dimension to our offerings, in addition to our Department of Hospitality Management and Department of Design and Art. The new department is now offering a two-year full-time Advanced Diploma in Sport Management. This course is based on our extensive experience in sports ministry and provides students with a full range of sports management training. After completing the course, students can join local or overseas universities and enter one of several second-year undergraduate degree courses, such as physical education, sports science or sports management, ultimately laying a solid foundation for young people who want to be part of the sports management sector. 🇭🇰

賓館服務 Hostel Services

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.



「贈愛 · 同慶」活動
The "Re-gifting with Love @ The Cityview" event

城景國際 The Cityview

提升客房質素

城景國際於去年開始，將原有的高級標準客房提升至尊貴客房，預計將於2020年夏季完成更新工程，屆時將有半數以上客房為尊貴客房類別，為客人提供更完善房型及配套選擇，滿足客人的住宿需求。此外，城景國際於12月份舉辦「贈愛 · 同慶」活動，成功收集到超過300份未曾使用之二手玩具及文具禮品，轉贈給廣華醫院兒科兒童，分享節日喜悅，並為保護環境出一分力。

Upgrading guest rooms

For much of the last year, The Cityview has been busy upgrading many of its economy rooms to create a new experience. The construction work is expected to be completed in the summer of 2020. By then, more than half of the rooms will be in the "Premier" category, which provides guests with comprehensive in-room facilities.

The Cityview also hosted the "Re-gifting with Love @ The Cityview" event in December 2019, successfully collecting more than 300 unused second-hand toys and stationery gift packs which were then donated to children in the paediatric department of Kwong Wah Hospital, helping share the joy of the Christmas holidays while also making a powerful statement about environmental protection. ♡



灣景國際高級客房
The premier room of The Harbourview

灣景國際 The Harbourview

提供舒適環境管理健康

疫情期間，灣景國際為旅客或外遊返港人士提供14日長期住宿優惠，安排住客入住專屬樓層，提供精美膳食及上網設備，配合獨立的空調及鮮風系統，為客人打造一個安心、舒適的工作及住宿環境進行健康管理。

加強員工環保意識

灣景國際於2019年9月安排同工參觀位於屯門的T·PARK，讓同工們對「轉廢為能」的概念有更深的瞭解，並啟發他們在日常生活中實踐「轉廢為寶」。



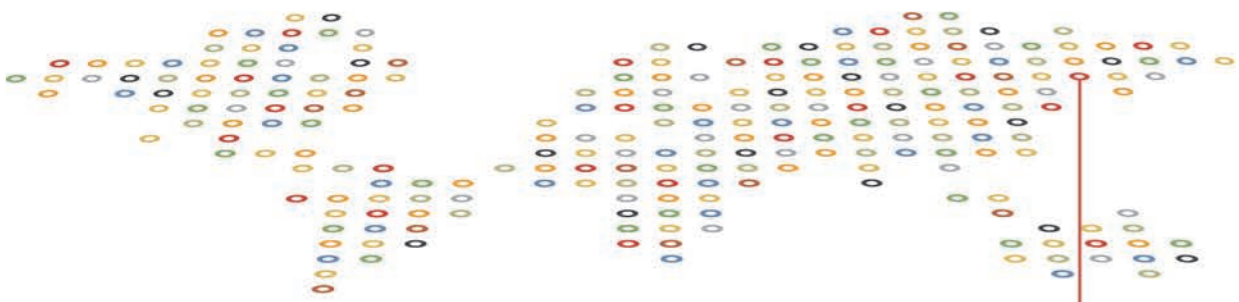
賓館員工參觀T·PARK
Staff members visiting T-PARK

Offering a comfortable and safe environment for guests

During the coronavirus pandemic, The Harbourview has been offering 14-day long-term accommodation discounts to tourists or those returning to Hong Kong from overseas trips, allowing them to stay on exclusive floors with meal arrangements and internet access. With independent air conditioning and fresh air systems, the hostel has created a safe and comfortable accommodation environment for guests to stay healthy.

Enhancing awareness on environmental protection

The Harbourview organized a visit to "T·PARK" in September 2020. Throughout the visit, our staff had a better understanding of the concept of "waste-to-energy" which inspired them to "turn waste into treasure" in their daily life. ♡



YM Sports

本會於暑假期間舉辦「YM Sports」，選拔青少年參與亞洲地區青年會舉辦之運動賽事及訓練，當中包括籃球、足球及游泳項目。

The Association organised "YM Sports" in the summer to select members for the sports competitions and training which included basketball, football and swimming, and was held by different YMCAs in Asia.

人才培訓 Staff Development

KOREA



人才培訓 Staff Development

本會非常重視同工的服務質素，所有新入職同工均會參與「新同工入職導向會」，以了解機構背景理念、宗旨及服務等；另各單位亦會按项目管理、小組管理及個案管理等不同範疇，為新同工提供完善的在職培訓及支援。其中，社工職系的同工，每年需要完成不少於24小時的在職培訓課程，以持續提升技能。本會並積極推動同工專業培訓，鼓勵同工修讀社工學位課程，過去已津助多位合資格同工，申請為期10星期的全薪社工實習安排。

在2019至2020年度，人力資源部與會內單位共舉辦76項同工培訓課程，合共2,530人次參加，當中包括專業提升訓練項目，例如：危機管理、設計思維、「性格透視認證」、「LEGO SERIOUS PLAY引導師認證」及高效能人士的七個習慣等，藉以鼓勵同工不斷學習、與時並進。

The Chinese YMCA of Hong Kong attaches great importance to our staff's ability to deliver the highest quality of service. All new staff members are required to join an orientation programme, during which they come to understand the YMCA's background, mission and variety of services. Each of our units also conducts project, group and case management orientation, to provide comprehensive on-the-job training and support for new staff.

For example, our social workers are required to complete at least 24 hours of on-the-job training each year to help them continuously improve their skills. The Association also actively promotes professional training for social work staff and encourages them to take social work undergraduate courses. We also provide a subsidy to qualified staff, allowing them to apply for a 10-week full-pay social worker internship programme.

During the 2019-2020 year, our Human Resources Department organised a total of 76 co-worker training courses that attracted 2,530 participants. These programmes included professional improvement training, such as crisis management, design thinking, "Personality Dimensions", "LEGO® SERIOUS PLAY® Methods Facilitator" and a course on "The Seven Habits of Highly Effective People." Each of these courses encouraged our staff to keep learning and stay on top of the latest developments.



同工參加專業培訓課程
Staff members participating a professional training course



GERMANY

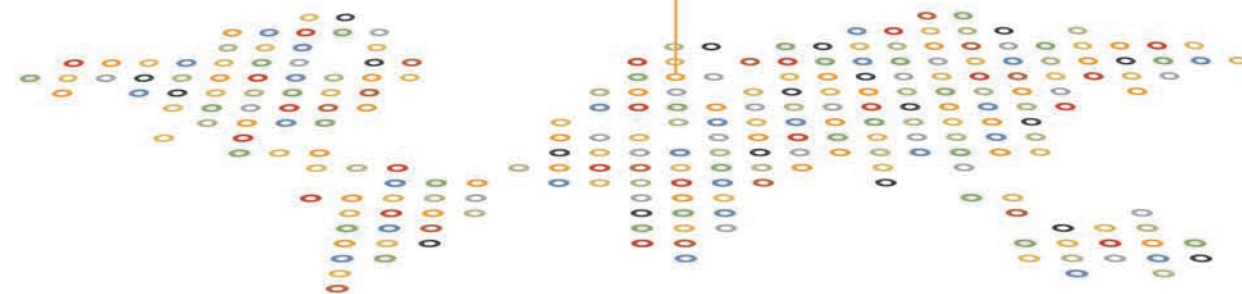
服務單位 Service Units



YMCA German Exchange Tour

本會組織「YMCA德國親子交流體驗團」，帶領本港會友參與由德國巴伐利亞州青年會舉辦的親子營，藉以認識當地的生活文化。

The Association organised the YMCA German Exchange Tour, which enable Hong Kong local members to participate in a parent-child camp organised by the Bavaria YMCA to learn about life and culture in Germany.



