



香港基督教青年會  
YMCA OF HONG KONG

轉  
化

*Transformation*

2018-19 年報 Annual Report

- 2 香港基督教青年會的願景  
YMCA of Hong Kong Vision Statement
- 青年會的使命  
Our Mission Statement
- 3 香港基督教青年會的歷史  
YMCA of Hong Kong History
- 5 名譽會長、義務顧問、董事局  
Honorary Presidents, Honorary Advisors,  
Board of Directors
- 香港基督教青年會協會  
Council of YMCAs of Hong Kong
- 6 董事局管治委員會  
Board Governance Committees
- 8 會長和總幹事的話  
Message from the President and General Secretary
- 14 體驗>轉化>見証  
Experience > Transforming > Testimonies
- 24 與港青同行  
Walk Along with YMCA
- 27 尖沙咀（國際）聯青社  
Y's Men's Club of Tsim Sha Tsui
- 29 相片剪輯  
Photo Clipping
- 40 人力資源  
Human Resources
- 42 管理層員工  
Management Staff

## 統計資料 Statistics

- 43 社區服務及活動  
Community Services and Programmes
- 45 會員服務、專業及運動培訓  
Member Services, Professional & Sports Training
- 47 學前教育及小學文娛服務  
Pre-school and Primary Leisure Education Services
- 48 會員服務與義工服務  
Member Services and Volunteer Services
- 49 新會商會港青基信學校  
SWCS YMCA of Hong Kong Christian School
- 50 港青基信書院  
YMCA of Hong Kong Christian College
- 51 賓館服務統計資料  
Hostel Services Statistics

## 核數師報告 Auditor's Report

- 56 董事局報告書  
Directors' Report
- 61 獨立核數師報告  
Independent Auditor's Report
- 68 收支賬目  
Income and Expenditure Account
- 70 全面收支及收益表  
Statement of Income and Expenditure and  
Other Comprehensive Income
- 72 財務狀況表  
Statement of Financial Position
- 74 儲備及基金變動表  
Statement of Changes in Reserves and Funds
- 76 現金流量表  
Cash Flow Statement
- 78 財務報表附註  
Notes to The Financial Statements
- 113 感謝  
Appreciation





## 香港基督教青年會的願景

YMCA of Hong Kong Vision Statement

香港基督教青年會宣揚和實踐基督教價值，以愛與誠信致志促進地區和國際層面的公義、和平，弘揚真理和盼望。本會致力於：

- 培育個人成長，履行社會責任，服務社群，尤其關注青少年發展；
- 協助大眾鑑定所需，提供適切服務，於可持續發展之環境下改善其生活質素；
- 促進種族融和，提倡互相尊重和諒解。

The YMCA of Hong Kong promotes and practises Christian values, and is committed to the furtherance of justice, peace, truth and hope with love and integrity, both locally and globally. We are dedicated to:

- Enabling personal growth and fulfilling our social responsibility to the community, especially focusing on the youth;
- Ascertaining social needs and offering services to improve the quality of life in a sustainable environment for all people;
- Fostering intercultural harmony through respect and understanding.



## 青年會的使命

Our Mission Statement

香港基督教青年會以其悠久歷史及豐富經驗，提供各種服務，滿足社會人士在社會、教育、康體及靈性的需要，展望將來，滿具信心與承擔。本會仍將忠誠地貫徹其使命，作為基督教團體，藉提供充實生活的各項程序活動予參與的社會人士，致力促進社會的平等、公義與和平。

身為社會整體一份子的團體，香港基督教青年會為表達其使命，採用整合的方法，就香港社會人士的期望與心願，鑑定此一多種語言及多元文化社會的，尤其是青年人的，獨特需要，從而提供服務。

為認定本會服務的前景及進而確定我們服務的公眾對象，香港基督教青年會將決志繼續為香港社會的和諧與國際諒解，作積極的貢獻。再者，本會致力其為「國際基督教青年會」一員的職責，繼續加強與香港中華基督教青年會、香港基督教女青年會及本港其他社會服務團體的聯繫，保證為我們社區所有人士，不分年齡、性別、種族、宗教信仰，提供服務或給予機會以改進其個人、家庭以及社會的生活質素。

The YMCA of Hong Kong, with its long history and depth of experience in providing services that cater to the social, educational, physical and spiritual needs of the people in our community, looks to the future with confidence and commitment. It will faithfully endeavour to fulfil its mission as a Christian association dedicated to the furtherance of equality, justice and peace in our society through the provision of life enriching activities to all persons in our community who desire to participate.

As an organization founded to be an integral part of the Hong Kong community, the YMCA will express its mission by adopting an integrated, indigenous approach to identify with the hopes and aspirations of the people of Hong Kong and work to serve the unique needs of a multilingual and multicultural community especially those of the young people.

In so identifying our vision of service and further defining our target publics, our YMCA desires to actively continue to make a positive contribution to the social tapestry, harmony and international understanding within a great city. Moreover, in its role as an "International YMCA", it will further strengthen its network with the Chinese YMCA of Hong Kong, the YWCA of Hong Kong and other local social service agencies to ensure that all persons in our community regardless of age, gender, race, religious conviction, or ethnic background are being provided service, and otherwise afforded opportunities, to improve the quality of life for themselves, their families and the community at large.

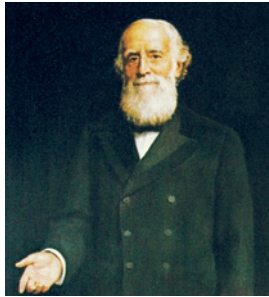


# 香港基督教青年會的歷史

YMCA of Hong Kong History

## 基督教青年會普世運動源起

### The Founding of the YMCA Movement Worldwide



在佐治衛良先生的領導下，十二名人士於1844年在英國倫敦創立基督教青年會。他們希望通過成立查經班、家庭和社群祈禱聚會、互愛會，或心靈聚會等，讓就職青年在心靈上得到充實，並以此為青年會的目標。為了將青年會精神與普世的人分享，這國際性新運動的領袖致力在世界不同地方成立青年會，包括香港。

Led by Mr. George Williams, 12 men founded the YMCA in London, England in 1844. Their objective was the "improvement of the spiritual condition of the young men engaged in houses of business, by the formation of Bible classes, family and social prayer meetings, mutual improvement societies, or any other spiritual agency." To share the vision of the YMCA Movement with people worldwide, leaders of the new international movement decided to establish Associations in different parts of the world, included Hong Kong.

## 基督教青年會運動在香港的發展

### The Development of the YMCA Movement in Hong Kong

# 1901

基督教青年會於香港正式成立，由蘇心先生擔任總幹事，並租用德輔道二十七號為會所。

YMCA was formally established in Hong Kong with Mr. Walter Southam as General Secretary. Premises were rented at 27 Des Voeux Road as the service centre.



# 1908

華人和西人部分別擴展為「香港中華基督教青年會」與「香港基督教青年會」。

The Chinese and European Departments of the YMCA formed two autonomous Associations, the Chinese YMCA of Hong Kong and the YMCA of Hong Kong.

# 1922-24

位處尖沙咀梳士巴利道之現址獲選為會址。1924年由時任港督司徒拔先生主持奠基禮。

The current site situated on Salisbury Road was finally selected as YMCA's home. The foundation stone was laid by the then Governor, Sir Donald Stubbs in 1924.



# 1960s年代

青年會通過體育運動推廣健康生活模式，培育品格，更派出年輕田徑選手代表參與國際賽事。

YMCA promoted healthy lifestyle and nurtured the character of young people through sports activities. YMCA young athletes had also represented Hong Kong in international games.



# 1974

完成梳士巴利道中心第一期重建，擴展服務。由時任港督麥理浩爵士蒞臨主持開幕禮。

Phase 1 of the New East or Bradbury Wing redevelopment project of the Salisbury Centre was completed. The opening ceremony was officiated by the then Governor, Sir Murray Macle hose.



## 1990s年代

梳士巴利道總部於1992年完成重建工程。港青國際幼稚園(1992)、港青專業進修書院(1996)和農圃道幼兒學校(1999)亦相繼成立。1998年開設長沙灣中心，積極拓展地區服務。

The re-development of Salisbury headquarters was completed in 1992. The YMCA International Kindergarten (1992), the YMCA College of Continuing Education (1996) and Farm Road Nursery School (1999) were established. Cheung Sha Wan Community Centre was opened in 1998 to activate assertively community services.



## 2000s年代

京士柏百周年紀念中心於2000年開幕，以慶祝基督教青年會運動在港創立百周年。港青基信書院於2003年正式開辦收生。同年港青與成都基督教青年會合作，於四川省金堂縣資助開設金堂縣港青小學。2009年，港青開辦東涌綠機田與東涌社區中心，為當地社區提供多元化服務。

The King's Park Centenary Centre was opened to celebrate the 100th Anniversary of the YMCA in 2000. The YMCA of Hong Kong Christian College was established in September 2003. YMCA of Hong Kong partnered with Chengdu YMCA to set up YMCA Jintang Primary School in Jintang, Sichuan in the same year. Tung Chung Organic Farm and Tung Chung Community Centre were opened in 2009 to provide a variety of services to the local community.



## 2010s年代

西九龍耀信發展學習中心和耀信國際幼稚園於2010年啟用。2013年，港青與新會商會協辦的新會商會港青基信學校正式啟用；同年南丫島戶外及環保活動中心亦正式開幕。港青基信幼稚園（啟晴）則於2015年成立，提供日托服務及幼兒課程。2016年，本會三所幼稚園獲教育局批准，改名為港青基信國際幼稚園、港青基信國際幼稚園（西九龍）、港青基信幼兒學校（農圃道），以表徵港青的教育使命以基督為本的精神。港青的社區藝術中心The DOOOR於2018年1月26日開幕，通過藝術來匯聚更大的社群，包括酒店賓客、旅客、尖沙咀居民及學校的師生等。

Beacon Centre Lifelong Learning Institute and Beacon International Kindergarten were opened in 2010. YMCA of Hong Kong partnered with San Wui Commercial Society to establish San Wui Commercial Society YMCA of Hong Kong Christian School in 2013; Lamma Island Outdoor Centre was officially opened in the same year. YMCA of Hong Kong Christian Kindergarten (Kai Ching) was also opened in 2015 to provide day care services and early childhood education programmes to children. In 2016, with the approval of the Education Bureau, the three existing YMCA pre-school units were renamed to YMCA of Hong Kong Christian International Kindergarten, YMCA of Hong Kong Christian International Kindergarten (West Kowloon) and YMCA of Hong Kong Christian Nursery School (Farm Road), for the sake of showing that the YMCA has put Christ at the centre of its mission in education. The DOOOR, as YMCA's Community Art Centre, was established on January 26, 2018 to engage a wider community including our hotel guest and tourists, local residents and school community in Tsimshatsui.







# 名譽會長、義務顧問、董事局

Honorary Presidents, Honorary Advisors, Board of Directors

(as of June 30, 2019)

## 名譽會長 HONORARY PRESIDENTS

夏德先生 Mr. R. S. (Bob) Huthart

楊澤麟牧師 Rev. Jack C. Young

## 義務顧問 HONORARY ADVISORS

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

鄭慕智博士 Dr. Moses Cheng, G.B.M., G.B.S., O.B.E., J.P.

夏德先生 Mr. R. S. (Bob) Huthart

## 董事局 BOARD OF DIRECTORS

會長 President : 葉偉文先生 Mr. Patrick Yip

副會長 Vice President : 王主心女士 Ms. Julia Ong  
黃佩翰先生 Mr. David P.H. Wong

義務司庫 Hon. Treasurer : 莊簡舜卿女士 Mrs. Sheila Chuang

義務會牧 Hon. Chaplain : 施力高牧師 Rev. Dr. John Snelgrove

總幹事 General Secretary : 何慶濂先生 Mr. Peter Ho

董事 Directors : 方麗麗女士 Ms. Lily Fong, S.B.S.  
傅孟雄先生 Mr. William Fu  
葉頌文先生 Mr. Tony Ip  
陳熙炅女士 Ms. Jaclyn Jhin  
林昶先生 Mr. Benjamin Lam  
劉鼎新先生 Mr. Andrew Lau  
沈樂年先生 Mr. L.N. Shun



# 香港基督教青年會協會

Council of YMCAs of Hong Kong

(as of June 30, 2019)

郭志權博士*	Dr. Philip Kwok, S.B.S., J.P.*	劉鼎新先生	Mr. Andrew Lau
傅孟雄先生	Mr. William Fu	鄭卓生博士	Dr. Arnold Cheng
蘇以葆主教	The Rt. Rev. Dr. Thomas Soo, J.P.	潘展聰先生	Mr. Philip Poon
任德輝先生	Mr. Ronald Yam	蔡伯賢先生	Mr. Edward Choi
何慶濂先生	Mr. Peter Ho	趙梓晴小姐	Ms. Agnes Zhao
劉俊泉先生	Mr. Karl Lau	陳卓賢先生	Mr. Table Chan
葉頌文先生	Mr. Tony Ip	陳婉婷小姐	Ms. Tina Chan
林昶先生	Mr. Benjamin Lam	王天欣小姐	Ms. Jasmine Wong

\*義務顧問 Honorary Advisor





# 董事局管治委員會

Board Governance Committees

(as of June 30, 2019)

## 宗教推廣 Christian Outreach

施力高牧師	Rev. Dr. John Snelgrove
林昶先生	Mr. Benjamin Lam
江瑞榮先生	Mr. Sam Kong
何慶濂先生	Mr. Peter Ho
鄭志成先生	Mr. Oscar Cheng
譚子榮先生	Mr. Irwin Tam

## 機構管治 Corporate Governance

劉鼎新先生	Mr. Andrew Lau
黃佩翰先生	Mr. David P.H. Wong
何慶濂先生	Mr. Peter Ho
陳華靜女士	Ms. Corinia Chan
楊廷偉先生	Mr. Kenneth Yong

## 教育 Education Committee

林昶先生	Mr. Benjamin Lam
王主心女士	Ms. Julia Ong
葉偉文先生	Mr. Patrick Yip

陳熙炅女士	Ms. Jaclyn Jhin
何慶濂先生	Mr. Peter Ho

### *School Management Committees under the Education Committee:*

#### 持續教育 Continuing Education

陳熙炅女士	Ms. Jaclyn Jhin
方麗麗女士	Ms. Lily Fong, S.B.S.
施力高牧師	Rev. Dr. John Snelgrove
何慶濂先生	Mr. Peter Ho
馮慧妍女士	Ms. Vivienne Fung
高泳恩小姐	Ms. Sharon Ko
蔡偉邦先生	Mr. James Choi
歐陽國緯先生	Mr. Eric Au Yeung
單芷筠女士	Ms. Vivian Shan

