



香港基督教青年會
YMCA OF HONG KONG



Footprints
足印



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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.

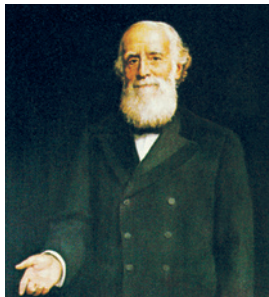


香港基督教青年會的歷史

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

華人部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 Maclehoze.



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, 2020)

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
陳熙旻女士 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, 2020)

郭志權博士# Dr. Philip Kwok, S.B.S., J.P.#

傅孟雄先生 Mr. William Fu

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

任德輝先生 Mr. Ronald Yam

何慶濂先生 Mr. Peter Ho

劉俊泉先生 Mr. Karl Lau

葉頌文先生 Mr. Tony Ip

林昶先生 Mr. Benjamin Lam

劉鼎新先生 Mr. Andrew Lau

鄭卓生博士 Dr. Arnold Cheng

潘展聰先生 Mr. Philip Poon

蔡伯賢先生 Mr. Edward Choi

趙梓晴女士 Ms. Agnes Zhao

陳卓賢先生 Mr. Table Chan

陳婉婷女士 Ms. Tina Chan

王天欣女士 Ms. Jasmine Wong

#義務顧問 Honorary Advisor



董事局管治委員會

Board Governance Committees

(as of June 30, 2020)

宗教推廣 Christian Outreach

施力高牧師	Rev. Dr. John Snelgrove
林昭先生	Mr. Benjamin Lam
江瑞榮先生	Mr. Sam Kong
何慶濂先生	Mr. Peter Ho
單芷筠女士*	Ms. Vivian Shan*
	(as from April 2, 2020)
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

林昭先生	Mr. Benjamin Lam	陳熙炅女士	Ms. Jaclyn Jhin
王主心女士	Ms. Julia Ong	何慶濂先生	Mr. Peter Ho
葉偉文先生	Mr. Patrick Yip		

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.
何慶濂先生	Mr. Peter Ho
馮慧妍女士	Ms. Vivienne Fung
高泳恩女士	Ms. Sharon Ko

中學教育 Secondary Education

葉偉文先生	Mr. Patrick Yip
林昭先生	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
	(resigned on September 27, 2019)
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
	Mr. Jocelyn Gagnon

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
林昭先生	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
周振強先生	Mr. Stephen Chow
馮慧妍女士	Ms. Vivienne Fung
曾慧明女士	Ms. Tami Tsang
	Mr. Thomas Moore
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
高泳恩女士	Ms. Sharon Ko
曾燕君女士	Ms. Jorence Tsang
吳少華女士	Ms. Sylvia Wu

*列席員工 Staff members in attendance

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 (until November 22, 2019)
曾慧明女士	Ms. Tami Tsang
麥志偉先生	Mr. Trevor Mak (as from January 24, 2020)
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* (until February 27, 2020)
單芷筠女士*	Ms. Vivian Shan*
關健薇女士*	Ms. Kwan Kin Mei*

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* (until February 27, 2020)
單芷筠女士*	Ms. Vivian Shan*

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
單芷筠女士*	Ms. Vivian Shan*
歐陽國緯先生*	Mr. Eric Au Yeung* (until February 27, 2020)
蔡偉邦先生*	Mr. James Choi*
鄭志成先生*	Mr. Oscar Cheng* (until January 31, 2020)
蕭燕鳳女士*	Ms. Samantha Hsiao*
陳樂熙先生*	Mr. Terence Chan* (until February 28, 2020)
羅立敏女士*	Ms. Law Lap Man*

*列席員工 Staff members in attendance

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！

二零一九至二零二零年的經歷，促使我們對基督教青年會的願景：「致力促進本地及國際社會的公義、和平，盼望和真理」有更深的認知。

「我們四面受敵，卻不被困住；心裏作難，卻不至失望；遭逼迫，卻不被丟棄；打倒了，卻不致死亡。」（哥林多後書4:8-9）以這金句來形容香港基督教青年會（港青）自創會以來所承受最具挑戰性的一年是何等貼切——這由社會動盪及新冠肺炎所充斥的一年。儘管示威遊行於二零一九年的夏天在香港持續地進行，然而港青沒有辜負課程參加者、服務使用者、學生及房客對我們的信心，仍然實踐對他們的承諾。雖然賓館於二月份的收入大幅下跌逾九成半，房間入住率創按月新低的百分之三點七，而二月至六月的房間平均入住率僅一成，我們仍能勉強負擔大部分同工的薪酬。如果沒有勇敢又感恩的同工認真地堅守崗位，並持守青年會的使命，我們已無法支持下去。我們感謝義工及會員一直忠於青年會的事工。我們也不住強調對其他持分者的感激，在這動盪不安的一年對港青不離不棄，服務社區。感謝你們的信任、鼓勵和堅定不移的支持。

為慶祝基督教青年會運動一百七十五周年，逾三千名來自超過一百個國家的青年會代表於二零一九年八月齊集青年會的發源地倫敦，一起「連繫、慶祝及創造」。我們與全球青年會運動團結一致，即使二零一九年暑假後不斷升溫的社會運動亦無損我們的熱情。港青派出十二名代表出席這項特別的盛事，包括董事局成員、同工及青年領袖，其中數名代表更在慶祝活動的小組中擔當領導的角色。



港青代表團出席青年會一百七十五周年慶祝活動
YMCAHK delegation attended the YMCA
175th anniversary celebrations

由日本基督教青年會協會主辦的亞太區基督教青年會協會（亞太協會）第二十屆亞太協會大會於二零一九年九月舉行。港青派出八人代表團，包括董事局成員、同工及青年義工前往日本東山莊。是次大會主題「Living Together Within Nature on a Path to Peace」提醒與會代表們基督教青年會是公認由堅守和平文化者所組成，及相信以和平文化為本的機構。「使人和睦的人有福了！因為他們必稱為 神的兒子。」（馬太福音5:9）要做到使人和睦，我們必須以耶穌為首。

今年二月，港青總幹事何慶濂先生出席由東耶路撒冷基督教青年會（EJY）主辦、在伯利恆舉行的世界基督教青年會協會（世界協會）二零二零年全國總幹事大會。EJY呼籲代表們不要在以色列人及巴勒斯坦人的糾紛中偏袒任何一方，並力勸青年會為達成和平而禱告，好為青年人提供一個沒有暴力、充滿希望的未來。代表們亦探訪了耶路撒冷國際基督教青年會（JIY）。JIY明確地提出，青年會作為和平的締造者及促進以色列人及巴勒斯坦人進行對話，其維持政治中立的重要性。代表們全體立志在東耶路撒冷栽種一百七十五棵橄欖樹，象徵青年會在過去一百七十五年對和平的承擔，及肯定青年會同工在聖地的事工。

多年來，港青一直滿有祝福，賓館服務的盈餘維持着教育、社區服務及課程方面的工作。然而，經歷了二零一九至二零二零年，我們學會了不要視這些資源為理所當然。The Salisbury全年的房間入住率大幅下跌至歷來新低百分之二十八，平均房價亦下跌了四成。這些財政上的挑戰雖情有可原，但作為「神警醒」的看守者，港青管理層大幅地節流，包括減少可避免的非僱員成本、暫緩非主要開支、減少聘請臨時及兼職僱員及凍結仍未填補的空缺。此外，為了盡量將收入撥備，作為忠心的管家，管理層在機構的效率和效益前提下，在項目安排及人力資源方面適時作出評估，讓港青能平安渡過這史無前例的危機。在六月政府推出「保就業」薪金津貼計劃前，管理層在三、四及五月份放取無薪假期。許多同工亦同時響應機構的呼籲放取無薪假期，與管理層共同進退。



賓館服務部準備免費午餐飯盒
Hostel Services prepared free lunch boxes

二零一九年三月，稅務局提出了非政府機構於二零一二至一三年度在酒店或賓館服務方面的稅務評估。這意味着 The Salisbury 除了就來年利潤繳付利得稅外，更會被追溯至二零一二年的稅款，給港青在財政上構成突如其來的巨大負擔。我們禱告……並從耶穌對門徒所說的話得到安慰，「你們放心！是我，不要怕！」（馬可福音6:50）二零一九年十月，香港社會服務聯會（社聯）代表五間非政府機構，包括港青，向行政長官會同行政會議發出請求，豁免五間非政府機構就酒店或賓館營運應繳的利得稅。感謝神，隨着社聯的努力，在過程中與各決策局和政府部門協商，特首最終於二零二零年四月宣佈追溯至二零一二年的稅款得以豁免，此外港青及其他非政府機構獲准予三年的免稅過渡期，讓賓館為符合繳稅架構重整營運。在港青經歷了最具挑戰性、並錄得史上最大虧蝕（一億一千五百萬元）的一年後，這結果無疑讓港青在背負沉重的財政負擔下得到大大的紓緩。

董事局成員深深體會到社區及前線同工在財政上面對的挑戰，因此通過運用一百一十五周年晚宴所籌得的款項設立緊急支援基金，給他們提供支援。三月份我們向一百個家庭派發了一筆過的援助金，亦於東涌中

心及西九龍耀信發展學習中心派發包括口罩及耐存食品的福袋。自五月開始，賓館服務部準備了午餐飯盒，在同工及義工們的協助下，在Café Imagine 免費派給長沙灣中心同工所認識的、需要支援的居民。此外，管理層及董事局成員亦捐助經濟援助基金，資助財政緊拙但仍自願放取無薪假期的前線同工。我們亦設立緊急支援基金，為基信國際幼稚園、基信國際幼稚園（西九龍）及基信學校面臨財政困難的家

庭提供援助。我們營辦的私立學校並沒有接受政府資助，單靠學費維持營運。感謝家長們的體諒和支持，縱使學生們在半學年來無法到校上課，仍無礙老師的教授和學生的學習。

儘管二零一九至二零年面對前所未有的挑戰、且經濟上陰霾重重，港青仍然心存盼望。雖然遇上航班取消、交通受阻及空服人員罷工，所有已籌備就緒的A-Life Academy、Boundless、兒童發展基金及「傲翔新世代」全方位青年領袖訓練計劃交流團及工作實習皆於二零一九年暑假順利完成，並帶給參加者新的體驗。港青基信書院的聖三一禮堂亦於八月竣工，剛好趕及舉行開學崇拜。禮堂入口處的牆上刻着「凡你們所做的都要憑愛心而做。」（哥林多前書16:14）九月份，我們興高采烈地慶祝兩項喜事——東涌中心成立十周年及海外家務助理組成立二十五周年。與東涌中心關係密切的持份者分享動人的見證，講述中心對她們的意義；而海外家務助理組在The Salisbury舉辦「世界零疆界」嘉年華，吸引超過七百名來賓參加。我們為着新會商會港青



世界零疆界2019 ——「我們結伴同行」
Together As One Carnival 2019 - We Stand As One

會長和總幹事的話

Message from the President and General Secretary

基信學校的小五及小六學生能平安及愉快地在十一月最困難的日子完成三天兩夜的全方位戶外教育營而感恩，而小四學生亦同時完成了日營。即使在教育營當天早上的交通嚴重受阻，師生們仍靠賴 神在學校週會的應許：「你不要害怕，因為我與你同在。」（以賽亞書41:10）今年港青開放日的主題為「盼望·明天」。十二名港青管理成員在年輕同工、義工及港青學生陪同下，燃亮了十二顆象徵盼望的星。「但願使人有盼望的 神，因信將諸般的喜樂、平安充滿你們



新會商會港青基信學校全方位戶外教育營順利完成
SWCS YMCA of Hong Kong Christian School completed the overnight
Life-wide Learning Camp

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

Greetings from the YMCA of Hong Kong!