服務分布 Service Locations



- 2014
59 YM Balloon
- 2018
60 花樂・誰家
YM Fleur
- 2019
61 YMCA Tuck Shop

幹職團隊 Staff Teams

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
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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
助理總幹事 / 教育總監 陳大福先生	Assistant General Secretary / Chief Education Officer Mr. 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
高級財務經理 - 賓館 周 洪女士	Senior 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
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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-ye, Priscilla
關慧賢女士	Ms. Kwan Wai-yin, Winnie
朱嘉麗女士	Ms. Chu Ka-lai, Koey
林耀洪先生	Mr. Lam Yiu-hung, Jivan

區域社會服務 1

Regional Social Service 1

執行幹事 李道生先生	Executive Secretary Mr. Li To-sang
---------------	---------------------------------------

康怡會所

Kornhill Centre

香港鰂魚涌康怡花園康安街18號1字樓
1/F, Kornhill Garden, 18 Hong On Street, Quarry Bay, Hong Kong
☎ 2886 2751 ☎ 2569 9093 📧 kornhill@ymca.org.hk

主管 溫文寶女士	Centre-in-charge Ms. Wan Man-po, Daisy
助理主任幹事 侯勁博先生	Assistant Principal Programme Secretary Mr. Hau Shiu-pok, Michael
鍾俊仁先生	Mr. Chung Chun-yan, Steve
張朝麟先生	Mr. Cheung Chiu-lun, Cheston
吳家豪先生	Mr. Ng Ka-ho, Garfield
李敏盈女士	Ms. Lee Man-ying
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 徐偉謙先生	Programme Secretary Mr. Tsui Wai-him, Nicodemus
葉慧儀女士	Ms. Ip Wai-ye, Polly
羅 艷女士	Ms. Law Yim, Grace
譚敬慈女士	Ms. Tam King-chi, Rita
黃曉嵐女士	Ms. Wong Hiu-laam, Katy
助理程序幹事 楊紫茵女士	Assistant Programme Secretary Ms. Yeung Tsz-yan
謝叙倫先生	Mr. Tse Chui-lun

小西灣會所

Siu Sai Wan Centre

香港柴灣小西灣道9號富欣花園停車場1字樓
1/F, Carpark Block, Harmony Garden, 9 Siu Sai Wan Road, Chai Wan, Hong Kong
☎ 2896 0308 ☎ 2505 3168 📧 sswctr@ymca.org.hk

主管 黃國基先生	Centre-in-charge Mr. Wong Kwok-kee, Bondi
程序幹事 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
洪偉亮先生	Mr. Hung Wai-leung, Thomas

柴灣會所

Chai Wan Centre

香港柴灣小西灣邨瑞樂樓地下
G/F, Sui Lok House, Siu Sai Wan Estate, Chai Wan, Hong Kong
☎ 2557 3748 ☎ 2515 1086 📧 chaiwan@ymca.org.hk

主管 溫奕民先生	Centre-in-charge Mr. Wen Yik-man, Raymond
助理主任幹事 楊偉鳳女士	Assistant Principal Programme Secretary Ms. Yeung Wai-fung
袁翠娟女士	Ms. Yuen Tsui-kuen, Fanny
何鳳婷女士	Ms. Ho Fung-ting, Vian
李國文先生	Mr. Lee Kwok-man
鍾智敏女士	Ms. Chung Chi-man, Nicole
蘇鑿陽先生	Mr. So Sai-yeung
盧映霖女士	Ms. Lo Ying-lam
傅劍明先生	Mr. Fu Kim-ming
林良傑先生	Mr. Lam Leung-kit
助理主任幹事 (特) 湯穎芝女士	Assistant Principal Programme Secretary (SP) Ms. Tong Wing-chi
程序幹事 蔡堅茵女士	Programme Secretary Ms. Choy Kin-yan, Addam
陳碧琪女士	Ms. Chan Peggy
鄭偉業先生	Mr. Kwong Wai-ip
蔡寶順先生	Mr. Choi Po-shun, Jason
蘇振鴻先生	Mr. So Chun-hung, Sunny
吳彩花女士	Ms. Ng Choi-fa
何智生先生	Mr. Ho Chi-sang
關頌鏘先生	Mr. Kwan Wing-cheong, Brian
助理程序幹事 方樂兒女士	Assistant Programme Secretary Ms. Fong Lok-yi
李政賢先生	Mr. Lee Ching-yin, Jimmy

區域社會服務 2

Regional Social Service 2

協調幹事 李婉儀女士	Coordinating Secretary Ms. Li Yuen-yi, Abby
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荃灣會所

Tsuen Wan Centre

香港新界荃灣綠楊新邨G座平台
Block G, Annex Building, Luk Yeung Sun Chuen, Tsuen Wan, N.T., Hong Kong
☎ 2413 3111 ☎ 2412 7732 📧 tsuenwan@ymca.org.hk

主管 李婉儀女士	Centre-in-charge Ms. Li Yuen-yi, Abby
助理主任幹事 湯庸達先生	Assistant Principal Programme Secretary Mr. Tong Yung-kwai, Nathan
吳茵儀女士	Ms. Ng Yan-ye
李慧顏女士	Ms. Lee Wai-ngan, Joe
黃嘉欣女士	Ms. Wong Ka-yan, Holly
蔡偉聰先生	Mr. Tsoi Wai-chung
林振華先生	Mr. Lam Chun-wah
郭芳怡女士	Ms. Kwok Fong-yi, Niko
程序幹事 張玉儀女士	Programme Secretary Ms. Cheung Yuk-ye, Yuki
袁志鵬先生	Mr. Yuen Chi-pang, Billy
邱曉菁女士	Ms. Yau Hiu-ching, Anastasia
麥越勝先生	Mr. Mak Yuet-sing, Sam
朱閔駿先生	Mr. Chu Man-chun, Oscar
張學銘先生	Mr. Cheung Hok-ming, Sunny
李鳳欣女士	Ms. Li Fung-yan, Yanny
陳思漢先生	Mr. Chan Sze-hon, Simon
彭麗晴女士	Ms. Pang Lai-ching, Tracy
彭欣莉女士	Ms. Pang Yan-lee, Lily
助理程序幹事 章向珍女士	Assistant Programme Secretary Ms. Cheung Heung-chun, Rainbow
黎雪盈女士	Ms. Lai Suet-ying, Christie

葵青及荃灣青少年外展社會工作隊

Kwai Tsing & Tsuen Wan Youth Outreaching Social Work Team

香港新界青衣長安邨安湖樓地下107-110號
Unit 107-110, G/F, On Wu House, Cheung On Estate, Tsing Yi, N.T., Hong Kong
☎ 2434 0288 ☎ 2435 6347 📧 tsingyi@ymca.org.hk

隊長 曾愛珊女士	Team Leader Ms. Tsang Oi-shan
助理主任幹事 蔡妙虹女士	Assistant Principal Programme Secretary Ms. Choi Miu-hung, Kat
周幗怡女士	Ms. Chow Kwok-yi, Jess
鄧磊樂女士	Ms. Tang Lui-lok, Mandy
莊升苗女士	Ms. Chong Sing-miu, Miu
程序幹事 周芷雯女士	Programme Secretary Ms. Chau Tsz-man, Ruby
嚴錫沛女士	Ms. Yim Ka-pui, Tobey
陳穎善女士	Ms. Chan Wing-sin
張文豪先生	Mr. Cheung Man-ho
楊少傑先生	Mr. Yeung Siu-kit, Mit
張穎行女士	Ms. Cheung Wing-hang, Vincy

區域社會服務 3

Regional Social Service 3

執行幹事 梁錦玲女士	Executive Secretary Ms. Leung Kam-ling, Connie
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顯徑會所

Hin Keng Centre

香港新界沙田顯徑邨顯運樓地下

G/F, Hin Wan House, Hin Keng Estate, Shatin, N.T., Hong Kong

☎

2692 2035

☎

2608 2861

✉

hinkeng@ymca.org.hk

主管

蘇寶鈿先生

助理主任幹事

吳麗兒女士

巫佩雯女士

卓志明先生

程序幹事

陳少蘭女士

陳齊芳女士

莊季陶先生

林子軒先生

張明欣女士

程序幹事 (特)

冼浩鈞先生

助理程序幹事

黃俊傑先生

梁鋸穎女士

Centre-in-charge

Mr. So Po-tin, Protein

Assistant Principal Programme Secretary

Ms. Ng Lai-yi, Louisa

Ms. Mo Pui-man, Jessica

Mr. Cheuk Chi-ming, Anthony

Programme Secretary

Ms. Chan Siu-lan

Ms. Chan Chai-fong

Mr. Chong Kwai-to

Mr. Lam Tsz-hin

Ms. Cheung Ming-yan

Programme Secretary (SP)

Mr. Sin Ho-kwan, Ian

Assistant Programme Secretary

Mr. Wong Chun-kit, Calvin

Ms. Leung Si-wing

沙田青少年外展社會工作隊

Shatin Youth Outreaching Social Work Team		
香港新界沙田新翠邨新偉樓平台223-226號		
Units No. 223-226, Podium Sun Wai House, Sun Chui Estate, Shatin, N.T., Hong Kong		
☎ 2693 5097	☎ 2693 0219	✉ shatin@ymca.org.hk
隊長	Team Leader	
岑慧儀女士	Ms. Sham Wai-yee	
助理主任幹事	Assistant Principal Programme Secretary	
伍佩晶女士	Ms. Ng Pui-ching, Clara	
黃詠欣女士	Ms. Wong Wing-yan, Kila	
鍾家明先生	Mr. Chung Ka-ming	
廖月蘭女士	Ms. Liu Yuet-lan	
陳浩霖先生	Mr. Chan Ho-lam, Andy	
程序幹事	Programme Secretary	
彭靜妮女士	Ms. Pang Jenny	
余嘉詠女士	Ms. Yu Ka-wing, Wayness	
譚詩敏女士	Ms. Tam Sze-man, Cherry	
葉聰輝先生	Mr. Yip Chung-fai	