#### 中學教育 Secondary Education

葉偉文先生	Mr. Patrick Yip
林昶先生	Mr. Benjamin Lam
莊簡舜卿女士	Mrs. Sheila Chuang
方麗麗女士	Ms. Lily Fong, S.B.S.
葉頌文先生	Mr. Tony Ip
王主心女士	Ms. Julia Ong
何慶濂先生	Mr. Peter Ho
馮慧妍女士	Ms. Vivienne Fung
關恒生先生	Mr. Alexander Kwan
林淳博士	Dr. Robert Lam
李鎮洪先生	Mr. Dave Lee
陳狄安先生	Mr. Dion Chen
盧裕敏女士	Ms. Diana Lo
呂碧珊女士	Ms. Bee Lui
黃凱峯先生	Mr. Paul Wong

#### 小學教育 Primary School (與新會商會合辦 in partnership with San Wui Commercial Society)

葉偉文先生	Mr. Patrick Yip
梁世光先生	Mr. Leung Sai Kwong
方麗麗女士	Ms. Lily Fong, S.B.S.
王主心女士	Ms. Julia Ong
林昶先生	Mr. Benjamin Lam
何慶濂先生	Mr. Peter Ho
陳狄安先生	Mr. Dion Chen
趙子基先生	Mr. Chiu Tsz Kei (as from June 19, 2019)
周振強先生	Mr. Stephen Chow (as from June 19, 2019)
馮慧妍女士	Ms. Vivienne Fung
曾慧明女士	Ms. Tami Tsang (as from September 21, 2018)
區紹堂先生	Mr. Au Siu Tong (until April 20, 2019)
林棣權先生	Mr. Timothy Lam Jr. (until September 21, 2018)
黃健忠先生	Mr. Wong Kin Chung (until May 31, 2019)
	Mr. Thomas Moore (as from September 1, 2018)
謝詠湘女士	Ms. Tammy Tse

#### 學前教育 Pre-school & Elementary Education

王主心女士	Ms. Julia Ong
劉鼎新先生	Mr. Andrew Lau
何慶濂先生	Mr. Peter Ho
單芷筠女士	Ms. Vivian Shan
張愛倫女士	Ms. Rosaline Cheung
高泳恩小姐	Ms. Sharon Ko
曾燕君小姐	Ms. Jorence Tsang
吳少華女士	Ms. Sylvia Wu
歐陽國緯先生	Mr. Eric Au Yeung
蔡偉邦先生	Mr. James Choi

## 設施管理及發展

### Facilities Maintenance & Development

葉頌文先生	Mr. Tony Ip
林昭先生	Mr. Benjamin Lam
沈樂年先生	Mr. L.N. Shun
彭秋立先生	Mr. Raymond Pang
杜潤明先生	Mr. Tony To
阮禮民先生	Mr. Yuen Lai Man
何慶濂先生	Mr. Peter Ho
陳華靜女士	Ms. Corinia Chan
楊廷偉先生	Mr. Kenneth Yong
余達榮先生	Mr. Peter Yu
胡漢森先生	Mr. Michael Wu

## 財務及稽核 Finance & Audit

莊簡舜卿女士	Mrs. Sheila Chuang
王主心女士	Ms. Julia Ong
陳熙炅女士	Ms. Jaclyn Jhin
曾慧明女士	Ms. Tami Tsang
何慶濂先生	Mr. Peter Ho
陳華靜女士	Ms. Corinia Chan
楊廷偉先生	Mr. Kenneth Yong
歐陽國緯先生	Mr. Eric Au Yeung (as from January 18, 2019)
單芷筠女士	Ms. Vivian Shan (as from January 18, 2019)
關健薇女士	Ms. Kwan Kin Mei (as from January 18, 2019)

## 賓館服務 Hostel Services

傅孟雄先生	Mr. William Fu
劉鼎新先生	Mr. Andrew Lau
沈樂年先生	Mr. L.N. Shun
伍智聰先生	Mr. Eric Ng
何慶濂先生	Mr. Peter Ho
陳華靜女士	Ms. Corinia Chan
楊廷偉先生	Mr. Kenneth Yong

## 人力資源 Human Resources

黃佩翰先生	Mr. David P.H. Wong
葉偉文先生	Mr. Patrick Yip
陳熙炅女士	Ms. Jaclyn Jhin
簡金港生女士	Mrs. Mimi Cunningham
何慶濂先生	Mr. Peter Ho
陳華靜女士	Ms. Corinia Chan
楊廷偉先生	Mr. Kenneth Yong
關健薇女士	Ms. Kwan Kin Mei
歐陽國緯先生	Mr. Eric Au Yeung (as from March 19, 2019)
單芷筠女士	Ms. Vivian Shan (as from March 19, 2019)

## 會員服務及活動

### Member Service and Programme

王主心女士	Ms. Julia Ong
莊簡舜卿女士	Mrs. Sheila Chuang
方麗麗女士	Ms. Lily Fong, S.B.S.
江瑞榮先生	Mr. Sam Kong
關恒生先生	Mr. Alexander Kwan
陸景榮先生	Mr. Isaac Luk
何慶濂先生	Mr. Peter Ho
歐陽國緯先生	Mr. Eric Au Yeung
單芷筠女士	Ms. Vivian Shan
蔡偉邦先生	Mr. James Choi
鄭志成先生	Mr. Oscar Cheng
蕭燕鳳女士	Ms. Samantha Hsiao (as from November 6, 2018)
陳樂熙先生	Mr. Terence Chan
羅立敏小姐	Ms. Law Lap Man



## 會長和總幹事的話

Message from the President and General Secretary



會長葉偉文先生  
Mr. Patrick Yip,  
President



總幹事何慶濂先生  
Mr. Peter Ho,  
General Secretary

願天父和主耶穌的恩典和憐憫與你同在，主內平安！

大家好！

基督教青年會在二零一八至一九年度慶祝了數個歷史性的「首次」。二零一八年七月，世界基督教青年會協會（世界協會）於泰國清邁舉行了第十九屆世界大會，會上任命了首位來自非洲的總幹事，並選出了

首位女會長。二零一九年六月六日，基督教青年會在倫敦慶祝成立一百七十五周年。香港基督教青年會（港青）與全球各青年會響應普世青年會行動並參與此項盛事，於當日舉辦「Shape Your Life」活動，藉着宣傳精神健康及對義務工作的熱誠，為身、心、靈帶來更健康的生活模式。二零一九年八月，逾三千位來自超過一百個國家的青年會代表，將會齊集倫敦進行全球青年活動，以慶祝基督教青年會成立一百七十五周年。港青亦會派出別具象徵意義的十二位代表出席，代表團包括董事會成員、同工及青年義工。



第十九屆世界基督教青年會協會世界大會港青代表團  
19th YMCA World Council YMCAHK delegates

五月一日，世界協會推出第四屆Change Agent (CA)，港青委派了三位青年領袖參加，我們的心為此充滿喜樂。她們來自不同的背景，並同是首位以港青同工、東涌中心的義工、多元文化融匯網絡義工，也是港青基信書院畢業生等身份出任CA。她們將在前往倫敦出席一百七十五周年慶祝活動前，參與地區及環球培訓，裝備自己以期在本地及全球領導變革，轉化她們所在的社區及世界，令青年會行動更靈活及與時並進。

本年度，港青繼續支持世界協會及亞太區基督教青年會協會（亞太協會）的工作。二零一八年七月，港青總幹事何慶濂先生出席亞太協會在清邁舉行的全國總幹事會議，跟進世界大會的決議案及籌劃第二十屆亞太協會大會。同年十月，何先生出席世界協會在日內瓦舉辦的全球策略諮詢大會，會上他向代表分享了出自港青的青年賦權模型。二零一九年二月，他亦出席了世界協會在澳洲布里斯本舉行的年度總幹事會議，討論在「百萬年輕心聲」研究所歸納的健康、就業、環境及公民參與的四個範疇中，如何履行世界協會策略的三大支柱。此外，透過亞太協會伙伴支援小組，港青繼續支持在寮國龍坡邦成立青年會。二零一九年三月，何先生與來自韓國及泰國的青年會夥伴為寮國龍坡邦青年會進行年度檢討，並到訪一條將會與亞太協會合作的村落，共同為寮國龍坡邦青年會的持續發展努力。港青亦將於二零一九年八月派出學生服務團到訪該村落。



在本地方面，本年度港青完成了一條龍教育平台。二零一九年六月廿八日，期盼已久的小學新會商會港青基信學校首屆畢業生歡歡喜喜地畢業了。五十一位畢業生中，四十七位將於九月升讀港青基信書院。此外，港青基信書院於二零一八年開始興建的多用途禮堂「聖三一堂」，將於二零一九年暑假竣工，迎接新學年的開始。

會員及社區服務部推行同工師友計劃，在十二位資深同工的陪伴下，加強新同工在剛入職期間對港青價值和文化的認識，從而栽培及挽留港青未來的領袖。此外，會員及社區服務部舉行主題為「服務帶來成功」同工退修日，當天的活動帶出了我們所提供的服務中的愛心、謙卑及同理心等重要元素，退修日首次獲各部門總監一起參與。

隨著長沙灣中心全面翻新裝修工程的結束，中心繼續為深水埗區的低收入居民提供全方位及多元化的社區服務。二月廿二日，董事局成員舉行長沙灣中心奉獻禮；刻在牆上的金句－「我們愛，因為 神先愛我們。」（約翰一書 4:19）時刻提醒同工們成立中心的初衷。



80位嘉賓及港青同工見證長沙灣中心以嶄新形象繼續服務社會  
80 guests and staff celebrated in the newly renovated CSW Centre

香港基督教青年會專上學生聯會（聯會）的成立為加強青年會運動在香港大學、中文大學及理工大學之大學生群體中的發展。在今年五月，來自第一至十屆的舊生聚首慶祝聯會成立十周年，並重新立志繼續栽培未來青少年創變者，締造更美好的世界。聯會將於八月前往台灣進行聯校活動，藉到訪原住民部落，學習及宣傳環保生活，同時響應年度「綠色生活」的主題。香港大學分部亦到訪斯里蘭卡巴拿馬的一個偏遠村落，體驗原始的生活方式之餘，亦進行了義教服務。中文大學分部為第一五五小女童軍隊成員舉辦活動，讓她們曉得感恩和珍惜所有。理工大學分部則到泰國北部清萊的一所鄉村學校進行義教和建設工程，從簡樸的生活中體驗快樂。

我們在去年的會員大會中呼籲青年人成為港青的選舉會員。我們很高興宣布，董事局接納了三名新選舉會員的申請，其中兩位的年齡為三十歲以下。我們將會繼續積極地物色及邀請擁有不同才能的人仕參與貢獻青年會行動，無分男女。

以上報告的活動得以成功籌辦，全賴賓館服務的盈餘提供財政上的支持。二零一八年十二月，The Salisbury 的按月房間收入錄得新高。The Salisbury 一直致力於環境保護，本年度獲頒香港綠色機構認證的「良好級別」節能證書及香港綠色機構認證的「基礎級別」減廢證書。The Salisbury 亦於二零一八年再度獲 TripAdvisor 頒發「年度卓越獎」，連續五年獲此殊榮。外牆翻新工程已於三月廿五日展開，預期二零二零年十一月竣工；但工程期間賓館的收入將難免受到影響，加上香港不穩定的社會因素已嚴重影響酒店業，The Salisbury 的財政壓力更是百上加斤。再臨閣的裝修工程將會如期在二零一九年八月開展，計劃於同年十二月重新開業。請各位繼續為港青禱告，並在這艱難及不穩定的時刻繼續與港青同行。

我們為過去一年得以服務社區、及藉各種挑戰在心、身、靈方面得以成長而感恩。願 神悅納港青本年度的工作。願 神繼續保守和帶領港青。願我們萬事順服，並在主內尋得喜樂和平安。

願主祝福你！

葉偉文、何慶濂 敬上



Grace, mercy, and peace from God the Father and Christ Jesus our Lord.

Greetings from the YMCA of Hong Kong!

2018 – 2019 was a time of global celebration for YMCA with some historic firsts. In July 2018, the World Alliance of YMCAs (WAY) held its 19th World Council in Chiangmai, Thailand when an individual from Africa was appointed for the first time as WAY Secretary General, and a woman was elected as the first female WAY President. On June 6, 2019, YMCA celebrated its 175th anniversary in London. YMCAHK participated in the World Challenge to commemorate this milestone with YMCAs around the world by launching the ‘Shape Your Life’ campaign to promote mental health, commitment to volunteerism and a healthier lifestyle in body, mind and spirit. A global youth event, YMCA175, will take place in London in August with over 3,000 delegates from over 100 countries, with the YMCA of Hong Kong sending a symbolic delegation of 12 including Board Directors, staff and youth volunteers to commemorate the occasion.

WAY launched its 4th cohort of Change Agents (CA) on May 1. Joy filled our hearts when YMCAHK appointed three young leaders to Cohort 4. These leaders come from a diverse background including our first CA who is a staff member, our first CA who is a volunteer from Tung Chung Centre, and our first CA who is a volunteer from the Multi-Cultural Team and also a graduate of our secondary school, YMCA of Hong Kong Christian College (YHKCC). CAs will participate in the regional and global trainings immediately prior to YMCA175 in the UK to equip themselves to lead change locally and globally, transform their communities and the world, and increase the YMCA’s movement relevance and agility.

YMCAHK continued to support other initiatives of WAY and the Asia and Pacific Alliance of YMCAs (APAY) in 2018 – 2019. In July 2018, Peter joined the APAY National General Secretaries (NGS) meeting in Chiangmai to follow up on the World Council Resolution and plan for the 20th APAY General Assembly. In October 2018, Peter joined the WAY Strategy Summit in Geneva, where he shared our newly-developed Youth Development Model. In February 2019, Peter joined the WAY NGS meeting in Brisbane, Australia, to deliberate how best to deliver the three pillars of the WAY Strategy in the four key impact areas of health, employment, environment and social engagement. YMCAHK continued its support of the establishment of a YMCA in Luang Prabang, Laos (LPG) through the APAY Partners Support Group (PSG). Peter participated in the annual review of LPG in March 2019 with partners from Korea and Thailand, and visited a village that had been identified by LPG to partner with APAY for its sustainable development. YMCAHK will be sending a student service delegation to the village in August 2019.



新會商會港青基信學校首屆畢業生  
SWYHKCS first class of graduates

Locally, 2018 – 2019 marked the completion of the education through-train for YMCAHK. On June 28, 2019, the much anticipated first class of graduates from our primary school, the SWCS YMCA of Hong Kong Christian School, Class of 2019, joyfully graduated. 47 out of 51 of our Primary 6 graduates will be entering YHKCC in September. The construction of Trinity Hall, a multi-purpose hall at YHKCC, began in summer 2018 and will be completed in summer 2019 just ahead of the new school year.