2019-2020 deepened our understanding of the YMCA vision: "dedicated to the furtherance of justice, peace, hope and truth in our local and international community".

"We are afflicted in every way, but not constrained; perplexed, but not driven to despair; persecuted, but not abandoned; struck down, but not destroyed." (2 Corinthians 4:8-9) What a fitting scripture to portray how YMCA of Hong Kong had endured one of the most challenging years in our history in 2019-2020, a year marked by civil unrest and Covid-19. Despite the ongoing protests in Hong Kong in the summer of 2019, YMCAHK was able to honour the commitments we made to those who put their trust in us - our programme participants, service users, students and guests during these trying times. Despite Hostel revenues plunging more than 95% in February, with a record low monthly room occupancy of 3.7%, and average room occupancy reaching merely 10% from February to June, we managed to maintain

的心，使你們藉着聖靈的能力大有盼望。」（羅馬書15:13）一九九二年建成的再臨閣餐廳於十二月完成裝修工程並改名為The Haven。門外的牆上刻着「我們日用的飲食，今日賜給我們。」（馬太福音6:11），時刻提醒我們 神會賜給港青一切所需。

縱使二零一九年至二零二零年的業績較原來的預算惡劣多了，但我們仍然感恩，因為若二零一九年三月沒有開展外牆維修工程，社會動盪及新冠肺炎給港青帶來的影響只會更嚴峻。回顧二零一九至二零二零年，港青每一位同工在身、心、靈上都快速成長了。由於許多事件的逆轉，我們學會了謙卑。總括而言，今年仍是港青心存感恩及在主內喜樂的一年；是我們展示慈悲、堅毅及醒察的一年；也是信實、忍耐和順服的一年。

願 神繼續保守和帶領港青，祝福我們在踏入二零二一年並預祝一百二十週年之際成為盼望之光！

願主祝福你！

葉偉文、何慶濂 敬上

most of our staff on the payroll. We could not have done so without the committed staff who were grateful and courageous, who took their responsibility seriously, and who steadfastly upheld the mission of the YMCA. We are thankful for our volunteers and members who remained faithful to the work of the YMCA. We cannot underscore enough our appreciation for the solidarity extended to YMCAHK from different stakeholders who walked alongside us to serve community members that were suffering in this turbulent year. Thank you for your trust, encouragement and unwavering support.

To mark the 175th anniversary of the YMCA Movement, in August 2019 over 3,000 participants from over 100 countries travelled to London where YMCA was founded in 1844 to "Connect, Celebrate and Create". The escalating civil unrest in summer 2019 in Hong Kong could not dampen our enthusiasm as we stood in solidarity with the global YMCA Movement for YMCA175. YMCAHK sent a delegation of 12 to attend this special occasion. The group included Board members, staff and youth leaders, with several of our delegates providing leadership roles in various aspects of the celebration.

The 20th General Assembly (GA) of the Asia & Pacific Alliance of YMCAs (APAY) was hosted by the National Council of YMCAs of Japan in September 2019. YMCAHK sent a delegation of eight, comprising Board Directors, staff and youth volunteers to Tozanso, Japan. The keynote address on the GA theme "Living Together Within Nature on a Path to Peace" reminded delegates that YMCA is known and trusted as a peace-culture organisation with peace-culture people. *Blessed are the peacemakers, for they are called children of God (Matthew 5:9)*. In order for YMCA to be a peacemaker, Jesus must be our priority.

In February, Peter joined the 2020 National General Secretaries (NGS) Conference of the World Alliance of YMCAs (WAY) in Bethlehem hosted by East Jerusalem YMCA (EJY). EJY appealed to delegates not to take sides between the Israeli-Palestinian conflict, and instead urged YMCA to continue to pray and work for peace in order to provide our youth with a future of hope and no violence. Jerusalem International YMCA (JIY) hosted a visit for the delegates. JIY articulated the importance of remaining politically neutral in order for YMCA to be a peace builder and to facilitate guided dialogue between Israelis and Palestinians. Delegates pledged to plant 175 olive trees in East Jerusalem as a symbol of YMCA's commitment to peace in the past 175 years, and to acknowledge the work of our brother YMCAs in the Holy Land.

For many years, YMCAHK has been blessed with abundant resources generated from the surplus of Hostel Services enabling our work in education, community services and programmes. A lesson learnt from the events of 2019/20 was we simply could not take these resources for granted. Full year room occupancy in The Salisbury plunged to a record low of 28% while average room rate fell by 40%. Given the extenuating financial challenges, as vigilant custodians of what God has given us, the leadership team has taken measures to substantially reduce avoidable non-staff costs, suspend non-essential expenditure, reduce the hiring of casual and part-time staff, and freeze hiring for unfilled vacancies. In addition to preserving as much revenues as possible within our control, as a

prudent steward YMCAHK undertook a timely review of our programmes and organisational manpower for efficiencies and effectiveness to enable YMCA to weather this unprecedented period. Management took no pay leave (NPL) in March, April and May before the government provided a wage subsidy through the Employment Support Scheme in June. Many staff responded positively to the appeal of YMCAHK and stood in solidarity with management to take NPL during the same period.

In March 2019, the Inland Revenue Department raised tax assessment on non-government organisations (NGOs)

for their 2012/13 operations in hotel/ hostel service. The implication that The Salisbury would be subject not only to profits tax on surplus going forward, but liable for back year taxes to 2012 as well, would have placed an enormous unanticipated burden on YMCAHK's financial resources. We prayed... and took comfort in what Jesus said to his disciples, "Take courage, it is I, do not be afraid!" (Mark 6:50) In October 2019, the Hong Kong Council of Social Services (HKCSS), on behalf of 5 NGOs including YMCAHK, submitted a petition for the Chief Executive-in-Council to make an order to exempt the 5 NGOs

from profits tax arising from hotel/hostel operations. Thanks be to God that in April 2020, following the efforts of HKCSS and various government bureaus and departments involved in the process, the Chief Executive ordered that tax exemptions back to 2012 would be granted, and further that YMCAHK and the other NGOs would be granted a 3-year tax-exempt transition period in order to restructure as necessary our hostel operations as taxpaying entities. This outcome provided significant relief from a heavy financial burden from YMCAHK during a most challenging year when we recorded a financial loss of \$115 million, the worst in our history.

Understanding the financial hardships experienced by our community and frontline staff, the Board of Directors set up an Emergency Fund from the funds raised from the 115th anniversary banquet to provide some financial relief to those with the most needs. One-off grants were given to 100 families in March. Blessing bags with face masks and non-perishable foods were distributed



伯利恆聖誕教堂
Church of the Nativity, Bethlehem

會長和總幹事的話

Message from the President and General Secretary

in Tung Chung Centre (TC) and Beacon Centre. From May, Hostel Services prepared free lunch boxes and distributed to the needy, in collaboration with Member & Community Services. In addition, senior management and the Board of Directors contributed to a Hardship Fund to support frontline staff who had volunteered to take NPL despite their financial struggles.

Emergency funds were also set up for Christian International Kindergarten (CIKG), CIKG (West Kowloon) and Christian School to provide some support to families suffering from financial hardships. Our private schools rely solely on school fees to operate and do not receive subsidies from the government. We are grateful to our parents for their understanding and continuous support in enabling teaching and learning without interruption, even though students missed half of a school year of in-person attendance.

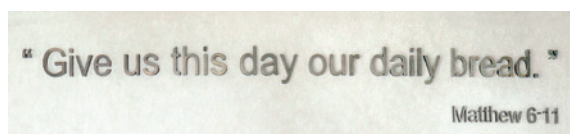
Notwithstanding a most challenging year and gloomy economic outlook, YMCA remained a people of hope in 2019/20. Despite flight cancellations, transportation disruptions and aviation workers strike, all planned youth service trips and work trips for A-Life Academy, Boundless, Child Development Fund and Youth Leadership Development in the summer of 2019 were completed with a new dimension. YMCA of Hong Kong Christian College completed the new multi-purpose Trinity Hall in August just in time for commencement service for the new school year. *"Let all that you do be done in love" (1 Corinthians 16:14)* was engraved on the entrance wall. We rejoiced and celebrated two events in September - 10th anniversary of TC and 25th anniversary of Domestic Helper Unit (DH). Different stakeholders shared touching testimonies on what TC has meant for them. A DH carnival "Together As One" attracted over 700 participants to The Salisbury for a day of festivities. We are grateful that Year 5 and Year 6 students at SWCS YMCA of Hong Kong Christian School completed their overnight Life-wide Learning Camps safely and joyfully, while Year 4 completed their day camp during a most challenging time in November. Even though public transportation was severely disrupted on the morning of the camps, students and teachers put their trust in



港青開放日2019
YMCA Open House 2019

God's promise during the school assembly: *"Fear not, for I am with you" (Isaiah 41:10)*. The theme for this year's YMCA Open House was "Hope for Tomorrow". 12 stars of hope were lit up symbolically by 12 members of YMCA management team, each accompanied by a young staff, a YMCA student or a youth volunteer. *May the God of hope*

fill us with all joy and peace in believing, that we may abound in hope by the power of the Holy Spirit (Romans 15:13). The original 1992 Salisbury Dining Room was successfully transformed into The Haven in December. *"Give us this day our daily bread" (Matthew 6:11)*, on the entrance wall of The Haven serves as a timely reminder that God would provide for the YMCA.