營地服務

Camp Services

執行幹事 梁錦玲女士	Executive Secretary Ms. Leung Kam-ling, Connie
----------------------	--

烏溪沙青年新村

Wu Kwai Sha Youth Village		
香港新界沙田馬鞍山鞍駿街2號		
No. 2, On Chun Street, Ma On Shan, Shatin, N.T., Hong Kong		
☎ 2642 9420	☎ 2640 1033	✉ wkscamp@ymca.org.hk
營地主管 / 協調幹事	Camp Warden / Coordinating Secretary	
孔淑恩女士	Ms. Hung Suk-yan, Beatrice	
一級助理康樂體育主任	Assistant Recreation & Sport Officer I	
李啟洪先生	Mr. Li Kai-hung	
廖佩蓮女士	Ms. Liu Pui-lin, Irene	
二級助理康樂體育主任	Assistant Recreation & Sport Officer II	
陳嘉恩女士	Ms. Chan Ka-yan	
何家俊先生	Mr. Ho Ka-chun, Ewan	
何熙洋先生	Mr. Ho Hei-yeung, Samuel	
潘啟安先生	Mr. Poon Kai-on, Michael	
林俊民先生	Mr. Lam Chun-man, Shawn	
助理程序幹事	Assistant Programme Secretary	
陳俊健先生	Mr. Chan Chun-kin	
陳以樂先生	Mr. Chan Enoch	
營地設施及事務經理	Camp Facilities and Business Manager	
甄志堅先生	Mr. Yan Chi-kin, Henry	
食堂經理	Canteen Manager	
劉芙蓉女士	Ms. Lau Fu-yung	
食堂副經理	Assistant Canteen Manager	
謝佩珊女士	Ms. Tse Pui-shan, Garie	

獅子會—青年會將軍澳青年營

Lions-YMCA Junk Bay Youth Camp		
香港新界西貢將軍澳寶琳南路茅湖仔村47號		
No. 47, Mau Wu Tsai Village, Tseung Kwan O, Sai Kung, N.T., Hong Kong		
☎ 2702 7292	☎ 2701 9989	✉ jbcamp@ymca.org.hk
營地主管	Camp Warden	
黃正邦先生	Mr. Wong Ching-pong	
二級助理康樂體育主任	Assistant Recreation & Sport Officer II	
陸嘉名先生	Mr. Luk Ka-ming	
黃嘉翹女士	Ms. Wong Ka-kiu, Kennix	

聯青社——青年會黃宜洲青年營

Y's Men-YMCA Wong Yi Chau Youth Camp		
香港新界西貢大網仔黃宜洲75DD254地段		
Lot 75DD254, Wong Yi Chau, Tai Mong Tsai, Sai Kung, N.T., Hong Kong		
☎ 2792 4516	☎ 2792 3085	✉ wyccamp@ymca.org.hk
營地主管	Camp Warden	
蘇銳斌先生	Mr. So Yui-pun	
一級助理康樂體育主任	Assistant Recreation & Sport Officer I	
湛國榮先生	Mr. Cham Kwok-wing, Samson	
二級助理康樂體育主任	Assistant Recreation & Sport Officer II	
周浩華先生	Mr. Chow Ho-wah	

九龍區 1

Kowloon District 1

協調幹事 李文基先生	Coordinating Secretary Mr. Lee Man-key
----------------------	--

觀塘會所

Kwun Tong Centre

香港九龍觀塘翠屏邨翠桃樓平台1-20號

Unit 1-20, Podium Level, Tsui To House, Tsui Ping Estate,
Kwun Tong, Kln., Hong Kong

☎

2727 5445

☎

2772 3035

✉

kwuntong@ymca.org.hk

主管

蕭友雄先生

助理主任幹事

施真真女士

譚嘉瑛女士

程序幹事

吳偉富先生

伍燕萍女士

崔碧娟女士

鄭家賢先生

李鳳蘭女士

助理程序幹事

江麗珠女士

吳妍穎女士

溫澤明先生

Centre-in-charge

Mr. Shiu Yau-hung

Assistant Principal Programme Secretary

Ms. Sze Chun-chun, Bonnie

Ms. Tam Ka-ying, Patricia

Programme Secretary

Mr. Ng Wai-fu, Simon

Ms. Ng Yin-ping

Ms. Tsui Pik-kuen

Mr. Kwong Ka-yin, Zachary

Ms. Li Fung-lan, Venus

Assistant Programme Secretary

Ms. Kong Lai-chu

Ms. Ng Yin-wing, Maggie

Mr. Wan Chak-ming

藍田會所

Lam Tin Centre		
香港九龍藍田平田邨平信樓地下		
G/F, Ping Shun House, Ping Tin Estate, Lam Tin, Kln., Hong Kong		
☎ 2775 6033	☎ 2348 2709	✉ lamtin@ymca.org.hk
主管	Centre-in-charge	
樊耀全先生	Mr. Fan Yiu-chuen, Sunny	
助理主任幹事	Assistant Principal Programme Secretary	
符永慧先生	Mr. Fu Wing-wai, Ken	
何綺汶女士	Ms. Ho Yee-man, Kelly	
助理主任幹事 (特)	Assistant Principal Programme Secretary (SP)	
鄭芷茵女士	Ms. Cheng Tsz-yan, Ashley	
程序幹事	Programme Secretary	
崔堡焮女士	Ms. Tsui Po-yan	
陳婷珊女士	Ms. Chan Ting-shan, Cathy	
劉宣智先生	Mr. Lau Suen-chi	
游宗衛先生	Mr. Yau Chung-wai	
朱明希先生	Mr. Chu Ming-hei, Philip	

助理程序幹事 梁榮斌先生	Assistant Programme Secretary Mr. Leung Kai-bun, Owen
鄭卓瑤女士	Ms. Cheng Cheuk-yiu, Yoyo
黃頌唏女士	Ms. Wong Chung-hei

項目主任 (特) 盧俛夷女士	Project Officer (Special Project) Ms. Lo Hei-yee, Bobo
羅諾文先生	Mr. Law Agree-men Mcgrady

半職程序幹事 (特) 廖慧詩女士	1/2 Programme Secretary (SP) Ms. Liu Wai-sze, Angie
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九龍區 2

Kowloon District 2

協調幹事 施文欣女士	Coordinating Secretary Ms. See Man-yan, Phoebe
----------------------	--

佐敦會所

Jordan Centre

香港九龍柯士甸道西1號1樓101室

Unit 101, 1/F, 1 Austin Road West, Kln., Hong Kong

☎ 2781 1411 ☎ 2781 1920 ✉ jordan@ymca.org.hk

主管	Centre-in-charge
施文欣女士	Ms. See Man-yan, Phoebe
助理主任幹事	Assistant Principal Programme Secretary
袁惠儀女士	Ms. Yuen Wai-yee
周國輝先生	Mr. Chow Kwok-fai
王 蓉女士	Ms. Wong Yung, Joanne
方梓匡先生	Mr. Fong Tsz-hong
助理主任幹事 (特)	Assistant Principal Programme Secretary (SP)
吳培謙先生	Mr. Ng Pui-him
程序幹事	Programme Secretary
柳國基先生	Mr. Lau Kwok-ki
李振成先生	Mr. Li Chun-shing
鄭綺雯女士	Ms. Kong Yee-man
劉芷茵女士	Ms. Lau Chi-yan, Yannie
廖樂鳴女士	Ms. Liu Lok-ming
姚依琦女士	Ms. Yu Yi-ki, Kay
程序幹事 (特)	Programme Secretary (SP)
崔文豪先生	Mr. Tsui Man-ho, Billy
助理程序幹事	Assistant Programme Secretary
嵇慧芯女士	Ms. Kai Wai-sum, Candy
劉俊傑先生	Mr. Lau Chun-kit, Adan
謝金燕女士	Ms. Tse Kam-yin
葉志豪先生	Mr. Ip Chi-ho, Chris

石硤尾會所

Shek Kip Mei Centre

香港九龍窩仔街100號石硤尾邨第2期服務設施大樓6樓A座

Block A, 6/F, Ancillary Facilities Block, Shek Kip Mei Estate Phase II,
100 Woh Chai Street, Kln., Hong Kong