Member and Community Services (M&CS) launched a Staff Mentorship Programme with 12 committed long-serving staff striving to enhance the onboarding experience of new M&CS colleagues. With a better understanding of the YMCA values and culture, we hope the mentorship programme would help further develop and retain future YMCA leaders. The M&CS retreat 'Serve to Succeed' brought out the essential elements of compassion, humility and empathy in our service was joined by all YMCAHK Area Heads for the first time.

Cheung Sha Wan Centre (CSW) completed its major renovation of its facilities to continue our all-around social services to grass-roots families in Sham Shui Po. On February 22, the Board of Directors dedicated CSW to the Lord, where we were reminded of the purpose of CSW from the Bible verse engraved on the Scripture Wall - "We love because He first loved us" (1 John 4:19).

Campus Y was set up to develop and strengthen the YMCA movement among university students at HKU, CUHK and PolyU. On Campus Y's 10th anniversary in May, alumni from each of the past 10 cohorts gathered to celebrate the journey in an evening of fellowship to renew their commitment to build up future change-makers for a better world. Campus Y Central Club will visit an indigenous community in Taiwan in August to learn and promote eco-friendly lifestyle to live out the theme of the year 'Go Green'. Campus Y of HKU went



Campus Y 十周年紀念晚宴  
Campus Y 10th Anniversary Dinner

to a remote village in Panama, Sri Lanka to carry out a series of teaching programmes while experiencing their nature-based lifestyle. Campus Y of CUHK organised an activity to the young girls of Brownie 155 NT PACK, to learn to be thankful and treasure what they have. Campus Y of PolyU carried out a teaching and construction programme in a village school in Chiangrai, Thailand to experience happiness through simplicity.

Further to a call to recruit younger voting members in the 2017 – 2018 AGM, we are pleased to report that the Board has approved 3 new voting memberships, 2 of whom are under 30 years old. We will continue to identify and engage men and women with different skills and talents to contribute to the YMCA movement.

All these programmes were made possible by the surplus generated by Hostel Services. In December 2018, The Salisbury recorded its highest ever monthly room revenue. For our effort in the environment, The Salisbury received the Hong Kong Green Organization Certification Energywi\$e Certificate Good Level and the HK Green Organization Certification Wastewi\$e Certificate Basic Level. The Salisbury was awarded the TripAdvisor Certificate of Excellence in 2018 for the 5th year in a row. The external façade renovation began on March 25 and its expected completion date is November 2020. Hostel revenue is expected to be adversely affected during this period. The social unrest in Hong Kong has severely impacted the hospitality sector, putting further pressure on The Salisbury financially. Renovation of the Salisbury Dining Room will continue as planned in August 2019 and will be reopened as The Haven in December 2019. Please keep the YMCA in your prayers and we hope you will continue to stand with us during these difficult and uncertain times.

We are grateful for the opportunities to serve our community, and for the challenges that provided the growth in our mind, body and spirit this past year. May our work be acceptable to the Lord. May the Lord continue to protect and guide YMCAHK. May we be obedient and find joy and peace in all we do.

God bless!

Patrick Yip and Peter Ho



全球首次策略諮詢大會  
World Alliance of YMCAs Strategy Summit in Geneva



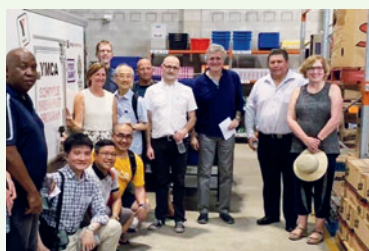
世界基督教青年會協會全國總幹事會議  
World Alliance of YMCAs National General Secretary Meeting in Brisbane



◀ (左起) 新南威爾士行政總裁、香港總幹事及澳洲全國總幹事  
(from left) CEO of New South Wales, NGS of Hong Kong,  
NGS of Australia



▲ 中國、香港、台灣及美國的代表  
Delegates of China, Hong Kong, Taiwan and USA



▲ 代表們參觀學生早餐計劃的倉庫  
Delegates visited the warehouse of  
Breakfast Programme

亞太區青年會協會總幹事會議  
APAY National General Secretaries Conference in Chiangmai







CDF

Mongolia

Service Trip

19th - 25th August 2018





## 體驗 > 轉化 > 見証

Experience > Transforming > Testimonies

### 感謝 YMCA! Thank you YMCA!

自2017年4月到今天，我的孩子共參加了港青日營部的30個營會。透過參加營會，他們經歷顯著的成長。

兒子Hugo有嚴重自閉症，甚至獲發政府的殘疾人士登記證。雖然曾經參加過遊戲小組和營會，但他幾乎全不感興趣。經朋友推薦，縱然帶着猶豫，我讓他和妹妹嘗試港青的營會。那時，幾乎從不說話的Hugo已7歲，妹妹Yanni只有5歲，但他們缺乏服從能力，我曾擔心Hugo在眾多聰明孩子的新環境中不能被接受，更擔心他會被孤立，被忽視，更糟的甚至被羞辱及欺負。

但結果卻令我喜出望外！他們首次營會的經歷非常棒！Hugo在營會領袖的指導和幫助下，能夠遵守所有規則及循序漸進地學會照顧自己。領袖們十分關注孩子的每一項細節，還向我通報他們的表現、吃量多少等。我也觀察到Hugo和Yanni非常喜歡營會的活動。Hugo說話不多，但他在迎接營會的第二、三天，大清早便開心地起床，不斷哼着歌，抵達營會後頭也不回地衝進去。故此我肯定他十分喜歡參加營會。當然，Yanni也常談及她認識的新朋友，玩耍及學習的情況；他們在營會結束時的失落眼神至今仍歷歷在目。這次令人驚喜的成功體驗促使我繼續讓他們參與港青的各種營會。

孩子們在各適其適的營會所學良多，認識了新朋友，並學習與不同的人相處。他們也參觀了許多父母未能安排去的新地方，有各種學習和極棒的體驗。參加營會更讓他們學到各種技能，如藝術和手工藝、各種水陸運動、科學知識和語文能力，實在不能盡錄。我的孩子也藉此突破了許多限制。2018年的夏天，他們首



Hugo



Yanni

I have enrolled each of my children for 30 YMCA camps since April 2017. My children have developed by leaps and bounds through participating in the camps.

My son Hugo is severely autistic. His situation is so bad that he is the holder of the disability card issued by the government. He was a cold blanket in nearly all playgroups and camps that I tried. My friend recommended me to

try YMCA Camping. I was very hesitant. Hugo was 7 and was nearly non-verbal and his younger sister Yanni was only 5 years old then. They could barely follow orders. I was very worried whether Hugo would be accepted in a new environment with so many normal and brilliant children.

I was worried that he would be isolated, ignored, or even worse, demeaned and bullied.

It turned out that the first camp experience was awesome. Hugo, with guidance and help from the leaders, could follow all the routines and he learned to take care of himself bit by bit. The leaders really paid attention to every detail of the kids. They would tell me what my children did great during the day and even how much they ate. I also observed that Hugo and Yanni enjoyed the camp activities so much. Hugo could not speak but on the second and third day, he woke up early happily and kept humming his tunes and he dashed into camp venue without looking back at me. This was how I knew he was enjoying himself in the camp. Of course, Yanni kept telling me the friends she made, the activities she did and things she learned. I could also see the disappointment in the eyes when

次參加一日一夜的宿營，我認為這是他們成長的里程碑；同年12月，他們完成了「Hello」戶外生活營，在南丫島度過了兩個晚上。短短4個月，Hugo和Yanni藉不同營會挑戰和提升自己。除了發掘出他們的潛能，營會令他們變得更成熟和自信。

我以無以言表的感激，再次衷心感謝所有港青日營部的職員，安排精彩的營會，在每個長假期給我的孩子留下難忘的回憶。

(Winki Chan，Hugo和Yanni的家長，港青日營部參加者)



the camp ended. That amazing and successful experience prompted me to enrol them to all kinds of camp thereafter.

My children have learned so much from different types of camps. They made new friends and learnt to work with different people. The visits took them to new places that we parents could not arrange and offered them educational programmes and awesome experience. By joining the camps, they developed different skills and abilities: art and craft, all sorts of land sports and water sports, science knowledge, language skills, to name a few. My children broke through their limits through all these camps. In summer 2018, they joined the 1-night Junior Residential Camp for the first time, for which I regard as a milestone in their development

and just now in December 2018, they completed the Hello Outdoor Residential Camp, spending 2 nights in Lamma Island. In just 4 months, I could see them challenge and improve themselves in different camps. The camps explored various potentials in my children and Hugo and Yanni definitely have become more mature and confident since joining the YMCA camps.

My gratitude actually goes beyond words. We wholeheartedly thank everyone in YMCA Camping who arranged the camps and gave my children unforgettable memories every long holiday.

(Winki Chan, parent of Hugo and Yanni, YMCA Camping participants )

## 幸會 My Pleasure

兩年多前，我被邀參加「共享大使」義工服務，用有機蔬菜為區內長者烹調低碳食物。當時我已屆60多歲，與「青年會」好像有點格格不入，然而得到港青社工郭姑娘摯誠的歡迎後，心裏的遲疑即一掃而空，自此更與港青結下不解之緣。

愛好烹飪的我從沒想過煲湯會難倒我，但原來煮「大鑊飯」和「大鑊湯」確實有一番學問。經導師Pauline及曾在酒樓廚房工作的Amy指點下，大家一起合作完成了工作。每當將熱湯送予長者時，他們充滿感激的神情每每讓我深受感動，成為推動我繼續服務的動力。

作為一名運動愛好者，我與朋友自組了運動小組，過去兩年吸引了超過30位組員參與港青的活動，包括包春卷、宿營及賞紅葉燒烤等。參與這些活動拉近了一班「老友記」與青少年及小孩子的距離；消除年齡的隔閡，實現長幼共融。我們這群「老青幼」更一起做義工，在錦田、大埔和馬灣的中小學進行模擬農村攤位遊戲，讓香港的學童體驗農村學童困苦的生活。

為了實踐綠色生活，我們除了提倡素食外，更舉辦許多環保活動給「老青幼」，如以廚餘



I first came to know YMCA of Hong Kong when my friend invited me to support a volunteer service 'Food Sharing Ambassador' programme two years ago, to cook low carbon meals with organic vegetable for elderly. I was not sure if I would fit in the YMCA as I was over 60 years old at that time. And yet, my worries disappeared the moment Ms Po Kwok, the social worker of the Association gave me a warm welcome, and I became strongly attached to the YMCA since then.

I did not think making soup was a challenge as I loved cooking a lot. But when it came to cooking in big pots for an army, it took a capable team including Pauline, the tutor and Amy, who had worked in a restaurant kitchen before, to do the job. I was deeply touched by the many grateful faces when we served our elderly hot soup. They have kept me going.

As a sports lover, my friends and I formed a sports group and attracted over 30 'young-old' in the last two years to join a wide range of activities held by the YMCA, including residential camp, spring-rolls making workshop, red leaves appreciation cum BBQ etc. Participating in these activities has brought the mature folks, young folks and children together; there is no generation gap among us. Specifically, this young-old group volunteered to run game booths in primary and secondary schools in rural villages including Kam Tin, Tai Po, Ma Wan etc., to inspire the Hong Kong students by simulating the hardship and livelihood of children in rural China.

Besides promoting vegetarian diets, as part of green living practices, YMCA also held various environmental-friendly programmes for the young-old group, such as hand-dyed table cloth, making eco enzyme out of food waste and eco-friendly pot out of plastic waste, household decor and accessories with sea glass, and cooking meal with organic ingredients and visit Mapopo Community Farm.

The visit to OKIA Company Limited early this year was eye-opening when we learned about its CSR work including tuition



製造環保酵素、紮染桌布、用塑膠廢料做環保花盆、用海玻璃製作飾物擺設，也到粉嶺馬寶寶農場用有機蔬果炮製午餐及進行農場導賞。

本年初我們參觀澳加光學有限公司，他們長期資助缺乏資源學童的學費及課外活動費用，企業服務責任工作令我們眼界大開。受資助學童的分享讓我們深深體會到港青的工作極具意義，在其企業夥伴的資助下取得成果，我亦為能夠成為港青義工伙伴而感到非常榮幸。

(霍錦華，東涌中心活動參加者及義工)

and extracurricular activities sponsorship to underprivileged students for many years. The student's personal sharing has proven the good work of YMCA and its business partners, and I am also honoured to be a volunteer partner of the YMCA.

(Fok Kam Wah, Tung Chung Young Old Programme participant & volunteer)



## 蛻變高飛 Transform for Life

大家好，我是來自烏茲別克的 Sayfulaeva Hidoyat，一個位於中亞的內陸國家。在家鄉的我是一名保姆，照顧別人家的孩子。在2016年時，我的僱主因為工作關係要移居香港，並問我是否願意與他們同行。當時我為這擴闊眼界的好機會十分高興。但同時，卻擔心家人反對，因他們認為這個年紀的女孩應該安份地待在家，或早點找個結婚對象組織家庭。為此，我曾與家人有多番爭論。最後，我毅然決意展開這人生新一頁。

初到香港時，我感到很難適應。相信因為受成長環境和自身個性影響，我很害羞，更缺乏自信，加上香港生活的節奏太快，我又不諳廣東話和英語，令我常常感到很孤獨。



Hello everyone, I am Sayfulaeva Hidoyat from Uzbekistan. Uzbekistan is a landlocked country in Central Asia. I worked as a nanny to look after kids in my home country. In 2016, my employers decided to move to Hong Kong due to their work and asked whether I would like to go with them. I was excited to take the opportunity in exploring the world, but also worried to tell my family about the plan, as they thought girls

should stay home and get married. After several hot discussions with my family, I still decided to start my new journey in life.

Due to my upbringing and personality, I was shy and not confident. When I first came to Hong Kong, I felt lonely and was struggled in adapting to this fast paced metropolis. The biggest challenge was language barrier as I did not know any Cantonese and English.



感恩我的僱主關注到我的情況，熱心地為我尋找合適的語言課程，並為我報讀了香港基督教青年會海外家務助理部舉辦的英語課程。在這裏，我遇到Amy老師。在她的諄諄教導下，不諳英語的我獲得了極大進步。此外，YMCA職員和義工都很有愛心及樂於幫助我融入新環境，讓我感到十分窩心和溫暖。後來他們更成為我的人生導師，在往後的人生路上給我提供寶貴的意見。

香港基督教青年會舉辦的課程和活動，讓我的閒暇時間變得更加多姿多采。我很高興我能夠在這裏認識到來自不同國家、文化背景和宗教的新朋友。我珍惜大家一起學習和歡笑的點點滴滴。在他們的鼓勵下，我開始慢慢建立自信，並有勇氣放膽表達自己心中所想。我視他們為家人，因為他們讓我不再感到孤單。

我非常感謝香港基督教青年會能提供一個多元化的平台予離鄉別井的海外家務助理。我現在帶着所學到的技能和知識返回老家，實現我的終身夢想－攻讀大學學位。此外，我更感恩能在老家找到一份銀行工作。因擁有良好英語程度的女性可以獲得更多理想的工作機會，我感到很自豪。我非常感謝香港基督教青年會給我的生命帶來了一個蛻變！

(Sayfulaeva Hidoyat，海外家務助理進修課參加者)



I was thankful to have my employer who understood my difficulties and worries. She supported me to improve my English. She eventually enrolled me to the English courses run by YMCA of Hong Kong Domestic Helper Unit, where I met my first teacher Miss Amy who helped me a lot in learning English starting from zero. Also, the YMCA staff and volunteers were caring and helpful. Their full support to me melted my heart indeed. They even became my life mentors giving me advice on life matters.