Even though the financial results in 2019-2020 were much worse than we had originally budgeted, we are grateful because the impact of the civil unrest and Covid-19 on YMCAHK would have been worse had we not begun the necessary external façade renovation in March 2019. Looking back, 2019-2020 provided a steep learning curve for everyone in the YMCA to grow in body, mind and spirit. We were humbled by the turn of many events. In the end, it was still a year for YMCA to give thanks and rejoice in the Lord. It was a year to show our compassion, fortitude and prudence. It was a year of faithfulness, perseverance and obedience.

May the Lord continue to guide YMCAHK with wisdom and bless us to be a light of hope as we journey into 2021 and mark our 120th anniversary!

God bless!

Patrick Yip and Peter Ho

唔路亨通



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不要小看他們年輕！

Don't look down on them because they are young!

大家好！我是Sagar，在港青多元文化融匯網絡擔任義工已兩年。猶記得2015年初來香港時的我很害羞，後來經媽媽的朋友介紹，我和兩位弟弟參加了港青長沙灣中心的廣東話班，當時16歲的我甚至不敢跟其他人說話。2018年我獲邀在暑期活動 Multicolours in Summer 擔任義工，負責照顧小朋友及與他們玩遊戲。雖然照顧那麼多小朋友令我有點緊張，但我鼓起勇氣嘗試。對做義工的理解由最初以為只是單方面付出時間和精力，到經歷了整個暑期活動後，發現在過程中我所得到的比付出的更多，這令我十分驚訝！

首先，義工服務大大增強了我的自信心和對世界的好奇心。我認識到來自不同背景、擁有不同閱歷的義工，單是聽他們的故事，已令我更渴望了解這個世界及敢於做夢；好奇心更驅使我勇敢地嘗試與人交談。有一位義工分享她善用自己的跳舞專長服務社區的故事，讓公眾認識南亞文化，激發我開始思考我的服務方式；另一位義工分享了她在歐洲的遊歷及到訪過的歷史古蹟，鼓勵我去擴闊視野，亦讓我明白到「讀萬卷書不如行萬里路」的重要性。儘管今天的我仍有點害羞，卻充滿自信，並相信我也可以與人分享我獨特的故事，激勵更多人。

在擔任義工的過程中，我經常被小朋友的創造力和正能量啟發。我感到在活動中不用刻意教他們甚麼，只需陪伴、並幫助他們看到自己的潛能和路向。慶幸男孩子大多喜歡跟隨男義工，願意聽從我的指示；休息時我們一起玩和分享小食，大家打成一片，他們也啟發了我。比方說，世界總有一套準則，儼如靈丹妙藥，教我們如何規劃人生，縱使我嘗試不因循及抱持開放的態度，但總會面對一些無形的壓力。然而我從小孩子身上看到想像力及樂

Hello everyone! I am Sagar and I have participated in volunteer service for two years in the Multicultural Team. I still remember that I was shy when I first arrived in Hong Kong in 2015. Later my mother's friend introduced me and 2 younger brothers to YMCA to participate in the Cantonese class at the Cheung Sha Wan Centre. I was 16 at that time and was afraid to talk to other people. 2 years later, I was invited to volunteer in the summer activity 'Multicolours in Summer', taking care of the children and playing games with them. Although taking care of the children makes me a little nervous, it did not hinder me from trying. It is wonderful to be able to spend the summer vacation with the children and my friends. In the beginning, I thought volunteering was just a matter of unilaterally giving time and energy to communicate with children. However, after going through the summer activities, I realised that I had received much more in the process than what I had given, which truly surprised me!

First of all, my self-confidence and curiosity about the world have grown a lot. I got to know volunteers from different backgrounds and different life journeys. Listening to these unique people telling their own stories makes me more eager to understand the world and dare to dream. This curiosity drove me to get out of my comfort zone and talk to more people. I once heard a volunteer share her story of serving the community through her talent in dance, which inspired me to start thinking about ways I could serve. I also heard another share her story about her time in Europe and some historical sites she visited, encouraging me to broaden my horizons and to understand the importance of 'Nothing compares with the journey on your own feet.' Although I am still a bit shy, I am now full of confidence and I believe that I can also share my unique story with others and inspire more people.

In my experience of being a volunteer, I am often encouraged by the children's creativity and positive energy. In the activities, I feel that I don't need to teach children anything specific,

於探索新事物的重要性。例如玩遊戲時他們常帶給我意想不到的觀點，又會勇敢地帶領大家跳剛學會的舞步。他們提醒了我人生有無限的可能性，不要囿於那些既定的模範，這讓我鬆了一口氣。

在參與一個義工訓練工作坊時得知基督教青年會是由一群關注青少年身心靈健康的人於工業革命時所創立。那時候的青年人被視為生產機器的螺絲。今天的人類很依賴科技，孤立和情感匱乏的生活讓青年人活像機器——我慶幸自己並非如此。透過服務青年人，我得到啟發、敢於做夢和探索生命的意義，讓我更有信心面對未來的挑戰。正如父母期望我修讀較有前途的機械工程，可是我的理想卻是歷史相關的學科。最終我沒有讓父母失望，但仍不放棄理想，歷史成為我的興趣，並在空閒時汲取相關知識，與此同時繼續游說父母讓我追尋歷史夢。

期望我繼續與青年義工和孩子們，一起在青年會譜寫屬於我們的故事。

(Sagar Das，多元文化融匯網絡義工)



but only to be with them and help them see who they could become in 7 to 8 years. Fortunately, boys are more willing to hang out with male volunteers, so they are willing to follow my instructions and we bond well by playing and sharing snacks together at break times. The children have given me a lot of inspirations. For example, I found that the world often tells us how to plan our lives, as if there is a best plan to follow. Even if I want to keep an open mind, invisible pressure is still there. However, the children helped me see the importance of being creative and exploring new things. For instance, they often give me new perspectives when playing games, and they will bravely step out and lead everyone to do the dance steps they have just learned. They enable me to believe that everything in life is possible and so I can breathe a sigh of relief.

I remembered in one of the volunteer training workshops, I learned that the YMCA was founded by a group of people who were concerned about the physical, mental, and spiritual health of young people during the Industrial Revolution. At that time, young people were regarded as the screws of production machines. Today, human beings are living with technology. Isolation and lack of emotions seem to make them more like machines. I am fortunate that I am not like a machine. Through serving the youth of Hong Kong, I have learnt to inspire, dare to dream and explore the importance of life, which makes me more confident to face future challenges. Just like my parent expected me study Engineering for better career prospects, however, I preferred studying something related to History. Instead of upsetting my parent, I followed their expectation. Yet I haven't given up my dream, I turn it to be my hobby and study it in my spare time. Meanwhile I am still convincing them to let me pursue History.

I hope that I can continue to write my own story in the YMCA with the youth volunteers and children I serve.

(Sagar Das, volunteer of Multicultural Team)



過去的頑童 今立志為人師

From the worst kid to role model

小學時的我，是長沙灣中心課餘託管服務公認最頑劣的學童，總是違反規則——做功課時愛談天及嬉戲；在未獲家長同意下自行離開中心到公園遊玩等。總括而言，過去的我，只在乎自己的喜好及感受。

幸得課託導師及港青的職員花了整整6年循序漸進地塑造了今天的我。他們耐心的教導，讓我明白到破壞規矩只會為身邊的人帶來不便，並影響人與人之間的關係。此外，小三時參加了幼童軍更讓我學習到紀律的重要性，加上童軍的精神就是要貢獻社會，讓我反省到不能只考慮自己，反而要幫助他人。小六開始擔任幼童軍小隊中的隊副，透過與領袖們的相處，我學習他們的優點，明白到遵守規則及與人建立良好關係的重要性。

從領袖身上我學會如何帶領團體活動，如搭建帳篷、建設營地、在野地烹飪等，這些都必須透過團隊合作才能完成，且在過程中學習如何透過積極表達、有效討論及整合意見而取得共識的方法、如何在有限時間內妥當安排及分配工作、如何在組員意見分歧時先抱客觀的態度了解事情的始末，再尋求雙方可接受的和解方法。這些知識有助我於16歲開始擔任童軍領袖。

另一個令我成長的契機便是18歲時成為課託導師，要以身作則，作為學童的好榜樣，所以給他們定的規則我更要嚴謹地執行，如在課室內不能使用手提電話、不能在非茶點時間飲食等。那時我深切體會到遵守規則對維持群體秩序是不可或缺的。

成為童軍領袖和課託導師後，我體會到無論兒童及青年人普遍不善於主動分享及表達

When I was in primary school, I was the worst kid of Cheung Sha Wan Centre's after-school care service, always violated all the rules, talked and played with other students during homework time; once even left the centre by myself to play in the nearby park without parent's consent. In the past, I only cared about how I felt and did what I liked.

The tutors and YMCA staff spent 6 years to make who I am today. They patiently spoke to me and taught me, I began to understand that breaking rules would only destroy relationships and cause inconvenience to the people around me. Besides, through participating in Scout when I was Primary 3, I started to realise the importance of discipline. The purpose of scouts is to contribute to society. Scout members cannot just think about themselves; they also need to help others. Since I became a Second of Cub Scout when I was Primary 6, I have learnt from the leaders and understood the importance of following rules and developing good relationship with peers.

The leaders also taught me how to be a leader — setting up tents, preparing campsites, cooking in the wild, etc. — all required teamwork. During the process, I've learnt how to actively express myself, effectively discuss and collect opinions to reach a consensus; how to arrange and allocate work properly within limited time; even if there are disagreements, how can I consider the whole picture from other's perspective and find a way for the two parties to reconcile. All of these knowledges prepared me to become a better Scout leader when I was 16.