☎ 2778 2727 ☎ 2779 1922 ✉ shekkip@ymca.org.hk

主管
張孝實先生

Center-in-charge
Mr. Cheung Hou-poo

助理主任幹事
何翠茵女士

Assistant Principal Programme Secretary
Ms. Ho Chui-yan

游家雅先生

Mr. Yau Ka-nga, Vincent

程序幹事
文德志先生

Programme Secretary
Mr. Man Tak-chi

陳子恩女士

Ms. Chan Tsz Yan, Sammi

鍾宇軒先生

Mr. Chung Yu-hin

黃文傑先生

Mr. Wong Man-kit, Michael

張佩欣女士

Ms. Cheung Pui-yan, Pal

何芷蕙女士

Ms. Ho Tsz-wai, Kendy

助理程序幹事
黃雅妍女士

Assistant Programme Secretary
Ms. Wong Nga-yin, Yin

陳志輝先生

Mr. Chan Chi-fai, Nathan

新界區 1

New Territories District 1

協調幹事 陳碧茵女士	Coordinating Secretary Ms. Chan Pik-yan, Selina
----------------------	---

新界會所

New Territories Centre

香港新界葵涌葵盛圍32-40號

32-40 Kwai Shing Circuit, Kwai Chung, N.T., Hong Kong

☎ 2420 0266 ☎ 2612 2492

✉ ntcentre@ymca.org.hk / ntsports@ymca.org.hk

主管 陳碧茵女士	Centre-in-charge Ms. Chan Pik-yan, Selina
一級助理康樂體育主任 陳健榮先生	Assistant Recreation & Sport Officer I Mr. Chan Kin-wing, Eric
助理主任幹事 楊華仔先生	Assistant Principal Programme Secretary Mr. Yeung Wah-chai, Dennis
二級助理康樂體育主任 郭慧詩女士	Assistant Recreation & Sport Officer II Ms. Kwok Wai-sze, Winnie
程序幹事 陳惜珠女士	Programme Secretary Ms. Chan Sik-chu, Olive
雷偉彬先生	Mr. Lui Wai-bun, Gary
練卓橋先生	Mr. Lin Cheuk-kiu
項目經理 (特) 馬穎藍女士	Project Manager (SP) Ms. Ma Wing-lam, Miranda
計劃主任 (特) 李思華先生	Project Officer (SP) Mr. Lee Sze-wah, Samuel
助理程序幹事 劉志華先生	Assistant Programme Secretary Mr. Lau Chi-wah, Cyril
岑國倫先生	Mr. Shum Kwok-lun, Dick
徐家傑先生	Mr. Tsui Ka-kit, Jackie
謝金寧女士	Ms. Tse Kam-ning
方健民先生	Mr. Fong Kin-man
鄭綺迪女士	Ms. Teh Esther
二級事務主任 石志強先生	Business-in-charge II Mr. Sek Chi-keung

屯門會所

Tuen Mun Centre

香港新界屯門兆安苑定安閣地下

G/F, Ting On House, Siu On Court, Tuen Mun, N.T., Hong Kong

☎ 2451 5171 ☎ 2450 6171 ✉ tuenmun@ymca.org.hk

主管 陸倩華女士	Centre-in-charge Ms. Luk Shin Wa, Fion
程序幹事 吳文滔先生	Programme Secretary Mr. Ng Man-to
葉偉瑜女士	Ms. Ip Wai-yu
姚嘉琪女士	Ms. Yiu Ka-ki
鄭珮雯女士	Ms. Cheng Pui-man, Emilie
助理程序幹事 鄧滿光先生	Assistant Programme Secretary Mr. Tang Moon-kwong, John

新界區 2

New Territories District 2

協調幹事 許繹標先生	Coordinating Secretary Mr. Hui Yik-piu, Jim
----------------------	---

天水圍天晴會所

Tin Shui Wai Tin Ching Centre

香港新界天水圍天晴邨天晴服務設施大樓1樓101號

No.101, 1/F, Ancillary Facilities Block, Tin Ching Estate, Tin Shui Wai, N.T., Hong Kong

☎ 2617 7233 ☎ 2641 3899 ✉ tinching@ymca.org.hk

主管 許繹標先生	Centre-in-charge Mr. Hui Yik-piu, Jim
助理主任幹事 胡玉珊女士	Assistant Principal Programme Secretary Ms. Wu Yuk-shan, Susanna
吳健華先生	Mr. Ng Kin-wah
溫振鵬先生	Mr. Wan Chun-pang
嚴子鵬先生	Mr. Yim Tsz-pang
陳瑞君女士	Ms. Chan Sui-kwan, Christy
曾子敏女士	Ms. Tsang Tsz-man, Mia
陳浩樺先生	Mr. Chan Ho-wah Kelvin
彭愷琪女士	Ms. Pang Hoi-ki
葉嘉伶女士	Ms. Yip Ka-ling, Ruby
助理主任幹事 (特) 曾佩雯女士	Assistant Principal Programme Secretary (SP) Ms. Tsang Pui-man, Sherman
潘靜雯女士	Ms. Poon Ching-man, Emily
李曉嵐女士	Ms. Lee Hiu-laam, Amber

程序幹事 李菊蓮女士	Programme Secretary Ms. Lei Kok-lin
岑秉康先生	Mr. Shum Ping-hong
何茂彰先生	Mr. Ho Mau-cheng, Ken
黃頌欣女士	Ms. Wong Chung-yan
杜嘉敏女士	Ms. To Ka-man
程序幹事 (特) 謝碧芳女士	Programme Secretary (SP) Ms. Tse Pik-fong, Dora
梁景澤先生	Ms. Leung King-chak
邱浩龍先生	Ms. Sae Khoo Ho-lung, Jacky

新界區 3

New Territories District 3

協調幹事 周敏璇女士	Coordinating Secretary Ms. Chau Man-suen, Chole
----------------------	---

天水圍天澤會所

Tin Shui Wai Tin Chak Centre

香港新界天水圍天澤邨天澤商場311號

311, 3/F, Shopping Centre, Tin Chak Estate, Tin Shui Wai, N.T., Hong Kong

☎ 3152 2798 ☎ 3152 2764 ✉ tinchak@ymca.org.hk

主管 周敏璇女士	Centre-in-charge Ms. Chau Man-suen, Chloe
助理主任幹事 張健文女士	Assistant Principal Programme Secretary Ms. Cheung Kin-man, Paulia
王佩文女士	Ms. Wong Pui-man
黃翠珊女士	Ms. Wong Tsui-shan
伍國光先生	Mr. Ng Kwok-kwong, Kebriel
廖潤鳳女士	Ms. Liu Yun-fung, May
陳惠玲女士	Ms. Chan Wai-ling
彭曉桐女士	Ms. Pang Hiu-tung, Natalie
程序幹事 陳愛珠女士	Programme Secretary Ms. Chan Oi-chu, Vivien
何亦庭先生	Mr. Ho Yik-ting, William
譚翊熹先生	Ms. Tam Yik-hei, Larry
陳曉怡女士	Ms. Chan Hiu-yi, Sarah
林嘉俊先生	Mr. Lam Ka-chun, Easton
程序幹事 (特) 鍾樂瑤女士	Programme Secretary (SP) Ms. Chung Lok-yiu, Yoyo
助理程序幹事 詹景國先生	Assistant Programme Secretary Mr. Tsim King-kwok
陳安琪女士	Ms. Chan On-ki, Angel

康樂體育事工

Recreational & Sports Services

協調幹事 陳敏璇女士	Coordinating Secretary Ms. Chan Joyce
----------------------	---

九龍會所

Kowloon Centre

香港九龍窩打老道23號

23 Waterloo Road, Kln., Hong Kong

☎ 2783 3636 ☎ 2388 1123 ✉ kc@ymca.org.hk

主管 陳敏璇女士	Centre-in-charge Ms. Chan Joyce
二級助理康樂體育主任 鄭凱欣女士	Assistant Recreation & Sport Officer II Ms. Cheng Hoi-yan
黎子衡先生	Mr. Lai Tsz-hang, Danny
馬駿惠女士	Ms. Ma Chun-wai, Gloria
程序幹事 盧國昌先生	Programme Secretary Mr. Lo Kwok-cheong, Jacky
助理程序幹事 余權鴻先生	Assistant Programme Secretary Mr. Sheh Kuen-hung
鍾俊洪先生	Mr. Chung Chun-hung, Yuanky
劉顯謨先生	Mr. Lau Hin-mo, Eddie
張巧琳女士	Ms. Cheung Hau-lam, Karen
湯映嵐女士	Ms. Tong Ying-lam, Ena
陳德榮先生	Mr. Chan Tak-wing
梁瑞恒先生	Mr. Leung Sui-hang, Terry
霍 澄女士	Ms. Fok Ching
陳銳庭先生	Mr. Chan Yui-ting, Derick
一級物理治療師 羅培楷先生	Physiotherapist I Mr. Law Pui-kai, Joseph
黃愉豪先生	Mr. Wong Yu-ho, Daniel
計劃主任 (特) 譚嘉儀女士	Project Officer (SP) Ms. Tam Ka-yee
項目統籌幹事 (特) 藍卓敏女士	Project Secretary (SP) Ms. Lam Cheuk-man, Tracy