The diversity of courses and special events in YMCA has coloured my leisure time. I was delighted to meet new friends with different nations, ethnics, backgrounds and religions. I treasured the moments that we spent, learnt and laughed together. With their encouragement, I started to build up my confidence and was not afraid to speak up for myself. I treated them as my family here in Hong Kong, by which I did not feel lonely anymore.

I really appreciated that YMCA has served as a platform to embrace diversity and to unite the overseas domestic workers in Hong Kong, our second home. I have now returned to Uzbekistan for good with the skills and knowledge learnt in YMCA to fulfill my lifelong dream – to pursue my degree in University. Also, I am grateful to find a better job in the bank, as women in Uzbekistan who can speak good English have more opportunities in the job market. I am proud to say that YMCA has transformed me and given me a twist in my life. Thank you YMCA!

(Sayfulaeva Hidoyat, Participant of Overseas Domestic Worker Programmes)

## 藝術讓我們面對自己 Art is to express

我是一位音樂治療師，一直夢想製作「一本音樂書」——一個結集音樂和故事的演出，以音樂和歌曲演繹生命的重要時刻。

我與港青THE DOOOR的團隊一拍即合，憧憬在熙來攘往的尖沙咀提供一個空間，讓每天營役役的都市人停下來，透過音樂互相連繫，最終「週六音樂書店」就在THE DOOOR 藝術空間誕生了。

除我以外，藝術團體Parity<sup>2</sup>的成員包括藝術治療師Tristan Chan、表達藝術治療師Katie Pang和短片製作人老飛。在舉行6月22日的「週六音樂書店」前，THE DOOOR透過不同渠道收集跨年代、感動人心的故事和歌曲，由Parity<sup>2</sup>以音樂、舞蹈和短片向參加者「述說」這些故事。

6月的香港籠罩着緊張沉重的氛圍，一位參與「音樂書店」的女士指近日心情欠佳，但幸而來到「書店」，有音樂人和其他參加者同行而稍稍舒緩鬱悶的情緒。

她的分享讓我們感到意外，但非常鼓舞，原來我們的努力能將音樂和故事轉化成醫治心靈的良藥。感謝港青的支持，讓我們夢想的「週六音樂書店」能夠成真。

(Nicole Chow，「週六音樂書店」的表演者)



I am a music therapist and always dream about making a 'Music Book' – a music-story fusion performance at which music and songs bringing out important moments in life.

Sharing the same vision to connect by music and to shield those looking to escape from the bustling Tsim Sha Tsui, a 'Saturday Music Bookstore' was held at YMCA of Hong Kong's THE DOOOR arts space.

The performing group I am with - Parity<sup>2</sup>, is formed by arts therapist Tristan Chan, expressive arts therapist Katie Pang and video producer Lo Fei. Before the 'Saturday Music Bookstore' live performance on June 22, real-life stories and songs across decades were collected through THE DOOOR's various platforms, for Parity<sup>2</sup> to share them by music, dances and video clips.

Hong Kong has been gripped by fear and tense atmosphere beginning June. A lady in the audience, who had been in a bad mood lately, expressed feeling a sense of relief after the performance; she was grateful to be accompanied by musicians and fellow audience into the night.

We are pleasantly surprised by her feedback, and yet, it is motivating to learn that, with our joint efforts, the music-story fusion became a creative healing solution to some of our audience. We would like to thank YMCA of Hong Kong for its support, to make the 'Saturday Music Bookstore' possible.

(Nicole Chow, a performer at 'Saturday Music Bookstore')

## 勝過逆境 學會堅持 From Adversity to Perseverance

高卓鈴自4歲起參加港青游泳學院的學前兒童游泳班，2012年晉升為港青游泳隊成員，但挑戰就來了！

「一直以來的訓練需要游2千多米，加入泳隊後激增至4千多米，開始時真的吃不消，甚至想過放棄練水。」然而她自知要下苦功才能取得成果，加上教練十分體諒她剛加入泳隊的壓力，常調節她的訓練，讓她有足夠時間適應及調整心態。



加入泳隊5個月後，她首次參加泳總的比賽，卻迎來第一個打擊。「我一直只參加港青水運會，與隊友比併，自然不會太緊張。但出外比賽還是第一次，感到龐大的壓力，致表現完全失準。」幸得教練及隊友鼓勵，高卓鈴痛定思痛，自我檢討並積極作出改善，調整訓練計劃，重燃鬥志努力練水。

「泳隊無疑是我的第二個家，讓我成為熱誠及盡責的人。我與隊友間深厚的友誼，令我學習到堅毅、忍耐，使我能以正面的態度克服路途上的挑戰重重！

游泳常被認定是十分個人的運動，尤其當泳手在比賽開始時獨自站上跳臺的一刻。但當完成

Charlene Ko started with the pre-school class of Aquanaut Level since she was 4, and eventually qualified for the YMCA Swimming Team in 2012, that was when challenges came find her.

“I used to swim around 2000 yards per session as normal practice, but when I was on the swimming team, the practice required swimming 4000 yards. It was so tough that I wanted to quit.” Though Charlene knew full well that the only way to get good result was to practice hard. While understanding the pressure as a newcomer, her coach always made adjustment to her training to give her enough time to fit in.

Another setback came when Charlene made first attempt at open competition, 5 months after she was on the swimming team. “I used to only compete at the YMCAHK swimming gala without much pressure. I did not do well.” With continued support from her teammates and coach, Charlene put the failure behind, set future practice plan, regained her self-confidence and was ready to get into the water again!

“This harmonious swimming team is undoubtedly my second family; I am more passionate and dedicated because of them. The strong bond among teammates also helped build my perseverance, patience and a positive attitude to cope with different challenges.

Swimming is commonly seen as an individual sport, particularly when swimmers stand on the starting block at the start of a





比賽後，無論成績如何，作為隊友總會互相支持及鼓勵。我們亦經常交換賽後心得，這種友情無可取替。」

游泳所學對高卓鈴的個人成長亦大有幫助。「游泳是公平的運動，付出越多，收獲越大。」長期的訓練塑造出她永不放棄的性格，勇於面對挑戰。

游泳亦讓她領會到「過程遠比成績重要」。「作為泳手，比賽或訓練時難免受傷，只有靠着堅持及毅力，才能咬緊牙關克服痛楚。加入泳隊前，我非常害怕失敗，一度把成績看得很重要。但我領悟到縱然未能取得好成績，失敗的經驗同樣造就我的成長。」

港青游泳隊總教練馬益添對高卓鈴的成長感到欣慰：「在泳隊這6年間，我看着她由膽怯的小女孩漸蛻變為充滿自信且有承擔的青年人，能完成我給她訂的每一個挑戰。」其中最大的挑戰為退役前取得香港公開游泳錦標賽的資格。2018年12月退役前，她做到了。「泳隊中有一個和我同齡的泳手，比我早兩年加入泳隊，在我們同年退役時，是在同一個組別作賽，即是說，我花了6年追上她8年時間訓練出來的水平。」

「回顧6年泳隊生涯，經歷了許多喜與悲，無論如何我也心存感激，因為這些歷練塑造了今天的我。」

(高卓鈴，港青游泳隊成員)

race, we are all alone. But we are always there for each other after each of our races, no matter how good or bad the results are. We always give feedbacks to and encourage each other; a strong sense of camaraderie is there.”

What Charlene learned from swimming also helped her personal development. “Swimming is a fair game. The more effort you put into, the more you can get in return.” She

was trained to never give up and be able to face any challenges.

Swimming also taught her ‘process is more important than the result’. Swimmers cannot get away from injury, it takes resilience and perseverance to overcome the pain. “Before joining the

team, I was afraid of failure, and took results very seriously. Now I realise that success helps me grow, so does failure.”

YMCA Swimming Team Head Coach Etienne Ma appreciates how much Charlene had learned in the 6 years' time. “I witnessed her transformation, from a nervous child to an assertive and self-assured young lady, not afraid of any task I challenged her to.” The biggest challenge he had for her was to be qualified in Hong Kong Open Swimming Championships before retiring from the team in December 2018. She did it. “I had a teammate who is as old as me but joined the swimming team 2 years before I did. When we both retired, we competed neck-and-neck. In other words, I only spent 6 years to keep up with her.

“As I look back what swimming means to me, I am grateful for both good and bad times in the water, that has shaped who I am now.”

(Charlene Ko, YMCA Swimming Team member)



港青水運會 2018  
Charlene at Ymca swimming gala 2018



## 從固執自我到傑出義工 From rigid and stubbornness to outstanding volunteer

加入「A-Life Academy」(A-Life)那年，我就讀中五，當時只是看中計劃的學業支援，但後來透過參與計劃的其他活動，令我認識到自身的缺點。

加入A-Life時，我是非常頑固和執着的人，常堅持己見而漠視別人的意見，更曾因忽略了別人的感受而令他們傷心。我又喜歡玩樂，當玩至忘形時，別人的勸告便如耳邊風。透過參



與迎新營、海外交流、師友計劃等，更發現自己是個慢熱的人，從不主動與人交談，也極少表達自己。然而，同伴就是一面鏡子，讓我認識自己的不足。

由第3屆A-Life開始我在一些活動中擔任領袖，看到當年的同屆同學已變得冷靜沉着，相比之下，我頑固的個性在同儕中顯得「特別」。我忽然醒覺到如不改變這種性格及心態，將無法當領袖，甚至變得不討好。於是我開始重視自己在領袖才能方面的發展，決心尋求改變。

我和大部分A-Life同學的背景相若，大家一起成長，藉參與不同活動互相傾訴，同時在學業及生活上互相扶持，包括一起參與A-Life提供的補習。我的中學文憑試成績未如理想，他們十分理解我的難處，不但開解我，且分享他們升學或擇業的經驗，讓我在低谷時得到支持。

令我最深刻的A-Life活動是柬埔寨服務交流團。當地小朋友的簡樸和熱情帶給我們許多歡樂，我深深感受到生活在富庶的香港是何等幸福。同學來自不同背景，素未謀面但要合作籌備活動，讓我從中學懂溝通技巧及團隊合作。

I joined 'A-Life Academy' (A-Life) when I was a Form 5 student, attracted by the academic support aspect of the scheme. However, through participating in its activities, I began to realize my own weaknesses.

When I first joined A-Life, I was rigid and stubborn. I did not listen to other people's advice as I would hold on tightly to my own view. Because of that, I had also hurt others when I neglected their feelings. Also, I used to get carried away easily when having fun and would refuse to listen to advice from others. In A-Life, we participate in many group activities, such as orientation camp, overseas exchange trips and mentorship schemes etc. It was through these group activities where I also discovered that I am a person who needs time to warm up and that I do not take initiatives to talk to others or express myself. However, other people are like mirrors to me, so that I can see my own failings.

When the third cohort joined in, I started to lead some activities, only then did I realise I was a lot less mature and calm than fellow participants of my cohort. Compared to them, my stubbornness made me 'stand out'. I came to realise that if I did not change my personality and attitude, I would never be a good leader, and worse yet, I would never be liked. I started to focus on my leadership development, and decided to change myself.

Most A-Life participants shared similar upbringing. We bonded over the activities we took part in, supported each other in everything from study to matters in life. I did not do well in HKDSE, but I have received support and advice about choosing a university and career guide, they together lifted me up.

The service trip to Cambodia was definitely the most memorable to me. The simplicity and enthusiasm of the local children brought us a lot of joy. I came to realise that we were so blessed to live in an affluent city like Hong Kong. In addition, the participants, who did not know each other beforehand, had to work together to organise activities. That was how I learned about communication skills and teamwork.

At the end of the 2-year A-Life Academy, influenced by the alumni's unity and joy, I decided to join the A-Life alumni association. I learned a lot from the others in terms of skills in leading activities and planning activities together as volunteer. Thereafter, I had the honour to become the chairperson of

在完成兩年的A-Life計劃後，我受舊生們融洽歡樂的氛圍感染而加入舊生會，學習帶活動的技巧及一起以義工的角色協助各種活動的進行。後來我更有幸被選為舊生會的會長，參與活動組織統籌，為參與計劃的同學、舊生甚至師友提供更多元化的活動。

「回饋A-Life，回饋社會」是A-Life舊生會成員的共同目標；而薪火相傳是A-Life舊生會成員的抱負。祈望日後也能吸引更多同學成為舊生會成員，為舊生的使命共同努力。

去年，我決心成為A-Life師友計劃的導師和當選港青的傑出義工。從前參與計劃所得到的支援是推動我成為師友的原因；而從義工活動中學會珍惜，學會付出，學會待人處事，更獲得一班難能可貴的摯友。我很想以師友的角色去鼓勵同學全情投入，一起體驗計劃的精彩。



獲得傑出義工的嘉許則推動我參與更多義工活動，提醒自己要更身體力行地幫助有需要的群體。

今年有幸成為香港基督教青年會協會的青年代表，有更多機會參與港青與中青合作的活動，例如兩會於5月舉行的環保活動中，「無痕山林」的概念啟發我結合環保與義務工作，日後在策劃活動時加入環保理念。

7年來港青的點滴在我生命裡不可或缺。感恩這些經歷使我自知、成長和突破。我會更積極參與義工服務，繼續學習成長，蛻變為更好的我。

(趙梓晴，A-Life舊生會成員)



趙梓晴  
Zhao Chi Ching

the alumni association and took part in organising a variety of activities for students, alumni and mentors.

'Give back to A-Life. Give back to Society' is the shared goal of the members of the alumni association whilst passing on the baton is a key ambition. I hope that we can influence more participants to become alumni, and to accomplish our mission.

Last year, I have decided to become a mentor in an A-Life mentorship scheme and I also ran for an election for the outstanding volunteer at the YMCA of Hong Kong. I become a mentor because I was benefited from the academic support as a mentee in the scheme, and through volunteering I learnt to treasure and value things around me, and to give back to the society. I also learned better people skills and met a bunch of great friends. I want to use the role as a mentor to encourage students to get involved and to experience the scheme fully. Being awarded as an outstanding volunteer motivated me to participate in even more voluntary work, and I remind myself to keep doing more, and to serve the needy in the community with actions.