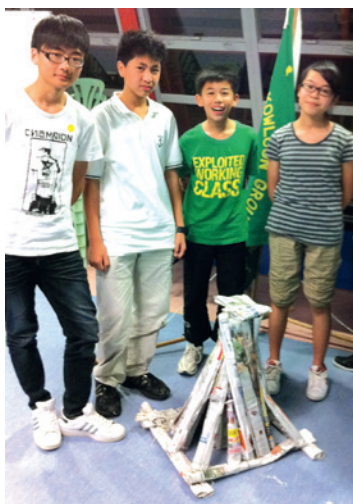
Becoming a tutor of after-school care service at 18 was another turning point in my life. I had to lead by example as a leader and became a role model for the children. Therefore, I also had to abide by the rules, such as restricting mobile phone usage in the classroom, no eating or drinking outside of tea time, etc. I understand that rules are necessary to maintain group order.

Since I have become a Scout leader and tutor, I found that

意見，同時面對許多壓力。令我最擔心的是他們缺乏抗逆力，當累積的壓力越來越大，又未能及時緩解時，最終容易令他們集中力下降、欠缺耐性及逃避現實，嚴重的甚至會出現抑鬱、自殘行為。因此，我立志成為出色的教育工作者，致力提升他們的自理能力及主動性，亦希望透過童軍和課託，以個人或小組形式與成員及學童分享日常生活和學習情況、與家人的相處等，目的是建立並鞏固他們的社交圈子，讓他們有紓解壓力渠道及互相學習，保持正向的價值觀。

今年副學士學位畢業後，我將於新學年升讀體育管理學士課程。雖然以我今天的成績要圓教師夢仍有距離，但正如我多年來在童軍和課託中所學到的，遇上困難需保持迎難而上的精神；且透過多年來建立的友誼，與朋友彼此扶持，讓我有力量努力達成夢想。

(陳梓汶，長沙灣中心課餘託管導師及童軍1357旅領袖)



children and young people nowadays do not take initiative to share views or offer opinions, and they are also under a lot of stress. What I worry about most is that they are vulnerable to adversity. When they feel overwhelmed and fail to find a way to deal with adversity, which can lead to lacking of concentration and patience and looking for an escape from reality; even worse, having depression, self-harm or suicidal behaviour. Therefore, I hope to become an outstanding educator and improve children's and young people's self-care ability and to take initiative. I also want to take the initiative to share with them personally or in small groups through Scout activities and childcare services, be it about daily life, school, getting along with family members, etc. I want to help them establish and stabilise their social circles, so that they can relieve their stress and learn from each other, as well as to maintain positive values.

I have just completed an Associate Degree and will take up a top-up degree in Sports Management in the coming academic year. Though my academic performance is not good enough to fulfill my dream, yet I will use what I have learnt in Scouts and childcare services — keeping the spirit of tackling difficulties and counting on the support of people around me to make my dream come true.

(Chan Tsz Man, Scout leader of the 1357th Kowloon Group and CSW Centre childcare tutor)





從未想過我的人生會與咖啡拉上關係。大學畢業後，我前往紐西蘭展開為期1年的工作假期，當地輕鬆悠閒的生活給我許多思考未來的空間。我決定以擁有一個既屬於自己又能夠謀生的小地方為未來的人生目標，延續我在紐西蘭的悠閒和隨性——開設咖啡店似乎是最簡單直接的方式。

回港後我開始努力實踐自己的人生目標。找到工作後，隨即尋找價錢合理的證書課程自我增值，結果於2016年我報讀了港青 City & Guilds 咖啡調配師資格證書課程。從此，我被引進了一個全新的領域——令我着迷的咖啡世界。

曾經有人告訴我，阿拉比卡咖啡的誕生是一個奇跡。阿拉比卡咖啡豆生長於高海拔地區，原應不利於植物生長，但它卻能倖存；它甚至與大自然融合產生了一種獨特的風味，為咖啡愛好者帶來前所未有的味覺體驗。我沉醉於隱藏在咖啡豆背後的小故事，僅僅學習理論已不能滿足我，我希望親手沖調擁有自己風格的咖啡。於是我毅然辭去辦公室的工作，決定與濃縮咖啡機為伍。

在日復日沖調咖啡的工作中，有一個問題經常纏擾着我：為甚麼咖啡師願意付出巨大的努力去沖製每一杯咖啡？其實大多數客人都不會注意到一杯咖啡是如何沖泡的，遑論懂得欣賞。港青咖啡調配師資格證書課程導師 Cammi 曾這樣說：作為一位咖啡師，就如背負着整個生產鏈所付出過的所有努力——從農民辛勞的耕

咖啡豆的力量

Coffee bean is not just a bean!

I have never imagined my life would be connected with coffee. After graduating from the university, I went on an one-year working holiday in New Zealand. The lifestyle and environment in New Zealand provided a lot of spaces for me to think about the future. I wanted to share the relaxed pace and free lifestyle I experienced there; I have decided, as my life goal, to own a cozy little place where I can make a living — and a cafe seems to be the most straightforward option.

After returning to Hong Kong, I jumped right into a job that would help achieve my personal goal; and at the same time, looking for affordable certification courses to get me started, and this brought me to the City & Guilds Barista Course in YMCA in 2016. I never expected I would be led to another universe — I was amazed by the world of coffee.

I was once told that Arabica coffee is a miracle. Arabica beans grow at high altitude, very fragile yet they survive. What makes it even more magical is nature has done its part to give the beans a unique flavour that gives coffee drinkers an experience which they never had before. I was fascinated by the stories behind those little brown beans and merely getting to know more about coffee cannot be satisfied. My hope is to brew my own cup of coffee and with that drive, I quitted my office job and since then, the espresso machine has become my closest companion.

During my daily work routine, one question that always comes to my mind is: why do baristas put so much effort to achieve their best in every single brew, that most of their customers would never notice, let alone to appreciate?

Cammi, my YMCA City & Guilds Barista Course instructor, once told us that as a barista, we represent all the effort made up and down the production chain — from the hard work of farmers, roasters, to even the plants themselves, all contributed to the coffee beans which ended up on our hands. We cannot afford to be arrogant and not treating the seeds right, that

種，到在烘焙機加工，甚至植物本身。沒有大家的努力，便沒有手上的咖啡豆。若因我們的自大，沒有全心全意地對待這些珍貴的種子，那所有付出的努力都變得徒勞；這段話感動了我。Cammi 不單教授咖啡知識，更與我們分享她的價值觀，令我更認真地看待咖啡師這份工作，更有動力面對工作上的艱難。

我嘗試懷着感激的心去沖泡每一杯咖啡，即使有時會在重複的工序中迷失，但隱藏於咖啡的力量總能再次激勵我。我亦非常珍惜與客人分享咖啡的時光，因為每次碰面都可能是最後一次，所以我希望將最好的咖啡給我的客人，在這混沌的世界為他們帶來一點喜悅。日本茶道有句成語「一期一會」(Ichigo Ichie)，意即一輩子只有一次的相會，這句話一直在我腦海中徘徊。

作為咖啡師總會遇到不同類型的客人，有些自稱「咖啡專家」，經常抱怨咖啡的溫度、酸苦度、牛奶的多少等，這只是冰山一角。當他們的說法（抱怨）與我所學的有抵觸時，真的很容易動怒！但當我學會的越多，便越能明白咖啡世界並沒有絕對的對與錯，分歧只是源自個人喜好的不同。因此我漸漸對客人的評語釋然，擺脫自己的偏執後，變得喜歡聆聽更多意見，加深對每個人的了解。透過這樣的方式，我更能將客人的需求與理論結合，從而沖泡出雙方滿意的味道！盼望世界也能在短期內達到這種平衡。

(陳瑞琦, City & Guilds 咖啡調配師資格證書課程學生)

concerted effort would end up in vain — and I was profoundly moved. Cammi not only teaches everything I should know about coffee, but also shares her value. She has a lot to do with how I take my job seriously and give me the motivation to endure all the hardship as a barista.

Now I try to brew every cup of coffee with gratitude; even if I felt lost sometimes in the repeated daily routine. The subtle, gentle coffee power always cheers me up. I also cherish the moments sharing coffee with my customers. As each encounter could be the last, I always try to bring the best of the coffee to my guests,



hopefully giving them a little joy amid this world of chaos. 'Ichigo Ichie', a Japanese idiom that describes as 'one chance in a lifetime', always lingers in my mind.



Baristas encounter different

kinds of customers. Some of them claim to be an expert and complain about coffee's not hot enough, too bitter, not sour enough, too much or too little milk.....to name but a few. We can easily be provoked, especially when these comments did not agree with what you learnt. However, the more I learn, the more I understand that there is no absolute right or wrong in the world of coffee. It is

always relative or simply about personal preferences. Eventually, I shrugged off my stubbornness, to listen more and learn more about each individual. I try to find a way to help me better integrate theories into customers' needs, which would bring harmony and happiness to both parties! I hope the world can also strike this kind of balance in the very near future.

(Suki Chan, student of City & Guilds International Award in Barista Skills)

Boundless成就了更好的我

Boundless connects me to my better self

不同的人生擁有不同的取經之路。何為路？足至各處也。在生命中我們會遇上不同的事景人物，留下大小不一、深淺各異的足印。而我深信Boundless必定是我18載人生路途中其中一個深刻銘骨的經歷。

Boundless，顧名思義，給予無盡的支持及致力充實我們。計劃讓我們通過不同渠道去探索自己的潛能，促進個人成長；同時藉一系列活動擴寬我們的視野。港青同工及Boundless的籌委更積極尋找與機構協作的機會，因此我有幸於暑假到觀塘容鳳書老人科日間醫院進行為期兩星期的影子實習，深入了解醫護人員的日常工作。它是日間醫院，護士的職責是檢查到訪患者名單、醫院的環境及各種儀器等。我有機會從旁觀察醫生診症，而我的工作就是在醫生檢查時作記錄及協助病人完成檢查等。這些經歷讓我大開眼界，也肯定了自己的夢想——成為醫生。醫生的責任遠超於醫治病人，更是服務社會，並為保障公眾健康把關。我希望將來有能力幫助社會上有需要的人，這些經驗讓我裝備自己，為追求夢想做好準備。

除了提供機會讓學生實踐理想，Boundless亦關顧個人成長。透過各式各樣的活動，發掘我們的強項和潛能。在參加Boundless之前，我很容易感到憂慮及批判自己，經常擔心在某方面做得不好，惹來朋輩的批評。從小到大，我都希望成為一位出色的領袖，不單輔助他人，更能夠帶領團隊進步、同行，能帶給我非一般的成功感；但同時我亦非常擔心自己不能領導同學達成目標。幸好Boundless的導師、社工及朋友給我無限的支持，賦予我勇氣去表達自己的意見，我非常感恩。去年8月，我們參加了蒙古義工服務團。出發前，我們需為蒙古的小學生準備活動。在準備過程中，我經常質疑自己的想法是否夠好，亦常感到還有許多進步的空間。慶幸組員及其他



Bob Teague once said, "We all leave footprints as we journey through life." In a lifetime, we come across bunches of activities and events, but I am sure that participating in Boundless is one that leaves remarkable footprints in my life journey.