必列者士街會所

Bridges Street Centre

香港上環必列者士街51號1樓

1/F, 51 Bridges Street, Sheung Wan, Hong Kong

☎ 2540 0526 ☎ 2857 9819 ✉ bscentre@ymca.org.hk

主管 陳敏璇女士	Centre-in-charge Ms. Chan Joyce
二級助理康樂體育主任 李建良先生	Assistant Recreation & Sport Officer II Mr. Lee Kin Leung, William
助理程序幹事 沈家懿女士	Assistant Programme Secretary Ms. Shum Ka-yee, Pat

學校社會工作

School Social Work

協調幹事 江少慧女士	Coordinating Secretary Ms. Kong Siu-wai, Ivy
----------------------	--

學校社會工作部

School Social Work Department

香港九龍東頭(二)邨欣東樓1-3號地下

Unit 1-3, G/F, Yan Tung House, Tung Tau (II) Estate, Kln., Hong Kong

☎ 2857 7700 ☎ 2517 6171 ✉ schoolsw@ymca.org.hk

主管 江少慧女士	In-charge Ms. Kong Siu-wai, Ivy
助理主任幹事 黃艷愉女士	Assistant Principal Programme Secretary Ms. Wong Yim-yu, Easie
劉蓓英女士	Ms. Lau Pui-ying, Connie
黃麗霞女士	Ms. Wong Lai-har, Tracy
梁佩貞女士	Ms. Leung Pui-ching, Selina
劉心怡女士	Ms. Lau Sum-yee
顏永源先生	Mr. Ngan Wing-yuen, Kenny
嚴家詠女士	Ms. Yim Ka-wing
關兆麟先生	Mr. Kwan Siu-lun
許文傑先生	Mr. Hui Man-kit
楊舒婷女士	Ms. Yeung Shue-ting, Cindy
陳子豐先生	Mr. Chan Tsz-fung, Fung
袁淑儀女士	Ms. Yuen Shuk-yi, Coey
鄭巧儀女士	Ms. Cheng Hau-yi, Stephanie
梁凱怡女士	Ms. Leung Hoi-yi
劉偉立先生	Mr. Lau Wai-lap, William
黃綺琪女士	Ms. Wong Yee-ki, Barbara
蕭詠芯女士	Ms. Siu Wing-sum
助理主任幹事 (特) 古凱盈女士	Assistant Principal Programme Secretary (SP) Ms. Ku Hoi-Ying, Aying
程序幹事 (特) 湛港生先生	Programme Secretary (SP) Mr. Charm Kong-sang, Samuel
蔡漢明先生	Mr. Choi Hon-ming, Jason

黃傳經學生發展中心

Wong Chuen King Student Development Centre

香港西灣河街46-56號西灣河大廈1樓

1/F, Sai Wan Ho Building, 46-56 Sai Wan Ho Street, Hong Kong

☎ 2217 8813 ☎ 2217 6533 ✉ wongchuenking@ymca.org.hk

主管 麥惠敏女士	Centre-in-charge Ms. Mak Wai-man, Priscilla
助理主任幹事 (特) 鄧桂珊女士	Assistant Principal Programme Secretary (SP) Ms. Tang Kwai-shan
馬穎儀女士	Ms. Ma Wing-yee, Wynne
陳珈儀女士	Ms. Chan Ka-yee, Kat
戴曉珍女士	Ms. Tai Hiu-chun
朱詠謠女士	Ms. Chu Wing-yiu, Victoria
林婉薇女士	Ms. Lam Yuen-mei, Ivy
陳曉晴女士	Ms. Chan Hiu-ching, Cynthia
李敏慧女士	Ms. Lee Man-wai, Tammy
言語治療師 (特) 尹慧倩女士	Speech Therapist (SP) Ms. Wan Wai-sin, Sylvia
程序幹事 (特) 鄧朗晞先生	Programme Secretary (SP) Mr. Tang Long-hei, Ephraim
胡凱茵女士	Ms. Hu Kaiyin, Helen

青年領袖、國際及內地事工服務

Youth Leadership, International & Mainland Affairs Service

執行幹事 黃耀瑜女士	Executive Secretary Ms. Wong Yiu-yu, Carman
----------------------	---

大學及學院青年會部

University & College YMCA Department

香港九龍油麻地彌敦道466-472號恩佳大廈3字樓

3/F, Yun Kai Building, 466-472 Nathan Road, Yau Ma Tei, Kln., Hong Kong

☎ 2705 2231 ☎ 2384 0800 ✉ uniycy@ymca.org.hk

主管 方文雄先生	In-charge Mr. Fong Muen-sheung, Franky
助理學生發展主任 梁臻童先生	Assistant Student Development Officer Mr. Leung Chun-tung, Alvin
張漢謙先生	Mr. Cheung Hon-him, Eason
朱寶朋女士	Ms. Chu Po-ming, Ellie
助理傳訊及校友事務主任 吳樂兒女士	Assistant Communications and Alumni Affairs Officer Ms. Ng Lok-ye, Joyce

大學青年會(香港浸會大學)

University YMCA (Hong Kong Baptist University)

香港九龍塘香港浸會大學逸夫校園永隆銀行商學大樓4樓401室學生事務處領袖素質中心

Leadership Qualities Centre, Office of Student Affairs, Room 401,

The Wing Lung Bank Building for Business Studies, Shaw Campus,

Hong Kong Baptist University, Kowloon Tong, Hong Kong

☎ 3411 2327 ☎ 3411 5983 ✉ uniyhkbu@ymca.org.hk

助理主任幹事 何礎宇女士	Assistant Principal Programme Secretary Ms. Ho Cho-yu, Adthias
------------------------	--

大學青年會(香港中文大學崇基學院)

University YMCA

(Chung Chi College, The Chinese University of Hong Kong)

香港新界沙田香港中文大學崇基學院龐萬倫學生中心4樓

學生輔導處

Dean of Students’ Office, 4/F, Pommerenke Student Centre,

Chung Chi College, CUHK, Shatin, N.T., Hong Kong

☎ 3943 9236 ☎ 2603 6505 ✉ uniyccckuhk@ymca.org.hk

助理學生發展主任 陳智謙先生	Assistant Student Development Officer Mr. Chan Chi-him, Peter
--------------------------	---

大學青年會(香港科技大學)

University YMCA – The Hong Kong University of Science & Technology

香港九龍清水灣香港科技大學學術樓1樓1001室學務長辦公室

科大侍學行

Rm 1001, Academic Bldg, HKUST Connect, Student Affairs Office, HKUST,

Clear Water Bay, Kln., Hong Kong

☎ 3469 2476 ☎ 2358 1669 ✉ uniyhkust@ymca.org.hk

助理主任幹事 吳麗英女士	Assistant Principal Programme Secretary Ms. Ng Lai-ying, Gloria
------------------------	---

大學青年會(香港中文大學)

University YMCA (The Chinese University of Hong Kong)

香港新界沙田香港中文大學范克廉樓1樓學生事務處

Office of Student Affairs, 1/F, Benjamin Franklin Centre, CUHK, Shatin, N.T., Hong Kong

☎ 3943 7253 ☎ 2603 7705 ✉ uniyguhk@ymca.org.hk

助理學生發展主任 黎 進女士	Assistant Student Development Officer Ms. Lai Chun, Emma
---------------------------	--

學院青年會(青年會專業書院)

College YMCA (YMCA College of Careers)

助理學生發展主任 張漢謙先生	Assistant Student Development Officer Mr. Cheung Hon-him, Eason
--------------------------	---

大學青年會(嶺南大學)

University YMCA (Lingnan University)

香港新界屯門青山公路8號黃玉蘭樓地下

G/F, Dorothy Y.L. Wong Building, Lingnan University, 8 Castle Peak Road, Tuen Mun, N.T., Hong Kong

☎ 2616 7029 ☎ 2891 4516 ✉ uniylyu@ymca.org.hk

助理主任幹事 劉錦棠先生	Assistant Principal Programme Secretary Mr. Lau Kam-tong, Linus
------------------------	---

大學青年會(新南威爾斯大學)

University YMCA (The University of New South Wales)

主管 方文雄先生	In-charge Mr. Fong Muen-sheung, Franky
--------------------	--

大學青年會(香港恒生大學)

University YMCA (The Hang Seng University of Hong Kong)