This year, I am very honoured to become a youth representative of the Council of YMCAs of Hong Kong, I was given many chances to participate in activities jointly organised by the YMCA of Hong Kong and Chinese YMCA of Hong Kong, for example a green event in May. The 'leaving no trace' concept enlightened me that it is possible to combine environmental protection and volunteering, I hope that in the future, we can plan activities with environmental protection in mind.

The memories of my 7 years at the YMCA of Hong Kong have become an integral part of my life. I am grateful for the self-discovery, growth and breakthroughs I had made. I hope I can continue to participate actively in more voluntary work and to continue to learn, grow and transform into a better me.

(Zhao Chi Ching, A-Life alumni)



## 全港中學生微電影創比賽勝出隊伍

### Champion of the Interschool Microfilm Competition

#### 作品名稱：鯨落 Title of video: Whale Fall

粉嶺禮賢會中學 Fanling Rhenish Church Secondary School

影片讓我們了解自殺遊戲導致的心靈健康問題是非常真實及嚴峻，也希望為心靈健康問題所困擾的觀眾能感同身受，讓他們知道雖然生活艱辛，也勿忘影片的結語：「請不要失去希望，路一直都在。」

The film reveals the mental health issues caused by the so-called 'suicide game' is real and alarming. It is hoped that people suffering from mental health problems can feel being understood and supported, as the film's ending goes, 'Please do not lose hope, there's always a way'.



## 從參加者到義工

### From Participant to Volunteer

馬家豪，港青網球隊成員 Marco Ma, YMCA of Hong Kong Tennis Team Member



在港青做義工讓我更認識自己和個人的能力，溝通及領導能力也得到改善。

I have learnt more about myself and my strengths as a volunteer at the YMCAHK, and my communication and leadership skills improved.



## 台南遊學團—旅遊工作及文化體驗

### Vocational Tour and Cultural Experience —Tainan Study Tour

蔣焯行，元朗公立中學校友會鄧兆棠中學中四學生

Chiang Cheuk Hang, YLPMSAA Tang Siu Tong Secondary School, F.4 Student

五天的體驗令我有所成長，學會改善自己的不足，做個盡責和有禮貌的人。

The 5-day tour is important to my personal development. I have improved my weaknesses and learnt to be a conscientious and decent person.







## K3班華頌祈同學的家長 Parent of K3 student Joriana Wallace

港青基信幼兒學校 Christian Nursery School (農圃道 Farm Road)



作為一位兩歲半小孩的父母，我們對她有甚麼期望？要她贏在起跑線？文武雙全？還是擁有快樂的童年，從小在愛中成長，並認識基督？

「你們要先求他的國和他的義，這些東西都要加給你們了。」  
(馬太福音 6:33)

「教養孩童，使他走當行的道，就是到老他也不偏離。」  
(箴言 22:6)

上帝垂聽禱告！我們只為頌祈報讀了兩所以基督信仰為核心的幼兒學校，感恩港青基信幼兒學校(農圃道)取錄了她！四年的幼兒學校生活，她得到校長、老師、姐姐和同學們的愛護，天天愉快地上學，並能認識真理、學到知識，也成為獨立、懂得愛人的女孩。感謝天父，感謝港青，我們的女兒長大而不失童真。

As a parent, what do we expect of a two and a half years old child? To win at the starting line? To be good in academics and sports or to enjoy a happy childhood, to grow in love and get to know Christ?

*'But seek ye first the kingdom of God and his righteousness; and all these things shall be added unto you.'* (Matthew 6:33)

*'Train up a child in the way he should go; and when he is old, he will not depart from it.'* (Proverbs 22:6)

God always answers our prayer. By His grace, Joriana was accepted by YMCA of Hong Kong Christian Nursery School (Farm Road), out of the two Christian nursery schools that we enrolled her in. Being loved by the principal, teachers, helpers and classmates, she enjoyed everyday in her 4-year school life. She has learned the Christian truth, lots of knowledge, become independent and know how to love. We thank God, as well as YMCAHK, for she has grown without losing her innocence.



## K1班楊陽同學的父親楊堃鏞 Jack Yeung, father of K1 student Lambert Yeung

港青基信國際幼稚園 Christian International Kindergarten (西九龍 West Kowloon)

我的兒子性格內向，較遲開始說話。我向老師表達了我的擔憂後，他們以愛心和耐性鼓勵他。僅僅一個學期後，他有明顯的進步，懂得與人打招呼。今天的他是一個快樂的孩子，說話清晰流暢。感謝港青基信國際幼稚園(西九龍)的老師，感謝你們的專業和耐心。我確信為孩子選擇了合適的學校。

My son was an introvert and slow to learn language. The teachers really treat my son with love and care, and lots of encouragement, after learning about my concern. Shortly after a semester, my son has improved a lot and willing to greet others, and he is now a cheerful boy, speaking clearly and smoothly. Thank you, teachers of CIKGWK, for your professionalism and patience. I am convinced that we have chosen the right school for our son.







### K3班紀樂晴、紀逸晴同學的父親紀文山

#### Marcus Kay, father of K3 students Emma Kay and Bella Kay

港青基信國際幼稚園 Christian International Kindergarten



老師們都很棒！通過課堂學習、嘻哈舞、攀石、烹飪及足球訓練等活動，我的孩子逐漸建立自信，她們甚至在班上放膽說話。

老師們對教學充滿熱情，也喜歡與孩子們一起玩耍。他們亦十分盡責，常與我溝通，讓我了解孩子們在學校的進度。最重要的是，我的孩子很喜歡上學，享受每一個上學的日子。

The teachers are superb! My children have gradually built self-confidence through various school's activities such as classroom learning, hip-hop dancing, rock-climbing, cooking and soccer training. They are now able to speak in front of the class, which they never did before.

The teachers are enthusiastic about teaching and love spending time and having fun with children. They also keep me informed of my children's progress at school. Most of all, my children love going to school and enjoy their time every day.



### 2016-17畢業生曾蘊莉、K3班曾昊嵐同學的家長

#### Parent of Tsang Wan Lee Renee (2016-17 graduate) and K3 student Tsang Ho Lam

港青基信幼稚園 Christian Kindergarten (啟晴 Kai Ching)

2017年我們遷居啟德時，已決定讓孩子們入讀港青基信幼稚園(啟晴)。大女兒蘊妮是第一屆的畢業生，小兒子昊嵐是應屆的畢業生。看着他們成長，我們滿懷感恩。他們在啟晴幼稚園學懂照顧自己，成為有責任感、遇到困難懂得祈禱的小孩。作為父母，我們最希望他們學懂孝順、有禮貌及懂得關心別人。謝謝港青，感謝天父。

When we moved to Kai Tak in 2017, we decided to enrol our children at the YMCA of Hong Kong Christian Kindergarten (Kai Ching). My eldest daughter Renee is among the first batch of graduate and my youngest son Ho Lam is a graduate of this year. We are blessed to see our children grow in CKKC, they have learnt to look after themselves, being more responsible and to pray when they encounter difficulties.

Being respectful to parent, polite to and care about others are our biggest expectation for our children. We would like to express our gratitude to YMCAHK.

Thank you God.

## 畢業感言





# 尖沙咀(國際)聯青社

Y's Men's Club of Tsim Sha Tsui

尖沙咀(國際)聯青社於1981年3月19日成立。本社之晚餐例會，訂於每月第一個星期四假香港基督教青年會(港青)舉行。例會以英文輔以廣東話進行。本社會定時邀請嘉賓於例會演講，以期增進社友對相關講題的認識。社友亦積極組織活動和籌募捐款，以支持本地及海外的社會服務。

The Y's Men's Club of Tsim Sha Tsui was chartered on March 19, 1981. Dinner meetings are held on the first Thursday of each month at the YMCA of Hong Kong (YMCAHK). Meetings are mainly conducted in English with Cantonese as the auxiliary language. Guest speakers are invited to deliver speech on topics of current interest. Dedicated members also organise activities and fund-raising to support social services for local and overseas communities.



世界零疆界嘉年華 Together As One Carnival



赤腳勤學慈善日 Barefoot Charity Day



港青開放日 YMCA Open House Day



兒童發展基金「展才創富」師友計劃  
The Child Development Fund "BOSS"  
Mentorship Scheme



愛『深』菜計劃 Food sharing project



慈善義賣 Charity Fund Raising Bazaar

作為港青的合作夥伴，我們積極支持港青舉辦的各項活動，以下為聯青社於 2018-2019 年度曾參與之活動。

As close partner of the YMCA of Hong Kong, we support its programmes which included the followings in 2018-2019.

- 積極參與港青活動，如周年大會、開放日、赤腳勤學慈善日、世界零疆界嘉年華、兒童發展基金「展才創富」師友計劃及祈禱會等。

Participated in the activities organised by YMCA such as Annual General Meeting, Open House Day, Barefoot Charity Day, Together As One Carnival, Child Development Fund "BOSS" Mentorship Scheme and prayer meeting, etc.

- 於港青開放日中舉辦慈善義賣。

Organised the Charity Fund Raising Bazaar at the Open House Day of YMCA.

- 社友定期參加長沙灣中心舉辦的「愛『深』菜計劃」。

Regularly participated in the food sharing project organised by the Cheung Sha Wan Centre.

- 支持專上學生聯會的活動，贊助理工大學的泰北服務體驗團。

Supported the activities organised by the Campus-Y such as the Northern Thailand service trip (Poly U).











# 相片剪輯 - 課程及服務

Photo Clipping - Programmes & Services



免費提供場地舉辦「爸爸媽媽我餓了」五餅二魚事工籌款音樂會。  
Sponsored the venue for Hong Kong Christian Council fund raising concert.



Future Artist @ The DOOR十週年展覽。  
Future Artist programme held its 10th Anniversary exhibition at The DOOR.



非華語人士普通話班的導師和學員一邊應用普通話，一邊品嚐港式點心。  
The "Eat-out" activity of Putonghua for English speakers programme enabled instructor and students enjoy Hong Kong dim sum and practice Putonghua.



港青京士柏百年紀念中心為英皇佐治五世學校學生舉辦一連四天的健球及攀岩體驗活動。  
YMCA King's Park Centenary Centre presented an exciting 4-day kin-ball and climbing programme for students from King George V School.



港青職員籃球隊於SBL籃球聯賽(青年組)勇奪亞軍。  
YMCA Staff Basketball Team won the 1st runner-up in the Final SBL Basketball League – Youth Division.



第37屆週年標準舞社紀念晚會  
The Ballroom Dancing Club - The 37th Anniversary Ball



暑期聖經活動。透過聖經故事、手工及活動等，讓孩子學習聖經真理。  
Christian Summer School. Children learned biblical truth through prayer, bible stories, games and handcrafts.



「精彩星期一」邀請宣教士Tricia Bølle分享如何欣賞和接納自己。  
'Motivational Monday' invited Tricia Bølle, Programme Director of the St. Francis Xavier Lay Missionary Society to share the importance of discovering your inner beauty.



青年創業夢 - 年宵體驗計劃2019  
Accomplish Youth Entrepreneurship Dream - Lunar New Year Fairs programme 2019



相片剪輯 - 課程及服務

Photo Clipping - Programmes & Services



A-Life Academy年度慶典暨開幕禮2018  
A-Life Academy Annual Celebration and Launching Ceremony 2018



尼泊爾登峰之旅  
Himlung Expedition



先進會員於元宵節當天舉行新春茶聚。  
YMCA master member held a Lantern Festival tea party.



世界基督教青年會/女青年會公禱週聯合崇拜暨普世團契2018 -  
三會總幹事帶領公禱。  
2018 The World YMCA/YWCA Week of Prayer Joint Service and World Fellowship - Intercession by the General Secretaries of the 2 YMCAs and YWCA.



參觀「生命·歷情」體驗館  
Visit to the Life Journey Centre



會員部「暑期玩樂坊」  
Summer fun workshops of Member Services Section



TCS公司義工教小朋友製作咸蛋及認識香港的飲食傳統。  
Volunteers from TATA Consultancy Services Ltd (TCS) make salted eggs with the children from YMCA and shared food tradition of Hong Kong.



幼兒聖經基礎課程教師培訓，內容包括課程發展結構及應用、教案編寫、管教守則和教學示範。  
Biblical Curriculum Training Workshop, programmes on history and development, theoretical background, programme structure and application in different settings, demonstration and group work practice.



Multicolors in Summer的少數族裔義工和暑期實習學生  
Volunteer team of Multicolors in Summer





港青游泳學院、中國香港體適能總會及香港復康會合辦水療復健教練課程。  
 YMCA Swimming Academy jointly organised Hydro Rehabilitation Instructor Course with HKPFA and Hong Kong Rehabilitation Society.



第十八屆傲翔新世代全方位青年領袖訓練計劃斯里蘭卡服務團  
 Sri Lanka Service Trip of 18th Youth Leadership Development training scheme



第11屆赤腳勤學慈善日以經驗農村生活為主題。籌得的款項將用於改善廣西農村山區學校的教學設備。  
 The theme of 11th Barefoot Charity Day was experiencing the rural life. The fund raised will be for enhancing learning facilities and equipment of the schools in village and mountain area in Guangxi.



蒙古海外義工交流團  
 Mongolia Service Trip



港青體操隊在2019全港競技體操公開及新秀比賽暨國際邀請賽取得佳績。  
 YMCA Gymnastics Team received good result in 2019 Hong Kong Artistic Gymnastics Open & Novice Championships



Boundless第二屆畢業晚宴  
 Graduation Dinner of the 2nd cohort of Boundless



師友及同學燒烤分享日  
 BBQ and sharing for Mentors and Mentees



暑期日營-齊動手建沙堡壘  
 Building sand castle in Summer Camp



Campus Y香港大學分部斯里蘭卡服務團為學校製作具香港特色的壁畫。  
 Campus Y of HKU Sri Lanka Service Trip participants conducted a Hong Kong theme wall painting for school.



## 相片剪輯 - 課程及服務

Photo Clipping - Programmes & Services



先進會員們體驗輕排球。  
YMCA master members experienced light volleyball.



Youth For Change, 一同為世界帶來正能量。  
Youth For Change, bring positive energy to the world.



「聖誕節來搵蛋」絲網印刷工作坊  
'Have a Playful Christmas' silkscreen printing workshop



A-Life Academy夢想自薦計劃的參加者於「捕夢者成果展」見證自己的創作成果。  
Youths from A-Life Academy's Aspiration Project Nomination Scheme were excited to see their artworks displayed in The Dreamcatchers Exhibition.



玉清慈善基金贊助東涌小朋友外出參觀。  
Yuk Ching Charity Trust sponsored an outing session to children from Tung Chung.