Boundless, as its name tells, gives us boundless support and boundless enrichment. With an aim to provide opportunities for students to realise their potential and facilitate their personal growth, Boundless has held various activities which broadened my horizons. Boundless committees and YMCA staff have proactively searched for connections and collaboration opportunities for students. Through the broad network of YMCAHK and the committees, I was grateful that I could have a job-shadowing experience at the Yung Fung Shee Geriatric Hospital. The programme lasted for two weeks, in which I was able to be part of the team in the hospital, shadowing nurses as well as specialists to get an in-depth understanding about their daily routine. For instance, as a day hospital, the nurses have to check incoming patients, the condition of the environment and inspect the equipment. Furthermore, I was allowed to follow the doctors and observe how they conduct diagnosis on different patients with different health issues, and at the same time, to support them such as jotting down patients' medical history. This enriching experience has consolidated my dream to become a doctor. The mission of a doctor is not only healing patients, but also safeguarding the public health of the community. I wish to become a doctor to help the needy in society, to share healthiness, love and happiness. The experience has definitely equipped myself in the pursuit of my dream!

Apart from empowering students to pursue their aspirations, Boundless also emphasises on facilitating their personal growth. Throughout the one-year programme, Boundless had scheduled an array of activities for students to explore their strengths and potentials in various aspects. Before joining Boundless, I was quite an overthinker and a self-critical person. Since I was young, I have always wanted to be an excellent leader. Not only do I want

Boundless 的成員以肯定和鼓勵讓我有信心繼續進行準備工作。最後蒙古之旅的活動非常成功，而這一趟旅程亦成為我人生一次重要的里程碑。旅程中收穫的友誼、體驗的精深文化，以及看過的星夜，皆在我人生的價值觀、處事態度和視野留下了足跡。

Boundless 對我的影響實在不可言喻。Boundless 就如一道橋樑，成就了更好的我。透過 Academic Exploration Day 及 English Enhancement Workshop，我了解到自己對各行業的興趣，也意識到自己在英語方面的不足；透過師友計劃與師友交流，我確立了未來的職業路向。更重要的是，在 Boundless 的社工及籌委身上，我深切感受到「以生命影響生命」。他們無限的支持和鼓勵，讓我立志善用自身的能力貢獻他人、服務社群。他們深深地影響了我，亦在我的人生路上留下了足印。我將會跟隨着這些足印，將他們無私的精神傳遞給下一屆的學員。

今屆 Boundless 雖然已經結束，卻不是完結，更似是另一階段的開始。Boundless 的足印提醒我要善用在 Boundless 所學，將來好好應用在自己的人生路上，更要回饋 Boundless 和 Clapotis 這個大家庭。

(董益霖，Boundless 參加者)



to support my team, but also aspire to lead them to achieve our goal, which brings me an immense sense of fulfillment. I used to worry that I did not live up to my peers' expectation as a capable leader. However, Boundless' mentors, social workers and friends have given me courage and confidence along the way. For instance, we went on a service trip to Mongolia in August last year; and prior to the trip, we needed to come up with events and activities for the primary students there. However, during the process, I started to doubt if my ideas were good enough, or how I could do better. Fortunately, my teammates and all the Boundless members were affirmative and appreciative of what I had done. This boosted my confidence to keep going and it turned out that our performance was fantastic and amazing! The service trip was a memorable and remarkable journey, which has left significant footprints on the development of my career path, life value and exposure.

Words cannot express how much Boundless has impacted me as a person. Boundless serves as a bridge connecting me to my better self. From the English Enhancement Workshop and the Academic Exploration Day, I realised my strengths and weaknesses, and improved my English ability. Through the year-round mentorship scheme and the job-shadowing programme, I was assured a clearer target of my future career. More importantly, I truly understand what 'Life on life' means from the Boundless committees and social workers. Their unlimited support and encouragement have doubtlessly impacted me. The most vital of all is, what they did for us have inspired me to do the same — contributing myself to serve others. They have left footprints on my path, which worth following in order to pass on this meaningful spirit to students of the next cohort.

The end of this cohort is the beginning of a new adventure, and the best is yet to come. Boundless's footprint has reminded me to treasure and apply what I have learnt to my own path, as well as to give back to the programme. I wish to devote myself to Boundless and Clapotis, which are families to me.

(Ryan Tung, participant of Boundless)



改變固執自我 學會珍惜當下

Stop being stubborn and cherish what we have

8年前參加A-Life Academy，兩年計劃完成後隨即加入舊生會，8年來這計劃給予我的幫助多不勝數！

參加A-Life Academy時，我是一位中四學生，跟許多香港學生一樣，學業就是我的一切，「夢想」對於當時的我來說，只是一個很遙遠及虛無的概念。然而A-Life Academy展開了我的尋找夢想之旅，例如透過撰寫「夢想自薦計劃書」，鼓勵我勇敢發掘夢想；隨後我亦參加了影子實習及海外交流團，肯定了自己的興趣，奠定我選讀大學及尋找工作方向的基礎。還記得中學時我的夢想是成為一位救護員，所以很希望透過學校的救傷隊去體驗救護員的工作，可惜最終未能如願；卻從A-Life Academy安排的影子實習中，獲得在健康中心擔當實習護理員的機會，讓我一嘗夢想的工作。當時的工作內容包括巡視病房及協助復康員進行物理治療等，讓我深深體會到這份工作殊不簡單，首要是耐性，提醒我加強這方面的培養。縱然最終我沒有選擇護理為大學的專業及畢業後的工作，而是選擇了建築，但那次實習經驗讓我見識到職場環境，並對工作應有的態度進行反思，也要感謝A-Life Academy讓我有機會體驗當年夢想的職業。

在參與A-Life Academy的8年間，我見證了自己的轉變！感謝A-Life Academy開拓了我的視野，讓我能夠從不同的角度看自己，感受自己的需要！從前我是一個很固執的人，經常因為過份堅持己見而產生莫名的疏離感。幸好透過參與

I joined the A-Life Academy 8 years ago, and after completing the 2-year programme, I immediately joined its alumni group as it had helped me in countless ways so I couldn't wait to give back!

I was a Form 4 student when I joined the A-Life Academy. Just like other students in Hong Kong, academic means everything to me; therefore, pursuing a dream had never crossed my mind. Yet, A-Life Academy has enlightened me to embark on this journey. For example, it helped me to find the courage to pursue my dream through writing a proposal for the Aspiration Project Nomination Scheme; I recognised my interests and confirmed my future studies and career through participating in job-shadowing and overseas service trips.

I dreamed of becoming a paramedic when I was in high school, hence I joined the school's first aid team and hoped to get an opportunity to have a taste of my dream job. Yet, it didn't come my way. A-Life Academy made up for my disappointment by giving me an internship opportunity to be a care worker in a health centre. My duties included doing ward rounds and assisting the rehabilitation workers during physiotherapy, which made me realise that was not an easy job — patience is essential so I need to train myself to be more patient. Though I eventually did not choose Nursing but Architecture as my major, the precious experience allowed me to understand what workplaces are like and the attitudes I should have at work. I would also like to thank A-Life Academy for giving me the opportunity for the experience.



During my 8 years of participating in the programme, I have witnessed my own transformation. Thanks to A-Life Academy for expanding my horizons, allowing me to see myself from a different perspective and understanding my needs. I used

不同的活動，喚醒我這種性格不利於對建立人際關係，甚至會影響到日後投身社會工作。還記得在迎新營進行分組城市定向遊戲，大家通常在得到遊戲資料後一起商討對策，而我則在定下自己覺得可行的方案後，着組員跟從。然而過程中總會遇到意想不到的情況，如因走錯路耽誤了時間，從而需要重新制定策略。但當時的我總是堅持己見，忽略其他人的意見，後來才發現別人也有可行的方案，甚至能成功讓我們在遊戲中扳回一城。凡此種種經歷讓我明白「人外有人，天外有天」，我不可能對每件事瞭如指掌，因此我決心改變自己，學習與人溝通合作，在發表意見前先聆聽，並學習放下己見，習人之所長。

我亦很高興透過 A-Life Academy 認識來自不同學校的學生，彼此交流學習心得，互相扶持，令我的學業大為進步。在我們應考中學文憑試前，A-Life Academy 安排了英文導修小組，除讓我可在校外學習，更有機會與來自不同學校的學生一起溫習，練習口試，互相指導及交流，這無疑比獨自溫習更有成效。中六畢業後，亦是為期兩年的 A-Life Academy 計劃的終結，我隨即加入舊生會，認識了不同屆別的舊生成員。我們彼此合作，一起組織義工活動，以及協助大會組織活動及工作坊，使我在統籌活動及溝通等能力有所提升。猶記得初次以舊生成員身份籌備的活動是聖誕派對，因為大家同是「新手」，在討論時都顯得很羞澀，不敢發表意見，幸而在港青同工的協助下終於打破僵局，我亦獲得了寶貴的籌備活動經驗。

此外，參加海外服務交流團亦對我有很深遠的影響。抱着希望能幫助別人的過程中獲得反思，我在過去數年走訪了一些東南亞國家的村莊，體驗當地淳樸的生活。印象最深刻



to be very stubborn and because I often insisted too much on my own views, I inevitably felt an inexplicable sense of alienation when trying to get along with others. After joining A-Life Academy, I realised that this personality trait and mentality is very unfavourable for establishing interpersonal relationships. I recall once as a participant of an orientation camp, I tended to stick to my plans and ignore other people's opinions. However, after that experience, I found that sometimes other people's ways might be better than mine. I realised that I do not know everything and my plans are not perfect, so I was determined to change myself, to communicate with others, to listen before expressing myself, to let go and to learn from others' strengths.