香港新界沙田小瀝源行善里香港恒生大學M603室

M603, The Hang Seng University of Hong Kong, Hang Shin Link, Siu Lik Yuen, Shatin, N.T., Hong Kong

☎ 3963 5519 ☎ 3963 5561 ✉ uniyhsuhk@ymca.org.hk

助理學生發展主任 陳樂婷女士	Assistant Student Development Officer Ms. Chan Lok-ting, Natalie
--------------------------	--

大學青年會(香港理工大學)

University YMCA (The Hong Kong Polytechnic University)

香港九龍紅磡香港理工大學S座3樓ST302室

Room ST302, 3/F, Core S, The Hong Kong Polytechnic University, Hung Hom, Kln., Hong Kong

☎ 3400 3126 ☎ 2363 5815 ✉ uniyppolyu@ymca.org.hk

學生發展主任 蔡雅文女士	Student Development Officer Ms. Choi Nga-man, Manie
------------------------	---

大學青年會(香港大學)

University YMCA (The University of Hong Kong)

香港薄扶林香港大學明華綜合大樓3樓學生發展及資源中心

Centre of Development and Resources for Students, 3/F, Meng Wah Complex, The University of Hong Kong, Pokfulam, Hong Kong

☎ 3917 8091 ☎ 2857 1089 ✉ uniyhku@ymca.org.hk

學生發展主任 莫楚媛女士	Student Development Officer Ms. Mok Cho-wun, Daphne
------------------------	---

國際及內地事工科

International & Mainland Affairs Section

香港九龍油麻地彌敦道466-472號恩佳大廈3字樓

3/F, Yun Kai Building, 466-472 Nathan Road, Yau Ma Tei, Kln., Hong Kong

☎ 2705 2155 ☎ 2384 0800 ✉ imaffairs@ymca.org.hk

主管/ 高級經理 黃海宇先生	In-charge/ Senior Manager Mr. Wong Hoi-yue, Eric
副經理 胡 昕女士	Deputy Manager Ms. Wu Yan, Linda
事工發展主任	Service Development Officer Mr. David Guillermo Quimbayo Guzman
阮秀麗女士	Ms. Nguyen Thi-hieu, Sally
助理事工發展主任 余 安女士	Assistant Service Development Officer Ms. Yu On, Annie

復康及長者服務

Rehabilitation & Elderly Services

執行幹事 陳鴻輝先生	Executive Secretary Mr. Chan Hung-fai, Roger
----------------------	--

聯青聾人中心

Y’s Men’s Centre for the Deaf

香港九龍秀茂坪邨秀安樓地下2號

No.2, G/F, Sau On House, Sau Mau Ping Estate, Kln., Hong Kong

☎ 2717 1754 ☎ 2348 1612 ✉ deafctr@ymca.org.hk

主管 麥惠芸女士	Centre-in-charge Ms. Mak Wai-wan, Wendy
程序幹事 陳婉嫻女士	Programme Secretary Ms. Chan Yuen-han
助理程序幹事 桂鈺婷女士	Assistant Programme Secretary Ms. Kwai Yuk-ting
二級手語翻譯員 郭嘉慧女士	Sign Language Interpreter II Ms. Kwok Ka-wai
譚芷欣女士	Ms. Tam Tsz-yan, Yannie

必愛之家宿舍

Home of Love Hostel

香港上環必列者士街51號

51 Bridges Street, Sheung Wan, Hong Kong

☎ 2803 7715 ☎ 2549 8510 ✉ lovehost@ymca.org.hk

主管 黃美蘭女士	In-charge Ms. Wong Mei-lan, Vivian
程序幹事 梁智蕙女士	Programme Secretary Ms. Leung Chi-wai, Carol
洗雅詩女士	Ms. Sin Ngar-sze, Wendy
助理程序幹事 陳麗琼女士	Assistant Programme Secretary Ms. Chan Lai-king
譚宏州先生	Mr. Tam Wan-chau, Gary
繆詠如女士	Ms. Mau Wing-yu

必愛之家——庇護工場

Home of Love-Sheltered Workshop

香港上環必列者士街51號地下

G/F, 51 Bridges Street, Sheung Wan, Hong Kong

☎ 2857 6769 ☎ 2517 3754 ✉ lovework@ymca.org.hk

主管 黃美蘭女士	In-charge Ms. Wong Mei-lan, Vivian
註冊護士 連啟亨先生	Registered Nurse Mr. Lin Kai-hang

華愛之家宿舍

Home of Love-Wah Fu Hostel

香港華富(I)邨華信樓4樓401-416, 425-434號

401-416, 425-434, 4/F, Wah Shun House, Wah Fu (I) Estate, Hong Kong

☎ 2538 9899 ☎ 2538 0680 ✉ wahfu@ymca.org.hk

主管 鄧惠嫻女士	In-charge Ms. Tang Wai-han, Winnie
程序幹事 霍智賢先生	Programme Secretary Mr. Fok Chi-yin
助理程序幹事 鄧少萍女士	Assistant Programme Secretary Ms. Tang Siu-ping
陳振然先生	Mr. Chan Chun-yin, Tim
馮嘉慧女士	Ms. Fung Ka-wai, Phoebe
郭曉楓女士	Ms. Kwok Hiu-fung, Peace

盛愛之家宿舍

Home of Love-Yung Shing Hostel

香港新界粉嶺雍盛苑雍萃閣地下

G/F, Yung Sui House, Yung Shing Court, Fanling, N.T., Hong Kong

☎ 2278 2218 ☎ 2278 2227 ✉ yslove@ymca.org.hk

主管 陳麗儀女士	In-charge Ms. Chan Lai-ye, Joanne
程序幹事 羅詩琪女士	Programme Secretary Ms. Law Sze-ki, Tracy
助理程序幹事 陳世昌先生	Assistant Programme Secretary Mr. Chan Jonathan
古志光先生	Mr. Ku Chi-kwong
關紫瑩女士	Ms. Kwan Tsz-ying, Cindy

盛愛之家——庇護工場

Home of Love-Yung Shing Sheltered Workshop

香港新界粉嶺雍盛苑雍薈閣地下

G/F, Yung Wui House, Yung Shing Court, Fanling, N.T., Hong Kong

☎ 2278 2626 ☎ 2278 2600 ✉ yslove@ymca.org.hk

主管 陳麗儀女士	In-charge Ms. Chan Lai-ye, Joanne
程序幹事 陳玉蓮女士	Programme Secretary Ms. Chan Yuk-lin, Angel
登記護士 吳玉娟女士	Enrolled Nurse Ms. Ng Yuk-kuen

柴灣長者鄰舍中心

Chai Wan Neighbourhood Elderly Centre

香港柴灣柴灣道338號柴灣市政大廈3樓

3/F, Chai Wan Municipal Services Building, 338 Chai Wan Road, Chai Wan, Hong Kong

☎ 2898 0752 ☎ 2898 0754 ✉ cwsce@ymca.org.hk

主管 黎 宇先生	Centre-in-charge Mr. Lai Yu, Verdi
助理主任幹事 馬麗貞女士	Assistant Principal Programme Secretary Ms. Ma Lai-ching
程序幹事 劉翠娟女士	Programme Secretary Ms. Lau Chui-kuen, Rita
鄒靜儀女士	Ms. Chow Ching-yi, Celestine
甘光孝先生	Mr. Kam Kwong-hau
張佩芳女士	Ms. Cheung Pui-fong, Sophia
助理程序幹事 甄靜瑤女士	Assistant Programme Secretary Ms. Yun Ching-yiu

天平長者鄰舍中心

Tin Ping Neighbourhood Elderly Centre

香港新界上水天平邨天明樓116, 117, 119地下

Units 116,117 & 119, G/F, Tin Ming House, Tin Ping Estate, Sheung Shui, N.T., Hong Kong

☎ 2671 1802 ☎ 2679 4798 ✉ tpctr@ymca.org.hk

主管 冼碧琪女士	Centre-in-charge Ms. Sin Pik-ki, Peggy
助理主任幹事 陳玉桂女士	Assistant Principal Programme Secretary Ms. Chan Yuk-kwai
程序幹事 李少芬女士	Programme Secretary Ms. Li Siu-fun
譚靜欣女士	Ms. Tam Ching-yan, Joe
黃曉茵女士	Ms. Wong Hiu-yan, Wendy
陳嘉偉先生	Mr. Chan Ka-wai
助理程序幹事 曾偉傑先生	Assistant Programme Secretary Mr. Tsang Wai-kit