「傲翔」舊生會廣西服務團  
YLD Alumni Guangxi Service Trip



探索日營 - 做個小廚神  
Explore Day Camp - Little Master Chef



港青先進會員會舉辦聖誕聯歡聚餐。  
YMCA master member club held a Christmas party to celebrate Christmas.





聖誕節家庭一起佈佳音  
Family christmas caroling



嘉諾撒聖方濟各書院學生於港青京士柏百周年紀念中心體驗健球、單線滾軸溜冰、戶外攀登及棍網球運動。  
Students from St. Francis' Canossian College experienced the thrill of kin-ball, inline skating, outdoor climbing and lacrosse at KPCC.



每年七月及十二月，社會服務部帶領親子義工團到廣西的貧窮山區服務，帶給山區學生新的學習體驗。  
In July and December every year, Social Service Section organised parent-child volunteer teams to serve the school children in rural mountain area in Guangxi, to bring inspiring experiences to the local children.



香港童軍第1357旅童軍團榮獲深水埗西區會長盾露營比賽季軍。  
Group 1357th Scout won 2nd runner-up in the Wild Camp Skills Competition organised by Sham Shui Po District.



南丫島戶外活動  
Lamma young rangers



第十九屆傲翔新世代全方位青年領袖訓練計劃啟動禮  
19th Youth Leadership Development Scheme opening ceremony



點心製作員基礎證書課程  
Dim Sum making foundation certificate course



THE DOOR教授中信泰富員工如何製作薑黃染布。  
THE DOOR offered turmeric tie dye class to Citic Pacific staff.



相片剪輯 - 課程及服務  
Photo Clipping - Programmes & Services



逢星期四，負責愛「深」菜的同事與義工到街市收菜，分配好後派給街坊。  
On Thursday, Food Share team with volunteers collect food from the market and distribute it to kai fong.



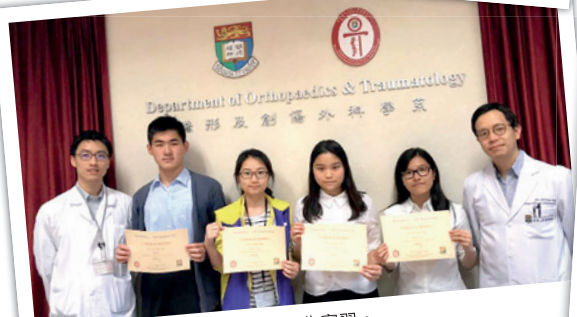
世界零疆界活動是海外家務助理組的精彩活動之一。來自超過10個國家的海外家務助理分享自己國家的文化。  
Together as One Carnival is an annual event of the Overseas Domestic Workers Unit. People from more than 10 nationalities shared their cultural heritage and livelihood in the event.



「昌哥的異想之旅」展覽的分享會  
Sharing of 'The Bizarre Invention of Cheonggor Exhibition'



港青先進會員會舉辦「糉有人分享愛」活動。所製作的糉除了自己享用外，亦會送贈予長沙灣區內有需要的長者。  
YMCA Master Member Club held an event to enjoy rice dumplings as well as sharing with the elderly in Cheung Sha Wan.



Boundless同學於瑪麗醫院進行工作實習。  
Job shadowing of Boundless students at Queen Mary Hospital.



港青專業進修書院舉辦泰國曼谷五天學習團。  
5-day Bangkok Study Tour organised by YMCA Continuing Education (CE) Section.



Campus Y 香港理工大學分部清潔服務團為小學的實驗室進行翻新工作。  
Students of PolyU Campus Y Chiangrai Service Trip repaired the facilities in a primary school science laboratory.



2019夏日營員工訓練日  
2019 Summer Camp all staff training





十分關愛基金探訪課後託管服務「兒童多元課後計劃」。  
Ten Percent Donation Scheme Foundation visited 'After School Care Multiple Development Programme'.



ERB資助的西九龍中心宣傳攤位。  
ERB funded promotion booth at Dragon Centre.



第三屆港青京士柏健球盃比賽小學組冠軍隊與頒獎嘉賓拍開心大合照。  
The winning team of the Primary School category in the 3rd YMCA King's Park Kin-Ball Cup Tournament 2018 took a happy group photo with guest.



第十屆深水埗民族文化節，民族舞蹈大使的尼泊爾舞令嘉年華會生色不少。  
Cultural Dance Ambassador's Nepali dance at 10th SSP Multiethnic Cultural Festival Exhibition.



南丫島戶外活動中心 - 家庭營  
Lamma Family Camp



師友計劃活動  
Mentorship Programme



第十八屆翱翔新世代全方位青年領袖訓練計劃畢業禮。  
18th Youth Leadership Development training scheme closing ceremony.



A-Life Academy同學於澳加光學有限公司進行工作實習。  
A-Life Academy Job shadowing in Okia Optical Company Limited.



相片剪輯 - 課程及服務

Photo Clipping - Programmes & Services



港青京士柏百周年紀念中心舉辦港青兒童及少年運動攀登巡迴賽2018第二站比賽。  
The 2nd Round of YMCA Children & Youth Sport Climbing Tournament 2018 was held at the King's Park Centenary Centre Outdoor Climbing Wall.



暑期學堂2018 - 躲避盤體驗  
Summer School 2018 - Dodgebees



泳手們享受2018港青水運會中的每一刻。  
Swimmers enjoyed every moment in the YMCA Swimming Gala 2018.



兒童發展基金柬埔寨服務團2018孤兒院探訪  
CDF Cambodia Service Trip 2018 - orphanage visit



台南暑期實習同學參觀Y Multi社區商店。  
Tainan Summer interns visited Y Multi community shop.



「Y樂遊學團」訓練小朋友創意及革新思維。小朋友一同製作萬花筒，用創意看世界。  
'Y Not' Children Development Programme aims to boost creativity of children by seeing the fun world with a hand-made kaleidoscope.



水上活動日營 - 風帆樂  
Water Challenge Residential Camp



兒童發展基金年度分享會  
CDF annual sharing session



路德會呂祥光中學學生團契。透過活動體驗及反思生命、自我及人際關係與信仰的關係。  
Student Fellowship of Lui Cheung Kwong Lutheran College. Thematic programmes reflected relationship with God, self-understanding and interpersonal relationship.





# 相片剪輯 - 教育

Photo Clipping - Education



新會商會港青基信學校首屆畢業典禮於2019年6月28日舉行。  
The 1st graduation ceremony of San Wui Commercial Society YMCA of Hong Kong Christian School (SWYHKCS) held on June 28, 2019.



新會商會港青基信學校第二屆運動會  
2nd Athletics Meet and Sports Day of SWYHKCS



新會商會港青基信學校聖誕遊藝會  
Christmas Play of SWYHKCS



新會商會港青基信學校世界閱書日，活動包括「拋開一切，閱讀吧」，「共享閱讀」等等。  
World Book Day of SWYHKCS, activities such as 'Drop Everything and Read', 'Shared Reading', etc.



新會商會港青基信學校課外活動期終大匯演  
Year End ECA Showcase of SWYHKCS



耀信兒童暑期樂園 2018  
Beacon Buttercups Summer School 2018



新會商會港青基信學校家長晚會  
'Back to School' Night of SWYHKCS



新會商會港青基信學校三至六年級的戶外教育營  
SWYHKCS Year 3 - Year 6 Life-wide Learning Camp



相片剪輯 - 教育

Photo Clipping - Education



港青基信書院透過舉辦師生活動，加強教師、職員和學生之間的聯繫，創造更關愛和諧、歡欣快樂的校園。  
Student-Teacher Activity of YMCA of Hong Kong Christian College (YHKCC). Popular game 'tug-of-war' was held to strengthen the bond between teachers, staff and students so as to create a caring, harmonious campus with joy and laughters.



港青基信書院「藝術之夜」，讓學生在視覺藝術、音樂、舞蹈、戲劇、創意媒體和家政科等學習領域，充分表現藝術的天賦和潛能。  
Arts Night of YHKCC, a platform for students to showcase their amazing talents across Visual Art, Music, Dance, Drama, Creative media and Home Economics.



港青基信書院學生在週年運動會表現出堅持不懈及良好的體育精神，在不同的項目爭取卓越成績。  
Students of YHKCC displayed outstanding athletic skills and sportsmanship to strive for excellence when participating in various events on the annual Sports Day.



港青基信書院學生積極參與週年水運會並屢創佳績，打破多項記錄。  
Students of YHKCC attained great achievements and set new records in high spirit with active participation in the annual Swimming Gala.



港青基信書院「運動獎項頒發晚會」，表揚各運動隊伍的的驕人成績和嘉許領隊教師、教練對運動發展的貢獻。  
Sports Night of YHKCC gave recognition to the excellent achievements and contribution of the athletes as well as appreciation to the outstanding leadership and coaching of the coaches and teachers who dedicated to sports training and development.



港青基信書院週年頒獎禮嘉許學生過去一年在學術上的成就。得獎同學均在其班上或級別取得前三名或最佳進步。  
College Night of YHKCC. Awards and certificates were presented to students with exceptional academic performance including top in their subjects in their form or the top three or most improved student in their form or class respectively.



兒童暑期樂園 2018  
Children Summer Playgroup 2018



小學20天暑期課程 2018  
Junior Summer School 2018





基信國際幼稚園結業表演及畢業典禮。  
Christian International Kindergarten (CIKG) Year End Performance and Graduation Ceremony.



總幹事何慶濂先生和他的金毛尋回犬Sam到訪基信國際幼稚園與K3學生見面。學生興奮地發問有關狗隻、動物及生命的問題。  
General Secretary Mr. Peter Ho brought Sam, his golden retriever, visit the CIKG K3 children. The children were excited to meet Sam and got to ask questions about dogs, pets and life.



基信幼兒學校(農圃道)畢業典禮  
Christian Nursery School (Farm Road) (CNS(FR)) Graduation Ceremony



基信幼兒學校(農圃道)一眾教職員進行由港青日營部籌辦的團隊培訓活動。  
CNS(FR) Staff Teambuilding Training organised by YMCA Camping Section.



基信幼稚園(啟晴)畢業典禮  
Christian Kindergarten (Kai Ching) (CKKC) Graduation Ceremony



適逢基信幼兒學校(農圃道)二十周年，學校舉辦了一個舊生聚會。  
CNS(FR) held an Alumni Gathering in the occasion of its 20th Anniversary.



基信國際幼稚園(西九龍)獲西九龍交通部邀請於新年活動上表演舞獅。  
Christian International Kindergarten (West Kowloon) (CIKG(WK)) was invited by the Traffic Kowloon West to perform Lion Dance in their Chinese New Year event.



基信國際幼稚園與基信國際幼稚園(西九龍)的教職員到訪新會商會港青基信學校。  
The teaching teams and office staff of CIKG and CIKG(WK) visited SWYHKCS.



員工大會暨2019新春聯歡茶會  
Staff General Meeting cum 2019 Lunar New Year Celebration Party



春季大旅行  
Spring Outing



「誠信守法」倡廉講座  
Corruption Prevention Workshop



港青健康日  
YMCA Wellness Day



體力處理操作及預防背部勞損講座  
Manual Handling Operations and Prevention of Back Injuries Workshop





員工週年晚會  
Annual Staff Dinner



傑出員工獎 Outstanding Staff Award

射擊戰陣 Nerfare + Archery Tag Game



沙頭角農莊一日遊  
Sha Tau Kok Farm Fun Day



員工迎新會  
Staff Orientation







# 管理層員工

Management Staff

(as of June 30, 2019)

## 行政總裁 / 總幹事 Chief Executive Officer / General Secretary

何慶濂 Peter Ho

### 財務及行政 FINANCE & ADMINISTRATION

Senior Director of Finance & Administration  
Accounting Manager  
Senior Manager, Procurement

陳華靜 Corinia Chan  
蕭曉慧 Caroline Siu  
林瑞賢 Rosanna Lam

### 機構事務 CORPORATE SERVICES

Director of Corporate Services  
Communications Manager  
Senior Manager, Design & Production  
Human Resources Manager  
Human Resources Manager  
Information Technology Manager

關健薇 Kwan Kin Mei  
黃俐燕 Bryony Wong  
陳秀安 Olay Chan  
任小珊 Helen Yam  
梁麗影 Ruby Leung  
張滿雄 Kenneth Cheung

### 賓館服務 HOSTEL SERVICES

General Manager, The Salisbury  
Director of Facilities Management  
Senior Manager, Facilities Management  
Engineering Manager  
Housekeeping (Public Area) & Hygiene Manager  
Director of Food & Beverage  
Banquet Sales Manager  
Banquet Services Manager  
Executive Chef  
Restaurant Manager  
Restaurant Manager  
Director of Rooms  
Housekeeping Manager (Floor)  
Security & Safety Manager  
Director of Sales & Marketing  
Assistant Director of Sales & Marketing

楊廷偉 Kenneth Yong  
余達榮 Peter Yu  
胡漢森 Michael Wu  
蘇德明 William So  
伍沃輝 William Ng  
梁惠祺 Keith Leung  
李嘉麗 Clara Lee  
李紹裘 Johnny Li  
張潤林 Rix Cheung  
馬國明 Victor Ma  
麥文強 Kenny Mak  
李克倫 Alan Lee  
王志權 Sidney Wong  
何士從 Ivan Ho  
陸驥萍 Grace Luk  
林燕玲 Iris Lam

### 會員及社區服務 MEMBER & COMMUNITY SERVICES

Director of Community Services & Programmes  
Camping Manager  
Centre Manager  
Community Art Centre Manager  
Director of Member Services, Professional & Sports Training  
Senior Manager, Member Services  
Senior Manager, Sports & Recreation  
Member Services & Programmes Manager  
Director of Pre-school & Primary Leisure Education Services

歐陽國緯 Eric Au Yeung  
陳樂熙 Terence Chan  
譚子榮 Irwin Tam  
傅凱兒 Alice Fu  
蔡偉邦 James Choi  
鄭志成 Oscar Cheng  
蕭燕鳳 Samantha Hsiao  
鄧如翠 Pauline Teng  
單芷筠 Vivian Shan

### 港青基信書院 YMCA OF HONG KONG CHRISTIAN COLLEGE

Principal  
Deputy Principal (International Curriculum)  
Deputy Principal  
Assistant Principal (SGDS)  
Assistant Principal (Examinations)  
Head of Local Curriculum  
Head of SGDS  
Head of Student Development

陳狄安 Dion Chen  
許安德 Andrew Higgins  
盧裕敏 Diana Lo  
Nicola Butler  
吳潔盈 Kit Ng  
劉少龍 Wallace Lau  
Peter Molan  
招敬琛 Isaac Chiu