I was also very pleased to be able to meet students from different schools through A-Life Academy. We exchanged learning experiences and supported each other, promoting each other's academic progress. When I was preparing for the DSE in Form 6, A-Life Academy arranged an English tutorial group for us so that we could learn outside of school, study and prepare for the oral exams with students from different schools. Mutual support and exchange were undoubtedly better than studying alone. After graduating from Form 6, I joined the A-Life Academy's alumni association and got to know alumni of different cohorts. We cooperated with each other to organise volunteer activities and workshops and through which, my coordination and communication skills have improved. I still remember the first event that I organised as an alumna was a Christmas party. Everyone was a 'novice', seemed shy during discussions and did not dare to speak up. Finally, with the help of the staff, we broke the ice and I gained valuable experience from this.

Another experience which had a profound impact on me was the overseas service trips. The essence of the overseas service



的是藉2016年的柬埔寨義工團到訪一所兒童院舍進行服務，午飯時職員送上汽水，我們馬上開懷暢飲解暑；相反，兒童院的兒童接到汽水後，有的小口地品嚐，有的抱在懷裏不捨得飲用，更有的乾脆收藏起來。後來從職員口中得知汽水非常罕有，故他們分外珍惜。這對我猶如當頭棒喝。汽水在我們生活中唾手可得，院舍裏的兒童卻珍而重之；反觀我們作為都市人，物質豐富，經常訂購最新的電子用品、搶購衣物，甚至會因得不到心頭好而難過。我深深被院舍裏小朋友「珍惜當下」的態度所感動，亦明白到在生活中尋求的滿足感，並非來自物質，而是體會生活中每件事物皆得來不易，也要對別人的幫助心存感激。

透過 A-Life Academy 我學會感恩，正如舊生會的口號「取之社會，回饋社會」，A-Life Academy 給予我許多體驗的機會，不論是學業支援或成長輔導，都是無價的。在未來的日子裏，我會繼續以義工身份幫助 A-Life Academy 的學弟妹們，例如運用我的知識及工作經驗，為準備升學及就業的同學提供選科意見及有關建築設計行業的資訊，也期望向他們分享如何在職場上建立人際關係；同時我會繼續參與社區服務，如擔當義務補習老師，希望繼續裝備自己，盡我所能回報 A-Life Academy，並回饋社會。

(周珍珍，A-Life Academy 第二屆參加者)

trips is to help others and to reflect on our own lives. In the past few years, through A-Life Academy, I have visited several villages in Southeast Asian countries and experienced the simple local life. One of the most memorable was the Cambodian service trip in 2016, during which we went to a local children's home to serve. When we were handed with soft drinks, we all drank them immediately. It was a stark contrast when the children in the children's home received the soft drinks — some took a sip, some held on to the drinks and hesitated, while others immediately went away to put the drink in somewhere safe. We were later told that it was because the children rarely had the opportunity to drink soft drinks, which was shocking to me. While soft drinks seems nothing to us, they are so precious to the children living in the village. In a materialistic city, we often buy trendy electronics and clothes, we even feel sad not having them. I was deeply moved by the cherish-what-we-have attitude of the village children, who touched my heart every time I interacted with them. I understand better the importance of finding happiness in life whilst material things do not bring happiness. Everything in life is actually hard-won and I should be grateful for every help from others.

I learnt about gratitude at A-Life Academy, as the alumni association's motto goes — 'Take from society and give back to society'. A-Life Academy gave me many opportunities and experiences, in terms of academic support and counselling, on top of the priceless knowledge. Today and in the days to come, I will continue to help the Academy's young children and use my past learning and current work experience to advise students who are preparing for further studies and career. At the same time, I will also participate in different community services, such as serving as a voluntary tutor, to try my best to give back to A-Life Academy and to society.

(Sophie Chow, A-Life Academy 2nd cohort participant)



比退休前更活躍 More active since retirement

自2010年成為港青會員，不經不覺已10年。回想當年加入的原因是希望在退休後多做運動，保持身體健康。因此位置方便、配備

完善的港青便成為最佳選擇。

10年來，我幾乎每天都到港青游泳，因此結識了一班志趣相投的泳友。我們無話不談，每天一起游泳、寒暄、吃飯，就這樣消磨大半天，對我們這些退休人士來說，港青絕對是與朋友相聚的好地方！

近年，我漸漸喜歡參加會員服務部為先進會員舉辦不同類型的活動，如茶聚、節日聚餐，及各種悠閒、體育、戶外活動等。當中包括一天遊活動，

讓我們增長見識，並更認識香港，溫故知新又與時並進。例如藉參觀T•PARK了解到綠色建築及以先進科技處理污泥等；參觀南丫島漁民文化村，由當地漁民介紹香港漁民傳統文化和捕魚業發展歷程，以及嘗試無鈎釣魚等。我更會主動幫忙籌備活動，如以往的飯聚大多是即興發起的，而現在我會負責組織；我亦會幫忙聯絡一天遊的參加者。

從開初只希望多做運動強身健體，至現在參與不同的活動，我越發投入港青，從而認識了很多新朋友，擴大了社交圈子。我比退休前更活躍，身心更健康。

未來我希望繼續參與港青的活動，作不同的嘗試，做到退而不休。

(鄧杏芝，先進會員)

10 years has gone by so fast! Recalling when I joined YMCA member in 2010, I was planning to exercise more to stay healthy after my retirement; therefore, YMCA's convenient location with great amenities has become my best option.

I go swimming at YMCA almost every day over the past 10 years, and I got to know a group of enthusiastic swimmers. We keep no secret from each other; we swim, chat and dine together, as retirees, it is such a great way to kill half a day like this. YMCA is indeed a perfect place for gathering!

In recent years, I found myself enjoying more and more the various activities organised by the Member Services for Master Member, such as tea gathering, festive dinner and various

leisure, sports and outdoor activities, ect., in which the day tours allowed us to learn more about Hong Kong, knowing the history and keeping up with what's going on. For instance, we learnt more about green infrastructure and the advanced sludge incineration by visiting T•PARK; we also enjoyed the local fisherfolk

culture and the history of fishery industry in Hong Kong when we visited Lamma Fisherfolk's Village, let alone the chance to try hookless fishing. I even stepped up to help arranging the logistics, such as planning regular lunch gathering and contacting day tour participants.

At the very beginning, I was just thinking about keeping fit and healthy, it turned out I participated in various activities and enjoyed them so much. Through these activities, I made a lot of new friends and expanded my social circles. I have been more active since my retirement, and at the same time, I definitely have a healthy body and mind.

I hope I can keep participating in different activities of YMCA in the future, as well as to explore different things. I may have retired yet I never stopped.

(Connie Tang, Master Member)





我在兒童發展基金計劃3年的歷程 My 3-year CDF journey

我深信「讀萬卷書不如行萬里路」，讀書好的同時也需多見識不同的事物，汲取各種經驗和知識。故參加兒童發展基金計劃後，我曾兩次參與柬埔寨交流團。

首次參加海外服務團時心情難免戰戰兢兢，只抱着參觀及做一些簡單服務的想法。其中一項活動是到訪垃圾山，我親眼目睹並走上由垃圾鋪成的路，一不小心還會弄至滿鞋污水。那次探訪不單成功令我踏出自己的舒適圈，見識世界真實的一面，更讓我了解柬埔寨的歷史，如赤柬事件的起因、經過和結果；也學會以 SMART 思維方式為當地的小朋友設計活動和遊戲。

有了第一次的經驗，翌年再參加柬埔寨交流團時，我在籌備時更有把握，更榮幸地被編配為小組組長。在領導小組編排活動時，我常以自身的經驗提醒組員，同時讓我學習待人處事，無論組員提出任何意見，也要包容和接納。討論時雖難免出現意見分歧，但作為組長，我會盡量安撫他們的情緒及緩和氣氛。儘管籌備的過程遇到不少難題，但因十分期待與當地的小朋友及居民再聚，我的心情仍十分雀躍。兩次交流團的得着各有不同，但都是我願意踏出第一步的成果。

參加兒童發展基金計劃各式各樣的活動讓我有機會認識年齡相若的同學。回想3年前的我不擅與他們溝通，反倒與較年長的更談得來。透過參與不同的活動如「生命·歷程」體驗館工作坊等，因要與其他參加者合作完成項目，令我不得不接觸不同的人，慢慢地變得健談，更因此結識了許多朋友。

As the old saying goes, 'Nothing compares with the journey on your own feet', it's always good to explore new adventures to obtain new experience besides focusing on study. Therefore, after I participated in the Child Development Fund (CDF) project, I took part in the service trip to Cambodia twice and learnt a lot from the experience.

I was incredibly nervous in my first visit to Cambodia. I didn't have much expectation but sightseeing and offering my help with a few simple tasks. Visiting 'Trash Mountain' was one of our itineraries. I walked on the path built with trash and waste and could get my shoes dirty if I was distracted. Those experiences helped me step out of my comfort zone and have a taste of reality, let alone filled me with Cambodia's rich history such as the Khmer Rouge genocide. It also allowed me to apply the technique of SMART on designing activities and games for the local children.

Based on the experience gained in the first trip, I was well-equipped for the service trip the following year and was honoured to be appointed as a team leader. I shared my previous experience with my teammates when we planned activities together, and during that, I also learnt how to manage interpersonal relationships, as well as to embrace individual differences and diversity. Disagreement was pretty much inevitable if teammates held different opinions. As a team leader, I tried to resolve conflicts by making them relaxed and easing the tension among them. Despite the challenges in



計劃也改變了我如何運用金錢的習慣。從前我愛按自己的喜好消費，從不與家人商量，每月只會儲起剩下的錢。參加計劃後，每月我需要儲蓄200元，可花的金錢少了，我開始仔細地計算支出。感謝計劃的工作坊教導我「想要」及「需要」的概念，現在購物前會先與家人商量，並衡量及區分物件是否我所需，或只是想買。這些改變不但增進了我與父母之間的溝通，亦促使我養成儲蓄習慣，現在我會把零用錢分成兩份，一份作儲蓄，另一份作日常開支。

3年的兒童發展基金計劃已完結，我亦成為有責任心、愛心及懂得待人處事的人。更大的得着是確立了成為社工的夢想。小時候我曾得到社工的幫助，因此對這職業一直充滿憧憬。恰巧計劃為我配對的師友是一名社工，她常與我分享她在工作上的點滴；當我感到困惑時，她亦會幫助我解答疑難，就像小時候曾幫助我的社工。我希望將這種樂於助人的精神傳承下去。參與義工服務只是我踏出的第一步，期待將來能夠幫助更多社會上有需要的人。

(潘喜儀，兒童發展基金計劃參加者)



the preparation, I was looking forward to a reunion with the local children and residents. I am so glad that I took the first courageous step and had such amazing experience in both trips.