天平頤康之家

Tin Ping Care & Attention Home for the Elderly

香港新界上水天平邨天明樓2樓

2/F, Tin Ming House, Tin Ping Estate, Sheung Shui, N.T., Hong Kong

☎ 2673 3781 ☎ 2668 0246 ✉ tpghost@ymca.org.hk

主管 陳敏英女士	In-charge Ms. Chan Man-ying, Sandy
程序幹事 郭翠華女士	Programme Secretary Ms. Kwok Chui-wa, Miranda
助理程序幹事 黃竹苑女士	Assistant Programme Secretary Ms. Wong Chuk-yuen, Erica
註冊護士 徐秋雲女士	Registered Nurse Ms. Tsui Chiu-wan
註冊護士 (特) 梁惠珍女士	Registered Nurse (SP) Ms. Leung Wai-chun
登記護士 李月嫻女士	Enrolled Nurse Ms. Li Yuet-ying
羅倩嫦女士	Ms. Law Sin-sheung
李苑兒女士	Ms. Li Yuen-yi, Ada

香港中華基督教青年會——
賽馬會「喜動傳承」社區運動計劃
Chinese YMCA of Hong Kong –
Jockey Club“Mapperthor Sports Project”
香港新界葵涌葵盛圍32-40號6樓
6/F, 32-40 Kwai Shing Circuit, Kwai Chung, N.T., Hong Kong
☎ 2341 5033 📠 2341 5099 📧 mca@ymca.org.hk

項目總監 (特) 鄧永昌先生	Project Manager (SP) Mr. Tang Wing-cheong, Kenny
傳訊經理 (特) 袁佩儀女士	Communications Manager (SP) Ms. Yuen Pui-yi, Esther
社區主任 (特) 林曉曼女士 梁栢豪先生 李榮光先生	District Officer (SP) Ms. Lam Hiu-man, Mandy Mr. Leung Pak-ho, Marco Mr. Li Wing-kwong, Eric
助理社區主任 (特) 楊智斌先生 陳家銘先生	Assistant District Officer (SP) Mr. Yeung Chi-pan Mr. Chan Ka-ming

教育服務

Education Services

青年會專業書院
YMCA College of Careers
香港九龍窩打老道23號
23 Waterloo Road, Kln., Hong Kong
☎ 2783 3500 📠 2740 9420 📧 info_coc@ymca.edu.hk

校監 劉俊泉先生	Supervisor Mr. Lau Chun-chuen, Karl
院長 陳大福先生	Principal Mr. Chan Tai-fuk, Steve
助理院長 (行政及人力資源)	Assistant Principal (Admin & HR) Ms. Hui Yuk, Shirley
助理院長 (課程及學務發展)	Assistant Principal (College & Programme Development) Mr. Hung Yu-ching, Joseph

中華基督教青年會幼稚園
Chinese Y.M.C.A. Kindergarten
香港新界天水圍天悅邨服務設施大樓2樓
2/F, Ancillary Facilities Block, Tin Yuet Estate, Tin Shui Wai, N.T., Hong Kong
☎ 2445 2320 📠 2445 2606 📧 kindergarten@ymca.org.hk

校監 陳大福先生	Supervisor Mr. Chan Tai-fuk, Steve
校長 朱惠芳女士	Principal Ms. Chu Wai-fong
副校長 歐美玲女士	Vice-Principal Ms. Au Mei-ling

中華基督教青年會葵涌幼稚園
Chinese YMCA Kwai Chung Kindergarten
香港新界葵涌邨葵涌商場3樓平台3號
Unit No. 3, Podium Level 3, Kwai Chung Shopping Centre,
Kwai Chung Estate, N.T., Hong Kong
☎ 2257 9025 📠 2257 9026 📧 kindergarten2@ymca.org.hk

校監 陳大福先生	Supervisor Mr. Chan Tai-fuk, Steve
校長 梁倩婉女士	Principal Ms. Leung Sin-yuen, Jessica

中華基督教青年會上水幼稚園
Chinese Y.M.C.A. Sheung Shui Kindergarten
香港新界上水清河邨清潤樓地下B翼
G/F, Ching Yun House (Block B), Ching Ho Estate, Sheung Shui, N.T., Hong Kong
☎ 2663 5196 📠 2663 5197 📧 kindergarten3@ymca.org.hk

校監 陳大福先生	Supervisor Mr. Chan Tai-fuk, Steve
校長 何惠芳女士	Principal Ms. Ho Wai-fong, Dilys

中華基督教青年會小學
Chinese Y.M.C.A. Primary School
香港新界天水圍102區天富苑第4期第2號校舍
School No. 2, Phase 4, Area 102, Tin Fu Court, Tin Shui Wai, N.T., Hong Kong
☎ 2445 0580 📠 2448 3960 📧 info@cymcaps.edu.hk

教育總監 陳大福先生	Chief Education Officer Mr. Chan Tai-fuk, Steve
校長 孫群英女士	Principal Ms. Suen Kwan-ying, Rita
副校長 黃穎志先生 陳桂英女士	Vice-Principal Mr. Wong Wing-chee Ms. Chan Kwai-ying

中華基督教青年會中學
Chinese Y.M.C.A. Secondary School
香港新界天水圍102區天富苑第6期
Phase 6, Area 102, Tin Fu Court, Tin Shui Wai, N.T., Hong Kong
☎ 2540 8650 📠 2448 8763 📧 school@cymcass.edu.hk

校監 陳大福先生	Supervisor Mr. Chan Tai-fuk, Steve
校長 陳錦偉先生	Principal Mr. Chan Kam-wai, Dennis
副校長 黃家厚先生 余國銓先生	Vice-Principal Mr. Wong Ka-hau Mr. Shea Kwok-chuen, Tony

青年會書院
Chinese Y.M.C.A. College
香港新界沙田馬鞍山恆安邨86號地段
Area 86, Heng On Estate, Ma On Shan, Shatin, N.T., Hong Kong
☎ 2641 9588 📠 2641 9566 📧 college@ymca.org.hk

教育總監 陳大福先生	Chief Education Officer Mr. Chan Tai-fuk, Steve
校長 劉國良先生	Principal Mr. Lau Kwok-leung, Gyver
副校長 吳玉蓮女士 嚴燕香女士	Vice-Principal Ms. Ng Yuk-lin Ms. Yim Yin-heung
助理校長 錢志明先生 梅志文先生	Assistant Principal Mr. Chuen Chi-ming Mr. Mui Chi-man

Island Christian Academy
香港上環必列者士街70號
70 Bridges Street, Sheung Wan, Hong Kong
☎ 2537 2552 📠 2858 7271 📧 office@islandca.edu.hk

Supervisor Mr. Chan Tai-fuk, Steve
Principal Mr. Jon Keelty

賓館服務

Hostel Services

城景國際
The Cityview
香港九龍窩打老道23號
23 Waterloo Road, Kln., Hong Kong
☎ 2783 3888 📠 2783 3899 📧 info@thecityview.com.hk

總經理 胡瑞麟先生	General Manager Mr. Wu Shui-lun, Alex
行政助理經理 蘇麗珊女士	Executive Assistant Manager Ms. So Lai-shan, Lisa
人力資源經理 歐愛儀女士	Human Resources Manager Ms. Au Oi-yee, Michelle
客務經理 陳志銘先生	Front Office Manager Mr. Chan Chi-ming, Jimmy
行政管家 陳慶團先生	Executive Housekeeper Mr. Chan Hing-tuen, Joe
餐飲部經理 吳健忠先生	Food & Beverage Manager Mr. Ng Kin-chung, Simon
市場傳訊經理 陳進穎女士	Marketing Communications Manager Ms. Chan Chun-wing, Jenny
總工程師 葉佐坤先生	Chief Engineer Mr. Ip Cho-kwan, Ken
保安經理 賴學銘先生	Security Manager Mr. Lai Hoffman

灣景國際
The Harbourview
香港灣仔港灣道4號
4 Harbour Road, Wanchai, Hong Kong
☎ 2802 0111 📠 2802 9063 📧 info@theharbourview.com.hk

總經理 梁 明先生	General Manager Mr. Leung Ming, Harrison
行政助理經理 張佩筠女士	Executive Assistant Manager Ms. Cheung Pui-kwan, Ponnice
客務經理 林政宏先生	Front Office Manager Mr. Lam Ching-wang, Terence
署理人力資源經理 李婉茵女士	Acting Human Resources Manager Ms. Lee Yuen-yan, Joyce
行政管家 尹偉良先生	Executive Housekeeper Mr. Wan Wai-leung, Alain
工程經理 楊樹榮先生	Engineering Manager Mr. Yeung Shu-wing, Ken
餐飲部經理 伍啟文先生	Food & Beverage Manager Mr. Ng Kai-man, Ken
行政總廚 李世聰先生	Executive Chef Mr. Lee Sai-chung, Kelvin