### 新會商會港青基信學校 SAN WUI COMMERCIAL SOCIETY YMCA OF HONG KONG CHRISTIAN SCHOOL

Principal  
Vice Principal  
Key Stage Coordinator  
Key Stage Coordinator

謝詠湘 Thomas Moore  
Tammy Tse  
Megan Williams  
Vicky Conning



統計資料 STATISTICS

長沙灣中心會友

Cheung Sha Wan Centre Membership Summary (截至 as of 30/6/2019)

會友人數

No. of Members

小童 Children	143
青年 Youth	6
成人 Adult	25
長者 Elderly	10
家庭 Family (pax)	395
<b>總數 Total</b>	<b>579</b>

長沙灣中心

Cheung Sha Wan Centre

課程 / 活動 / 聚會次數

No. of Courses / Events / Meetings

參與人數

No. of Participants / Enrolment

參與時數

No. of Participation (hours)

就業服務計劃 Employment Initiatives	136	1,973	63,551
兒童多元發展及家長支援 Children Multiple-development & Parent Support	219	1,119	83,213
青年發展 Youth Development	347	3,297	50,917
跨種族共融服務 Cross Cultural Integrative Services	87	4,682	7,565
社區服務 Community Services	64	1,183	5,703
中心活動 Centre Activities	452	6,056	1,930

社會服務部 (尖沙咀)

Social Services Section (Tsimshatsui)

課程 / 活動 / 聚會次數

No. of Courses / Events / Meetings

參與人數

No. of Participants / Enrolment

參與時數

No. of Participation (hours)

兒童及青年發展 Children and Youth Development	96	349	8,904
港青創意藝術教育課程及活動 Arts in Education Courses and Programmes	52	18,297	68,391
海外家務助理工餘進修課程及活動 Domestic Helper Courses and Programmes	229	2,738	17,420
中國事工計劃 China Service Projects	8	382	3,067
社區服務 Community Services	421	9,826	24,614

東涌計劃

Tung Chung Project

課程 / 活動 / 聚會次數

No. of Courses / Events / Meetings

參與人數

No. of Participants / Enrolment

參與時數

No. of Participation (hours)

幼兒小組 Playgroup	50	332	1,506
兒童及青年發展 Children and Youth Development	478	4,907	67,128
地區活動 Community-based Activities	123	2,911	2,946



## 社區服務及活動

### Community Services and Programmes

<b>港青東涌綠機田</b> <b>YMCA Green Organic Farm</b>	活動 / 聚會次數 No. of Events / Meetings	參與人數 No. of Participants / Enrolment	參與時數 No. of Participation (hours)
農場體驗之旅 / 綠色工作坊 Farming Experimental Programmes / Green Workshops	9	275	268
悠閒栽種 Leisure Planting	-	76	5,472
<b>港青西九龍耀信發展學習中心</b> <b>Beacon Centre Lifelong Learning Institute</b>	課程 / 活動 / 聚會次數 No. of Courses / Events / Meetings	使用人次 No. of Users	使用時數 No. of Usage (hours)
場地租用服務 Venue Rental	418	41,529	168,073
<b>營務</b> <b>Camp Services</b>	課程 / 活動 / 聚會次數 No. of Courses / Events / Meetings	參與人數 No. of Participants / Enrolment	參與時數 No. of Participation (hours)
聖誕、農曆新年、復活節、暑假營 Christmas, Chinese New Year, Easter, Summer Camps	212	4,903	170,271
特別活動 Special Events	11	1,075	12,353
<b>南丫島戶外及環保活動中心</b> <b>Lamma Island Outdoor Centre</b>	課程 / 活動 / 聚會次數 No. of Courses / Events / Meetings	參與人數 No. of Participants / Enrolment	參與時數 No. of Participation (hours)
日營 Camps	22	196	5,815
場地設施租用及特別活動 External Booking and Special Events	17	1,037	32,115
<b>基督教推廣</b> <b>Christian Outreach</b>	課程 / 活動 / 聚會次數 No. of Courses / Events / Meetings	參與人數 No. of Participants / Enrolment	參與時數 No. of Participation (hours)
課程 Courses	13	72	746
定期活動(職員崇拜禮、職員及學生團契) Regular Programmes (Devotion, Staff and Student Fellowship)	21	303	378
特別活動(福音聚會、研經講座、復活節及 聖誕節活動) Special Events (Evangelistic Events, Biblical Seminars, Easter & Christmas Celebrations)	50	958	3,861
<b>The DOOR 藝術空間</b> <b>The DOOR Arts Space</b>	課程 / 活動 / 聚會次數 No. of Courses / Events / Meetings	參與人數 No. of Participants / Enrolment	參與時數 No. of Participation (hours)
定期活動 Regular Programmes	5	20	426
展覽 Exhibition	10	3,866	967
特別活動 Special Events	37	662	1,446



# 會員服務、專業及運動培訓

Member Services, Professional & Sports Training

(July 1, 2018 - June 30, 2019)

## 統計資料 STATISTICS

### 會員服務

Member Services (截至 as of 30/6/2019)

會員人數  
No. of Members

會員 Member	17,243
先進會員 Master Member	2,209
健身會員 Fitness Member	815

### 會員服務

Member Services

課程 / 活動數目  
No. of Courses / Events

參與人數  
No. of Participants

參與時數  
No. of Participation (hours)

會員活動 Activities for Member	7	94	94
先進會員活動 Activities for Master Member	8	234	684
適能及健康課程 (健身會員及非健身會員) Fitness & Wellness Courses (Fitness Member & Non-Fitness Member)	295	2,868*	27,573
私人健身訓練 Personal Training	-	318	3,028

\*健身會員 Fitness Member : 1,133 ; 非健身會員 Non-Fitness Member : 1,735

### 港青專業進修書院 (尖沙咀)

College of Continuing Education (CCE Tsimshatsui)

班數  
No. of Classes

學生人數  
No. of Students

參與時數  
No. of Participation (hours)

全日制高級文憑課程 Full-time Advanced Diploma Programmes	/	/	/
兼讀制 - 證書文憑課程 Part-time Diploma / Certificate Courses	53	524	10,157
持續教育 (短期課程) Continuing Education (Short Courses)	142	814	7,729
持續教育 (特別活動) Continuing Education (Special Events)	6	288	875
多元出路規劃課程 Ready-for-work	46	1,036	4,346
悠閒空間 Adult Leisure Programmes	157	678	5,569
學員培訓餐廳 Job-training Restaurant Café Imagine	5	78	832

### 康樂及運動

Sports & Recreation

課程數目  
No. of Courses

參與人數  
No. of Participants

參與時數  
No. of Participation (hours)

#### 課程 Courses

水運組 Aquatic Unit	606	4,029	30,483
運動及體育組 Sports & Physical Education Unit	490	3,480	36,480
京士柏百周年紀念中心 King's Park Centenary Centre (KPCC)	152	844	8,710



會員服務、專業及運動培訓  
Member Services, Professional & Sports Training

康樂及運動 Sports & Recreation	活動數目 No. of Events	參與人數 No. of Participants	參與時數 No. of Participation (hours)
<b>特別活動 Special Events</b>			
水運組 Aquatic Unit	149	1,770	6,785
運動及體育組 Sports & Physical Education Unit	497	4,734	28,208
京士柏百年紀念中心 King's Park Centenary Centre (KPCC)	207	4,897	18,603
<b>競賽隊伍及運動俱樂部 Teams &amp; Clubs</b>			
	聚會次數 No. of Meetings	參與人數 No. of Participants	參與時數 No. of Participation (hours)
標準舞會 Ballroom Dancing Club	16	19	46
網球會 Tennis Club	/	/	/
網球隊 Tennis Team	524	24	5,644
體操隊 (港青體操預備隊、港青體操隊) Gymnastics Team (YMCA Gymnastics Junior Team, YMCA Gymnastics Team)	289	38	3,100
游泳隊 (泳隊預備組、先進游泳隊) Swimming Team (Junior Swimming Team, Master Swimming Team)	625	60	13,487
青少年羽毛球隊 Youth Badminton Team	45	10	740
青少年籃球隊 Youth Basketball Team	45	14	729
<b>康樂設施及場地使用狀況 Usage of Recreation Facilities</b>			使用人次 No. of Users
羽毛球場 Badminton Court			107,715
舞蹈室 Dance Studio			17,747
健身中心 Fitness Centre			69,820
壁球場 Squash Court			6,856
游泳池 Swimming Pool			105,487
攀石場 (尖沙咀) Climbing Wall (Tsimshatsui)			4,566
健康中心 Wellness Centre			16,612
單線滾軸溜冰場 (京士柏) Inline Skate Rink (KPCC)			24,342
戶外攀石場 (京士柏) Outdoor Climbing Wall (KPCC)			7,054
多用途活動室 (京士柏) Multi-function Room (KPCC)			4,358
網球場 (京士柏) Tennis Court (KPCC)			14,438



**統計資料 STATISTICS**

**幼兒學校及幼稚園**

**Nursery School and Kindergartens**

	班數 No. of Classes	學生人數 No. of Students	參與時數 No. of Participation (hours)
基信國際幼稚園 Christian International Kindergarten (CIKG)	6	130	88,511
基信國際幼稚園(西九龍) Christian International Kindergarten (West Kowloon) (CIKG(WK))	5	64	40,615
基信幼兒學校(農圃道) Christian Nursery School (Farm Road)	4	112	194,148
基信幼稚園(啟晴) Christian Kindergarten (Kai Ching)	4	87	59,297

**學前教育及小學文娛服務及課程(尖沙咀)**

**Pre-school and Primary Leisure Education Services  
and Programmes (Tsimshatsui)**

	班數 / 聚會次數 No. of Classes / Meetings	參與人數 No. of Participants / Enrolment	參與時數 No. of Participation (hours)
學前教育及小學文娛課程 Pre-school and Primary Leisure Education Programmes	526	3,872	41,628
寶寶世界 Toddlers' World	36	301	12,938
特別活動 Special Events	19	228	1,089
親親寶寶小組 Parents & Toddlers	70	841	1,658
兒童暑期樂園(7-8 / 2018) Children's Summer Playgroup (7-8 / 2018)	9	133	5,481
Step Up 暑期學堂(7-8 / 2018) Step Up Summer School (7-8 / 2018)	2	33	1,565

**學前教育及小學文娛服務及課程(耀信中心)**

**Pre-school and Primary Leisure Education Services  
and Programmes (Beacon Centre)**

	班數 No. of Classes	參與人數 No. of Participants / Enrolment	參與時數 No. of Participation (hours)
學前教育及小學文娛課程 Pre-school and Primary Leisure Education Programmes	202	894	19,639
寶寶世界 Toddlers' World	9	51	1,196
特別活動 Special Events	42	209	1,131
耀信兒童暑期樂園(7-8 / 2018) Beacon Buttercups Summer School (7-8 / 2018)	6	224	9,965
小學20天暑期課程(7-8 / 2018) Junior Summer School (7-8 / 2018)	5	90	4,035





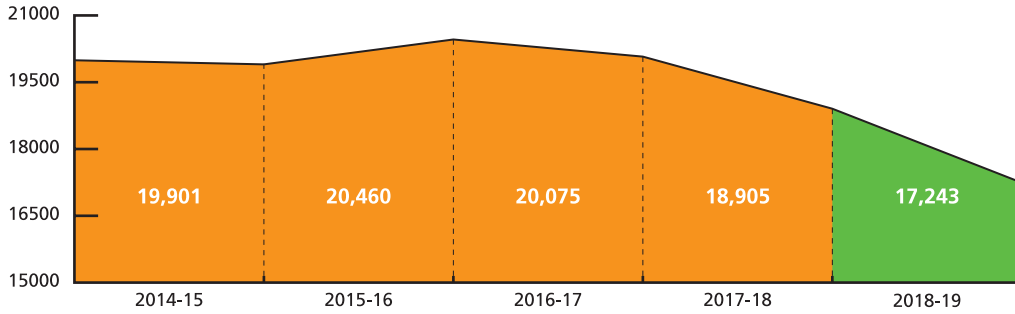
# 會員服務與義工服務

Member Services and Volunteer Services

統計資料 STATISTICS (過去五年比較 5-year Comparison)

## 會員人數 Membership

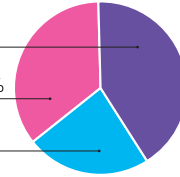
(截至二零一九年六月三十日 as of June 30, 2019)



- 成年會員 Adult 7,720
- 青年會員 Youth 4,347
- 家庭會員 Registered as family member 4,996
- 選舉會員 Voting 73
- 公司會員 Corporate 107
- Total 17,243**
- 2018-19活動參加者總人數  
Total No. of Participants in 2018-19 98,346
- 2018-19場地及設施使用總人次  
Total No. of Venue and Facility Users in 2018-19 420,524

## 宗教 Religion Registered

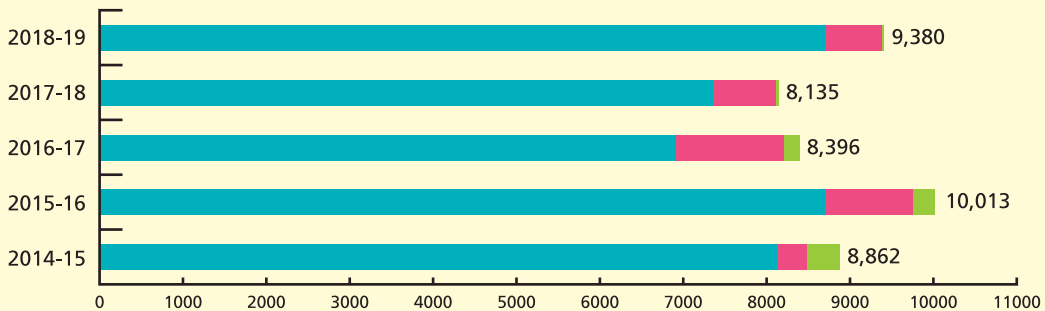
- 基督徒 Christian 41.44%
- 未說明 Non Stated 23.39%
- 其他 Others 35.17%



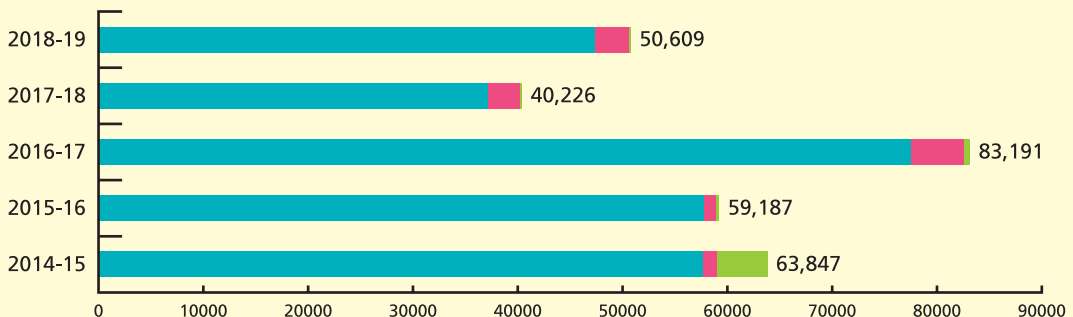
## 義工服務紀錄 Volunteer Services Record

(截至二零一九年六月三十日 as of June 30, 2019)