CDF project also helped me connect with folks with similar age. Before joining the project, I always felt more comfortable talking to older people. Through participating in various activities such as workshops of the Life Journey Centre, etc, I had to collaborate with other participants to complete the tasks. I have gradually opened up, become outgoing and easier to make friends.

The project also changed my spending habit. I used to buy whatever I wanted without talking to my parents, and only saved up the remaining. After joining the project, I had to save \$200 to meet the monthly saving target. So I started managing all my expenditures carefully. I am grateful that the project organised workshops to teach us the difference between Wants and Needs. Now I always talk to my parents and think twice before spending. These changes have greatly improved my relationship with my parents, as well as helping me develop a saving habit. Now I always split my pocket money into 2 portions — saving and daily expenses.

The 3-year CDF project came to an end and I have transformed into a responsible, caring and mature person. More importantly, I affirmed my dream to become a social worker. I was helped by a social worker when I was young, and since then it has become my dream career, and I was fortunate to be matched with a mentor who was a social worker through CDF. She shared with me about her career, helped me when I was confused, just like the social worker whom helped me before. I would like to extend this spirit to others, just like how they did. Being a volunteer is my first step; I hope I can help more people in need in the future.

(Poon Hi Yee, participant of Child Development Fund project)

梁皓勤：「港青，伴我同行」

Ken Leung：“Walk along with YMCA”

這陣子整理舊物，翻到一張要算是我最古舊的港青夏日營證書。有別於現今新穎吸引的設計，這張泛黃的手寫證書「YMCA Summer Camp」，令我回憶起2002年的夏天，我還是個5歲的小孩子，第一次整個星期朝8晚4「出外歷奇」。猶記得從夏日營領袖手中接過證書後，我如獲珍寶，滿心歡喜地帶回家中。那時的我，並不知道這張證書不只記載着我在夏日營留下的足印，更是引證我在港青成長的開端。



小時候我總是穿梭在港青位於尖沙咀的總部。母親給我報了很多興趣班如游泳班、攀石班和歌唱班等，但我最期待的還是暑假，可以參加不同的夏日營。我特別喜愛水上活動，因此我的名字經常出現在獨木舟營及水上遊樂營的名單上，亦因如此，發掘了我對划船的興趣。兒時的我既害羞又寡言，起初頗抗拒與陌生的小朋友和營會導師相處，也會跟母親使性子說不想去。然而每次營會後回家，我總會雀躍不已地向母親細數在營中做了甚麼、學了甚麼，「那你下次還想去嗎？」母親問，答案是肯定的！我愛夏日營，很喜歡在營中學到的集體遊戲、營歌、技能，又能夠交朋友，港青是我歡樂的根源。

長大後，我對營會的熱情絲毫沒有減卻。小時候總是渴望穿上領袖的 Staff Tee，憧憬着自己變得跟營導師一樣帥氣，既成熟又能幹。後來，角色不同了，我不再只是參加者，而是成為Teens才領袖訓練營的學員，開始學習成為營導師。跟其他伙伴一起籌劃夏日營，不但學習帶領活動，更重要的是學習照顧小朋友。我領略到團隊合作的重要性——一起完成任務並肩負責任。此後，我更負責統籌夏日營，由策劃遊戲活動，到指導其他領袖，以及處理各種突發事情，盼望能帶給小朋友快樂的體驗並有所得着。這時候，港青給予我的，有歡樂，也有責任。

成長路上，我與港青密不可分，從小時候只是參與者，到義工領袖，再成為真正的領袖。在港青的陪伴下，我經歷了許多。每年夏天，我都會在夏日營幫忙。雖說熟悉夏日營的安排，但總有做得倦怠、氣餒的時刻，迷茫之際，我開始找不到幫忙的理由。當時的主管提醒我：「營是照舊，但遇到的人和事都不一樣，笑聲也不一樣。」確實，每年我都會遇上許多不同的人，面對新的挑戰，悟到新的啟發，而我正正是從這些體會一點一滴地累積而成長。我將這些點滴傳遞給小朋友和其他領袖，正如當初營導師們如何帶給我愉快的經歷一樣。因此港青於我，是歡樂，是責任，更是啟發。我由衷感激港青以及在這裏遇見的所有人為我帶來的一切；我更希望將這份啟發一直承傳下去。



Grubbing around in a pile of folders, I found the most antique YMCA certificate of mine. Differing from the appealing design we now have, it had 'YMCA Summer Camp' handwritten on the time-worn paper. It was the summer of 2002 when I was still a 5-year-old weepy little kid, I had my very first adventure in a YMCA camp. I still remember that I returned home full of happiness with my glorious certificate in my hand. Little did I know what I brought home that night was never merely a footprint of that adventure I had? It had witnessed the beginning of my 18-year journey with YMCA.

Throughout my childhood, I have always been in the YMCA of Hong Kong Headquarters in Tsim Sha Tsui. Whether it was school days or during summer times, I was there joining different activity classes such as swimming, climbing, singing and more. Summer was always the season I looked forward to, as it was when most camps took place. Water sports were my favourite. I bet my name appeared pretty often on the lists of Kayaking Residential Camps and Water Fun Day Camps where I developed very deep interests in paddling water-crafts. I did not like camps from the very beginning though, given I was quite a shy and quiet kid. I was a bit reluctant to hang around with stranger-campers and leaders. However, each time when my mother asked if I enjoyed the camps, I couldn't help but kept sharing with her all the fun things. "So, are you still in next time?" That was certain — I loved the games, the songs, the skills I learnt and the bonds I had with my camp friends. I loved camps! YMCA was my root of happiness.

Years of being a camper had not diminished my passion for camps. I would never tell them that but I'd always admired my camp leaders, imagining myself in their handsome staff tee and demonstrating leadership. I joined the Teens Leadership Programme and began to learn how to be a leader. Not only did we have to lead different in-camp activities, we also had to ensure

the safety of the campers and camper care. Team work, responsibility, resilience... I had learnt a lot through accomplishing various tasks. When I finally became the person in charge of a camp, I organised activities and led other counsellors to carry out tasks, hoping to give the best I could to the kids. At that time, YMCA was not just happiness, but also responsibility.

All these years, I have always walked along with YMCA of Hong Kong – from being a camper, to a volunteer (counsellor-in-training), and a Camp Coordinator, helping out in camps. I know camps well, but there were times when I felt lost, when the same jobs and tasks exhausted me over and over. "The camps could be the same, but the people wouldn't, the laughter wouldn't." My then supervisor reminded me of how much I have been inspired by different people and challenges through these years. All these drips and drabs of inspiration have shaped who I am today,



and I realised that I could be the inspiration of the campers and other leaders like how my camp leaders had become mine. To me, YMCA is still happiness and responsibility, but what's more is inspiration. I am forever grateful to YMCA and what the people I met here have brought me, and I hope this would be passed on for many more years to come.

黃正匡同學的家長 *Cindy & Roco* *Cindy & Roco, Parents of Trevor Wong*

基信國際幼稚園 *Christian International Kindergarten*

我們希望藉着這次機會表達我們對基信國際幼稚園老師的感謝。

在一次網上課堂中，我們因為網絡問題而未能準時登入上課。我們嘗試聯絡學校尋求幫忙。當我們終於成功登入時課堂已經結束了。老師得知我們未能參與課堂後，立即聯絡我們並安排了一對一的課堂給 Trevor。Trevor 為此感到十分高興，我們也很感謝這次體貼的安排！

儘管受到疫情影響，身為家長的我們也能感受到學校和老師的靈活應變和動力。他們堅守崗位，繼續為每一位學生提供有質素的教育和關懷。除了日常運用網上軟件授課外，學校亦會根據學生的需要和學習進度而針對性地調整課程。我們由衷感謝學校對教育的堅持和決心，我們亦為 Trevor 在基信國際幼稚園的成長與發展感到自豪！



I am writing to express my gratitude to the Christian International kindergarten teachers.

A few weeks ago, we were experiencing some technical difficulties and could not log in on time for the online class. We tried to resolve the issue by calling the school and getting help to fix the hitch. However, by the time we were able to log in, the online class was over. On hearing of our difficulties, the class teacher called us back immediately and arranged an individual one-on-one lesson for our son. Trevor was ecstatic! We really appreciate this thoughtful gesture.

Despite the current situation, we as parents feel the teachers and school have stayed resilient and dynamic. They have upheld their commitment to providing quality education to each and every child in their care. Other than launching online classes, the kindergarten has been diligently evaluating the needs of the children and have taken action to improve the learning experiences of the children. I would like to thank the kindergarten team for their perseverance and dedication. We are proud of Trevor's growth and development at the YMCA of Hong Kong Christian International Kindergarten.

K2班 *Justin Cho Min Chul* 同學的父親 *Father of K2 Student Justin Cho Min Chul*

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



我們一家將遷回加拿大定居，而 Justin 將在那裏繼續他的學業，因此我想藉此機會感謝所有老師和學校同工在過去數年對 Justin 的慈愛和教導。我們非常感謝你們對他親切的愛和關懷！Justin 將會想念所有的老師、校工和朋友。能夠成為基信國際幼稚園（西九龍）的學生真是一件幸事，這將會成為他美好的回憶。Justin 很享受校園的生活，而學校的團隊為 Justin 提供了充滿愛及充實的學習環境。Justin 患有皮膚濕疹，學校給他足夠的保護和額外的照顧，真正顯示了耶穌的愛，我們對此深表感謝。

Our family will be moving back to Canada and Justin will continue his studies there.

I would like to take this opportunity to thank all the teachers and staff for their kindness and guidance towards Justin during the past few years. Your tender loving care is much appreciated! Justin will miss all his teachers, school aunties and friends. It has been a blessing to be a student of your school and will be a great memory for him. Justin really enjoyed his time at the YMCA and the leadership in the school has provided a loving and fruitful learning environment for Justin. Despite Justin's skin condition of eczema, the school has provided him protection and extra care that really reveals the love of Jesus and we are very thankful for it.