AUSTRALIA

財務摘要 Financial Highlights

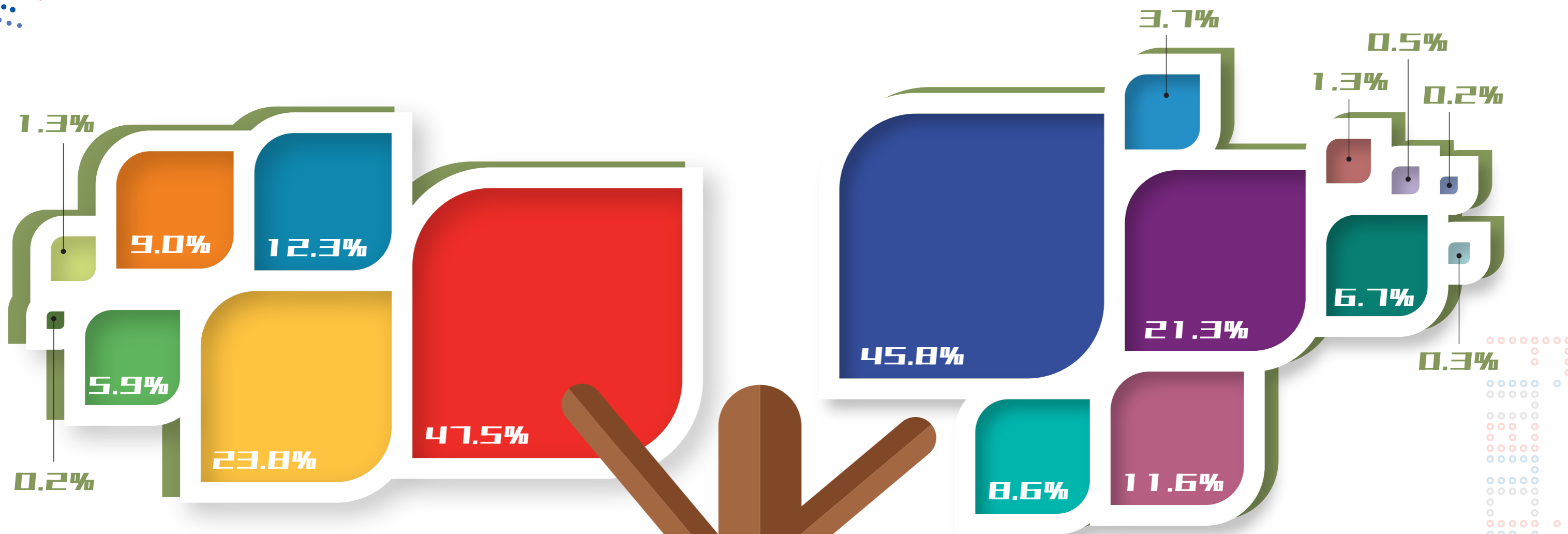
Australian Homestay Programme

青年會小學學生參加「澳洲家庭寄宿計劃」，體驗當地的家庭及學校生活，並有機會認識多種珍貴野生動物。

Students of the Chinese Y.M.C.A. Primary School participated in the Australian Homestay Programme which allowed them to experience the everyday lives of local families and the typical school lives of local children, as well as learn about a variety of unique and endangered wild animals.

財務摘要 Financial Highlights

(2019至2020年度營運業績－港幣佰萬)
(2019-2020 Operating Result - HK\$ million)



營運收入 Operating Income

	2019/20 \$	2018/19 \$
政府資助 Government Subventions	476.3	431.2
賓館服務 Hostel Services	238.6	385.3
營地服務 Camp Services	59.1	69.1
學費 Education Fee	90.6	81.9
程序活動 Programmes	123.6	149.4
會費 Membership Fee	1.5	1.9
捐獻 Donations	13.2	12.5
	\$1,002.9	\$1,131.3

支出與分配 Expenditures & Allocations

	2019/20 \$	2018/19 \$
薪酬及相關支出 Staff & Related Cost	511.4	554.1
食材成本 Cost of Food	41.2	50.7
教育服務 Education Services	237.3	219.2
程序活動 Programmes	96.1	108.9
其他營運支出 Other Operating Cost	129.3	141.7
折舊 Depreciation	74.7	68.5
租金、差餉、管理費 Rent, Rates and Management Fees	15.1	20.4
中央項目 Central Items	5.2	4.7
獎券基金資助項目 Lotteries Fund Expenditure	1.9	2.1
捐獻 Donations	3.3	2.5
	\$1,115.5	\$1,172.8

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

鳴謝 Acknowledgements

Cycling for Love

本會與杭州基督教青年會合辦「單車傳愛心2019」，80名香港及內地參加者在杭州千島湖進行175公里的單車之旅，為扶貧助學籌款。

The Association and the Hangzhou YMCA jointly organised the "Cycling for Love 2019". Eighty participants from Hong Kong and Mainland China participated in a 175-km trip in the Thousand Islets Lake area to raise funds for poverty alleviation and education.



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.

Australia Benowa State Primary School	屯門獅子會	怡和機器有限公司	香港青山獅子會	梁錦棠詠春同學會	達能紐迪希亞生命早期營養品(香港)有限公司
Citrix Systems Hong Kong Limited	文理書院(香港)	昆士蘭保險(香港)有限公司	香港宣教會恩晴堂	深水埗區青年活動委員會	嘉諾撒小學(新蒲崗)
ESG Matters Ltd	世紀21奇豐物業顧問行	東區聯青社	香港恒生大學	深水埗區議會	寧勵國際有限公司
French International School of Hong Kong	世紀21香港有限公司	東華三院張明添中學	香港科技大學	現代貨箱碼頭有限公司	廖寶珊紀念書院
Ms Leung Tsz Ching	北區區議會	社會福利署	香港紅十字會	第一太平戴維斯物業管理有限公司	構思聯繫(香港)有限公司
Nexify Limited	半島南扶輪社	金門縣金湖鎮開瑋國民小學	香港迪士尼樂園度假區	通力技術服務有限公司	漢華中學
QBE Foundation	古天樂慈善基金	金朝陽集團有限公司	香港飛行總會	陸海通大廈管理處	漢華中學(小學部)
QBE Insurance (Hong Kong) Limited	古巨基醫療基金	青年發展委員會	香港家私協會	雀巢香港有限公司	福建中學(小西灣)
Rainbow Foundation Limited	台北城東扶輪社	青年會書院家長教師會	香港海洋公園	勞工及福利局	福榮街官立小學
SDL動力學習協會	平等機會委員會	保捷行有限公司	香港浸會大學	富城物業管理有限公司	維多利亞聯青社
Singapore Chongzheng Primary School	民政事務局	南亞路德會以勒堂	香港浸會大學中醫藥慈善基金	富城集團	維特健靈健康產品有限公司
Somerest Charitable Foundation Limited	申萬宏源(香港)有限公司	帝都酒店	香港教育大學整全成長發展中心	循理會美林小學	億潤塑膠五金工業有限公司
The Wave (HK) Corporation Limited	白田邨屋邨管理諮詢委員會	思傑牙科醫務中心有限公司	香港理工大學	惠僑英文中學	廠商會中學
TUV Rheinland Hong Kong Limited	石硤尾邨屋邨管理諮詢委員會	恆華(香港)裝飾工程有限公司	香港管理專業協會李國寶中學	港九纖維布疋批發商聯會有限公司	歐達家具有限公司
Union Bancaire Privee Hong Kong	伊利沙伯女皇弱智人士基金	恒生銀行	香港聯青社	港南聯青社	蔡李惠莉博士
VOID(科和)	伊利沙伯中學舊生會湯國華中學	恒益物業管理有限公司	香港賽馬會慈善信託基金	港島敬拜會	鄭元山先生
九龍巴士(一九三三)有限公司	先達國際貨運有限公司	恒基陽光資產管理有限公司	恩暉浸信會	港基物業管理有限公司	鄭州大學
九龍金域扶輪社	名唐展覽(香港)有限公司	星格創意藝術有限公司	浩源國際教育有限公司	無限創作有限公司	鄭州大學附屬小學
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二七區培育小學	安記海味有限公司	盈健醫療(香港)有限公司	陞域(控股)有限公司	華人永遠墳場管理委員會	澳門培正中學
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大埔浸信會天澤福音堂	旭日集團有限公司	英藝幼稚園暨國際幼兒園	國際半島聯青社	新世界物業管理有限公司	環境及自然保育基金
大航假期	百達豐實業有限公司	食德好	國際物業管理有限公司	新界西國際聯青社	環翠邨屋邨管理諮詢委員會
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中國基督教播道會恩福堂	沙田浸信會	香港中華傳統文化獅子會	基督教聖約教會堅恩堂	聖方濟各英文小學	觀塘區議會
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香港九龍窩打老道23號 23 Waterloo Road, Kowloon, Hong Kong

www.YMCA.org.hk



電話Tel: 2771 9111 傳真Fax: 2771 4096