### 義工人數 Number of Volunteers



### 義工服務時數 Hours of Volunteer Services



■ 個人 Individuals     
 ■ 公司 Corporates     
 ■ 家庭 Families



統計資料 STATISTICS

班數與學生統計  
Classes & Students

	班數 No. of Classes	學生人數 No. of Students	參與時數 No. of Participation (hours)
一年級 Year 1	3	76	101,080
二年級 Year 2	2	53	70,490
三年級 Year 3	4	101	134,330
四年級 Year 4	3	75	99,750
五年級 Year 5	4	101	134,330
六年級 Year 6	2	51	67,830
<b>總數 Total</b>	<b>18</b>	<b>457</b>	<b>607,810</b>

大型活動  
Major Events

	參與人數 No. of Participants	參與時數 No. of Participation (hours)
家長晚會 'Back to School' Night	304	608
新會商會委員探訪 Visit from San Wui Commercial Society	477	715.5
一、二年級學校旅行 Year 1 - Year 2 School Picnic	138	414
三年級至六年級戶外教育營 Year 3 - Year 6 Outdoor Education Camp	328	11,134
聖誕遊藝會 Christmas Play	511	1,533
升中講座 Secondary School Talk	242	363
世界閱書日 World Book Day	511	3,577
運動會 Athletics Meet & Sports Day	611	1,222
畢業典禮 Graduation Ceremony	241	482





統計資料 STATISTICS

課程 Programme	班數 No. of Classes	學生人數 No. of Students	參與時數 No. of Participation (hours)
校本及混合課程 (中一至中四) School-based & Integrated Curriculum (F.1-F.4)	24	628	984,704
香港中學文憑課程 (中五至中六) HKDSE (F.5-F.6)	6	132	126,720
倫敦普通教育證書 (中五至中六) GCE A-LEVEL (F.5-F.6)	6	118	141,600

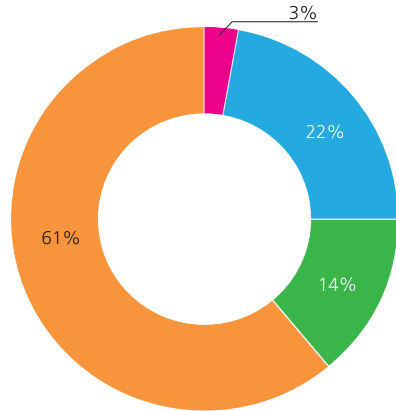
大型活動 Major Events	參與人數 No. of Participants	參與時數 No. of Participation (hours)
周年陸運會 Annual Sports Day	878	12,292
周年水運會 Annual Swimming Gala	550	3,300
國際嘉年華 International Fun Fair	4,500	45,000
畢業典禮 Graduation Ceremony	700	2,100
運動頒獎典禮 Sports Night	350	1,225
全方位學習營 Life Wide Learning Camp	478	34,416
F.1 MADS Programme	160	4,480
退修營 Spiritual Retreat Camp	159	11,448
本地及海外服務周 Service Outreach Week	311	10,885
工作體驗周 Work Placement Week	129	3,612
周年頒獎典禮 Annual College Night	350	525



# 賓館服務統計資料

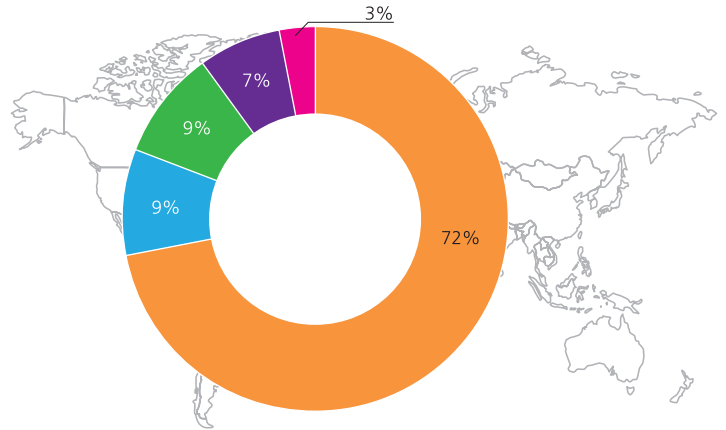
Hostel Services Statistics

## 旅客分類 User Segmentation



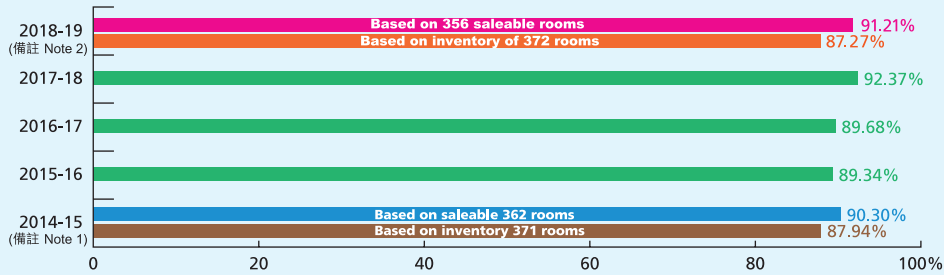
- 個人訂房 Individual Traveller
- 商務客戶 Corporate / Community Member
- 旅行社(個人訂房) Travel Agents (Individual Traveller)
- 會議及團體 Conference and Group

## 旅客原居地 Region of Origin of Guests



- 東南亞 Southeast Asia
- 歐洲 Europe
- 北美洲 North America
- 太平洋 / 澳紐 Pacific / Australia / New Zealand
- 其他 Others

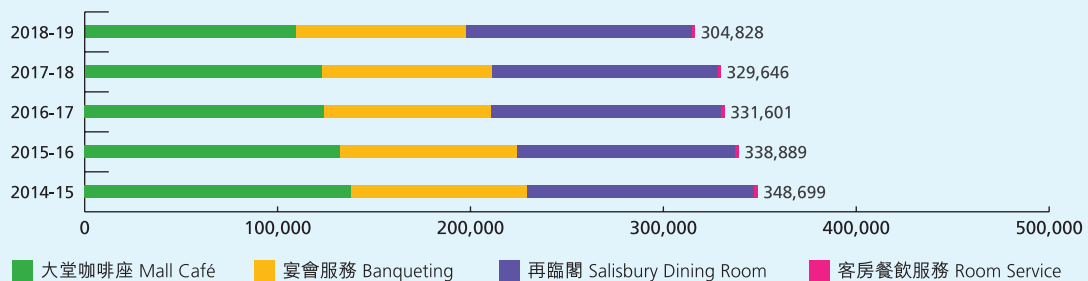
## 過去五年的賓館入住率 Hostel Rooms Occupancy - 5 Year Comparison



備註 Note 1：於2013年7月8日至2014年8月13日客房裝修工程期間，每日平均有78間客房（包括宿舍房、標準房及套房）停售作客房裝修。  
Average 78 guestrooms (including dormitory rooms, standard rooms and suites) were closed daily for renovation during period of July 8, 2013 to August 13, 2014.

備註 Note 2：外牆翻新工程已於2019年2月11日展開，預計將於2020年11月2日完成。於2019年2月11日至6月30日工程期間，每日平均有42間客房停售以配合翻新工程及減低對房客的影響。  
The External Façade Renovation Project was begun on February 11, 2019 and it is expected to be completed on November 2, 2020. An average of 42 guestrooms had been blocked off daily during the period from February 11 to June 30, 2019.

## 餐飲服務顧客人數 Food & Beverage Covers



備註：青年會禮堂於2014年5月至9月關閉並進行翻新工程。  
Note: Assembly Hall was closed for renovation from May to September 2014.





## 位置優越、鄰舍顯貴

Our Location Is Excellent And The Neighbourhood Could Not Be Better

歡迎閣下蒞臨香港基督教青年會(港青)。

港青位於九龍半島的尖端，擁有美麗的維多利亞海景及香港島景色。本會佔盡地利環境，坐落於購物及娛樂中心，交通便利，閣下可盡情享受觀光，美食及購物之樂趣。

372間客房裝潢現代化，採用時尚設計的家具及設備。

The Salisbury welcomes you to one of the city's best kept secret.

The Salisbury is situated at the tip of Kowloon and many of our rooms offer magnificent views of Victoria Harbour and Hong Kong Island. With The Salisbury as a base, there is ample opportunity to experience Hong Kong where an abundance of restaurants, sightseeing tours, shopping in the city's many specialty shops and shopping malls awaits you.

All 372 rooms feature a contemporary and functional design.

### 客房 Guest Rooms

- 四個基督教福音電視頻道  
4 dedicated TV channels for Christian gospel
- 免費房間Wi-Fi上網  
Complimentary in-room Wi-Fi
- 免費房間供應自助茶及咖啡設施  
Complimentary in-room coffee and tea making facilities
- 房間設有電子私人保險箱  
In-room personal safe
- 國際直撥電話及留言服務  
International direct dial phone
- 洗熨衣物服務  
Laundry and dry cleaning service
- 迎賓新鮮水果籃  
Welcome fresh fruit basket
- 免費蒸餾水  
Complimentary bottled water
- LCD電視包括衛星及有線電視頻道  
LCD TV with satellite and cable channels



海景房 Harbour View room



半海景套房(廳) Partial Harbour View Suite (Living Room)



城景套房(廳) City View Suite (Living Room)



再臨閣 Salisbury Dining Room



大堂咖啡座 Mall Café



室內游泳池 Indoor Swimming Pools



商店 The Y Shop

### 其他設施 Other Facilities

- 大堂咖啡座 Mall Café
- 再臨閣 Salisbury Dining Room
- 宴會及會議設施 Banquet & Conference Facilities
- 設備完善的健身中心 Well-equipped Fitness Centre
- 室內游泳池及按摩池 Indoor Swimming Pools and Jacuzzi
- 商店 The Y Shop
- 靈修室 Chapel

41 Salisbury Road, Tsim Sha Tsui, Kowloon, Hong Kong

Tel: (852) 2268 7000 | Fax: (852) 2739 9315

Reservation Email: sales@ymcahk.org.hk / room@ymcahk.org.hk Web site: www.ymcahk.org.hk





## 宴會及會議設施 Banquet and Conference Facilities

共有10宴會廳、平台花園及大禮堂，可容納22圍中西式宴會或400人會議講座。

With 10 function rooms, the Podium Garden and The Grand Assembly Hall, our function venues are ideal for events up to 400 guests.



## 團體活動 Highlights of Banquet Functions



1. 豐盛社企學會  
Fullness Social Enterprises Society Limited
2. 國際海事青年團  
International Sea Cadet Association
3. 香港工程師學會  
The Hong Kong Institution of Engineers
4. 豐盛人生團隊 Abundant Life Agency
5. 香港基督教協進會 Hong Kong Christian Council
6. 澳洲工程師學會香港分會  
Engineers Australia, Hong Kong Chapter
7. 旅港順德絲遠堂 Min Yuen Tong
8. 香港紅十字會 Hong Kong Red Cross
9. 領展商戶學堂 LINK Tenant Academy
10. 國際獅子會腎病教育中心及研究基金  
Lions Kidney Educational Centre and Research Foundation

1	2	3
4	5	6
7	8	9
10		





Boundless緬甸服務及文化交流團2018  
Boundless Myanmar overseas service trip 2018



世界協會候任總幹事Mr. Carlos Sanvee (中)、港青總幹事何慶濂先生(左五)、酒店總經理楊廷偉先生(右五)及其他管理層。Mr. Carlos Sanvee, Secretary General Designate of World YMCA (middle), Mr. Peter Ho, General Secretary of YMCAHK (5<sup>th</sup> left), Mr. Kenneth Yong, General Manager of The Salisbury (5<sup>th</sup> right) and Management Staff.



颱風山竹帶來了嚴重破壞，卻團結了香港人的心！超過八十名港青員工及童軍們，齊心修復南丫島戶外活動中心。Typhoon Mangkhut united more than 80 staff and scout members voluntarily helped to restore the YMCA campsite in Lamma Island.



義工感謝晚宴2018  
Volunteer Appreciation Evening 2018



第四屆Change Agents和他們的支援團隊合照。  
Change Agent of 4<sup>th</sup> Cohort and their support team.

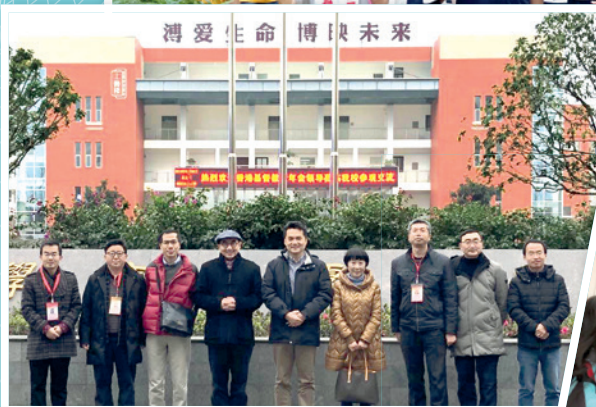






會員及社區服務部員工退修日  
Member and Community Services Staff Retreat Day

普世青年會行動2019 — Shape Your Life  
World Challenge 2019 — Shape Your Life



港青金堂學校校董會  
YMCA Jintang High School Management Board

探訪港青金堂學校  
Visit to YMCA Jintang High School



轉  
化



港青開放日 2018  
YMCA of Hong Kong Open House 2018

Transformation



## 感謝 Appreciation

本會謹藉此機會向各位熱心人士，在過去一年來對本會事工的支持和貢獻致衷心感謝。

本會是由一群熱心社會服務，關心社區的人士組成的基督教機構。我們在感謝數千上萬的會員、義工和同工們為本會事工所作出的貢獻之同時，更深切體會到，當一群同道者攜手一起，本着服務社群為己任，慷慨無私地自願獻出時間、才智和精力，必定能夠為改善社區和社群作出無窮的貢獻。本會去年的事工能順利發展，實有賴眾人之努力。各董事在此再向各位致謝。

The Association takes this opportunity to express its deepest appreciation to all who served throughout the year and to those who continue to serve faithfully to support the work of the YMCA.

We are a Christian Association of people dedicated to serve and contribute to the wellbeing of others in our community. In expressing this appreciation to the thousands of volunteers, members and staff, we recognize the significant contribution that can be made when people join together in common mission for the selfless purpose of giving their time, talent and energy for the betterment of their community and the people who live therein.

Thank you.

Board of Directors

*Thank You!*