K3班趙加浩同學及母親

K3 Student Valor Chiu and his mother

基信幼稚園 Christian Kindergarten (啟晴 Kai Ching)

我是趙加浩的媽媽。加浩能夠入讀基信幼稚園(啟晴)是福分。我們夫婦倆選擇讓加浩在K3轉校到基信幼稚園(啟晴)就讀，是因為欣賞老師常為學生及身邊的人禱告，且十分認同以聖經課程教學。學生的改變是從愛心的教導開始。而學生的改變能感染家人和朋友，生命影響生命就是如此承傳下去。

感謝老師們的付出，感謝您們為加浩帶來了快樂、信任、關愛和榜樣，及很多很多寶貴的回憶。雖然只是短短一年，加浩的改變，令人鼓舞。

在此值得感恩的日子裏，我要說聲感謝！欣賞您們以愛滋潤幼嫩的生命，盼望您們持守真理的教導，作孩子的好榜樣！



I am Valor Chiu's mother. It has been a blessing for Valor to study at Christian Kindergarten (Kai Ching) (CKKC). My husband and I made the decision to let Valor study K3 at CKKC because we appreciate the teachers; among others, to pray for students and the people around them. We also see the merit of adopting the biblical curriculum. Changes in students are the results of teachers' teaching with love, and can extend to students' family and friends. That's how 'Life on life' passes on to the next generation.

I am thankful to the teachers' efforts as they have played such good role models for Valor. I am grateful that they brought happiness, trust and care to Valor's life, as well as so many fond memories. It is heartening to see the transformation of Valor over the past year.

I would like to express my gratitude to the teachers. I appreciate how you nurture the little ones with love. We hope you will continue to teach children the truth and to be good role models for them.



我是趙加浩，轉校到基信幼稚園(啟晴)已經一年，畢業後即將入讀小學。感謝區校長的愛。打從入學第一天開始，區校長已記住我的名字，並在校門前歡迎我。感謝老師們給我的關懷，讓我很快便投入校園生活。我喜歡唱詩歌、讀聖經，及帶領同學一起祈禱。將一首詩歌送給大家——【歡欣】。

「歡欣，心裏感謝神；歌唱，歸於聖父；讚頌，你賜下慈愛獨生的愛子。(x2)

今天，心中剛強無懼怕，主的豐盛滿一生，皆因主手曾為我顯深恩。讚美！」

My name is Valor Chiu. I was transferred to CKKC in K3. It has been a year since I attended CKKC. I'm graduating from CKKC and going to primary school soon. I would like to thank Principal Au for her love. She remembered my name since day one and said "Welcome" to me at the school entrance. I want to thank the teachers who have cared for me. Their care helped me adapt to the school life quickly. I like singing hymns, reading the Bible and also leading prayers in my class. I would like to share a hymn with you all.

'Give thanks with a grateful heart. Give thanks to the Holy One. Give thanks because He's given Jesus Christ, His Son. (x2)

And now let the weak say, "I am strong". Let the poor say, "I am rich"

Because of what the Lord has done for us. Give thanks.'

K3班周卓穎、N1班周珀穎同學的母親

Mother of K3 Student Daniel Chow and N1 Student Isaac Chow

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

「YMCA I love you，幼兒學校快樂園地……」

正如校歌所提，基信幼兒學校（農圃道）是一所開心快樂的幼兒學校。

感恩卓穎能夠在這裏開心地渡過幼稚園生活。卓穎在這三年的課程中認識神，並透過聖經故事建立良好的價值觀。

回想卓穎剛入學時，他面對最大的挑戰是自理能力（例如在校進食午餐）和守規則。卓穎屬於較頑皮的學生，不時會搗蛋，但老師們很有耐性地讓卓穎明白自己做錯了甚麼，從而糾正他錯誤的行為。老師亦會主動與我傾談卓穎的情況，讓我更了解他在學校的表現。故我想藉此機會感謝校長、老師、社工姑娘對卓穎的悉心教導。

最後，祝願大家健康快樂！

「YMCA I love you，幼兒學校快樂園地……」

As the school song goes, Christian Nursery School (Farm Road) is a happy nursery school.

We are grateful that Daniel enjoyed his kindergarten life here. Over the past 3 years, Daniel learnt about God and established good values through the Bible teachings.

When Daniel was admitted to K1, the biggest challenge was to look after himself (such as having lunch at school) and to follow rules. Daniel was quite naughty and always broke rules, but the teachers were very patient to let him understand what he did wrong and corrected hm. The teachers were also very keen on discussing Daniel's performance with me, so I could have a better understanding of his behaviour at school. I would like to take this opportunity to thank the Principal, teachers, and social worker for their loving care and guidance to Daniel.

Wish you all good health and happiness!





尖沙咀(國際)聯青社

Y's Men's Club of Tsim Sha Tsui

過去一年，香港經歷了社會動盪及新冠肺炎等嚴峻的考驗，尖沙咀(國際)聯青社的成員十分慶幸在這艱難時期仍能繼續服務社區，為青年會籌款，與國際聯青社東南亞及香港地區連繫。

Hong Kong was rocked by social unrest and has been fighting against COVID-19 in 2019 and 2020, members of the Y's Men Club of Tsim Sha Tsui felt so blessed that we were still able to serve the community, raise fund for YMCA and connect with other Y's Men's Clubs in the Southeast Asia Region, as well as the Y's Men International Hong Kong District.

**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2019-2020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 2019-2020.**



再臨閣餐廳重開 Re-opening of The Haven



港青周年大會 AGM of YMCA of Hong Kong



港青開放日 YMCA of Hong Kong Open House



「世界零疆界」嘉年華 Together As One Carnival



洲域服務理事殷慧冰、前社長蔡伯純(左)和社長李振龍(右)與表演者合照。
Area Service Director Rose, Past President Percy (far left), Club President Gabriel (far right) and the performers.

得到西九龍耀信發展學習中心同工的全力支持，尖沙咀(國際)聯青社在長沙灣區內派發口罩及免費午餐飯盒。
Members of the Y's Men Club of Tsim Sha Tsui, fully supported by YMCAHK's Beacon Centre staff, delivery of face masks and free lunch boxes were organised.



捐贈口罩予長沙灣區內的長者、少數族裔家庭和前線清潔工人。
Donated face masks to elderly, ethnic minority families and frontline cleaners in Cheung Sha Wan.



捐贈行動共 270 人及 50 戶家庭受惠。
The action benefited 270 receivers and 50 families.



愛心午餐計劃 Giveaway Lunchbox campaign

尖沙咀(國際)聯青社於 1981 年 3 月 19 日成立。聯青社旨在服務基督教青年會及本地社區。成員通常於每月第一個星期四進行例會。我們歡迎基督教青年會員參與本社之例會和活動。如欲進一步了解聯青社，歡迎 Whatsapp +852 6633 8260 或電郵 ysmenhk.tst@gmail.com 查詢。



The Y's Men's Club of Tsim Sha Tsui was chartered on March 19, 1981. The purpose of the Club is to serve the YMCAs and the local community. Members usually meet on the first Thursday evening of each month. We welcome YMCA members to join the club meetings and activities. If you are interested to know more about Y's Men's Club of Tsim Sha Tsui, please feel free to WhatsApp +852 6633 8260 or email ysmenhk.tst@gmail.com.



最軟的才最包容
LOADING CORNER
用最軟的歷史與傳統，
用心染出一歲年



相片剪輯 - 課程及服務

Photo Clipping - Programmes & Services



西九龍耀信發展學習中心舉辦港青健體日推廣新健康課程及活動。
New fitness programme trial on 'YMCA Wellness Day' at Beacon Centre.



海外家務助理部的義工出席義工嘉許晚會2019。
Volunteers from Domestic Helper Unit attended the Volunteer Appreciation Evening 2019.



會員服務部舉辦玩樂坊，教授如何運用廢棄的紙盒製作特色小船。
Member Services Section held a fun workshop to make boat craft out of recyclable cartons.



會員及社會服務部經理退修日——經理們體驗了天然攀岩、直立板和低結構繩網。
M&CS Managers' Retreat – the managers tried out climbing, stand-up paddleboarding and low rope.



參加者施展渾身解數，力爭港青首屆三人籃球賽冠軍寶座。
Participants strove for the first YMCA 3-on-3 Basketball Championship.



森林探險隊——我們遇上挪亞！
Jungle Adventure Day Camp – We met Noah!



「傲翔新世代」全方位青年領袖訓練計劃的舊生一起在原野烹飪和野外露營。
Alumni of the Youth Leadership Development Scheme (YLD) enjoyed outdoor cooking and camping together.



聖誕佈佳音「願你們平安」
Christmas Caroling 'May Peace Be With You'



Boundless第三屆畢業禮——參加者在頒發證書後分享參加Boundless的得着。
Boundless 3rd Cohort Graduation Ceremony – participants shared what they had learnt after the certificate presentation.

相片剪輯 - 課程及服務

Photo Clipping - Programmes & Services



Campus Y 香港理工大學分部幫助「流浪星球」的狗隻改善生活環境。
Campus Y of PolyU helped the stray dogs of Stray Planet to improve their living environment.



第十九屆「傲翔新世代」之專題研習得獎同學，與同校舊生一同分享喜悅！
The winners of the 19th YLD school project shared their joy with the alumni!



家長與孩子們體驗露營及戶外活動的樂趣。
Parent and kids enjoyed tenting and outdoor fun together!



Café Imagine提供平台讓學生學習西餐禮儀。
Café Imagine provided platform for students to learn dining etiquette.



體操隊隊員參加2020全港競技體操公開及新秀比賽暨國際邀請賽。
YMCA gymnastics team members participated in the Hong Kong Artistic Gymnastics Open & Novice Championships cum International Invitation Championships 2020.



與上海基督教青年會進行交流，並探討兩會未來的合作。
Visited Shanghai YMCA to exchange and explore opportunities for collaboration between the two YMCAs.



「傲翔新世代」舊生參加一級山藝課程，學習閱讀地圖技巧。
YLD alumni joined mountaineering course level I to learn map-reading.



長沙灣中心開放日抽獎環節。
Cheung Sha Wan Centre Open Day lucky draw session.



Boundless蒙古交流團
Boundless Mongolia Service Trip



於蓋璞採購公司的運動日舉辦工作坊，以二手玩具製作發光扭蛋玩具。
Held workshop on Gap International Sourcing Limited 'Sports Olympic – Family Day' to make capsule lamp by second-hand toys.



Change Agents舉辦「Ta是誰」體驗活動，讓大家更了解尋求庇護者和長者的需要。
Change Agents organised the 'Who are They' simulation activities, to better understand the needs of asylum seeker and elderly.



港青同工及義工從亞太區基督教青年會協會總幹事Nam Boo Won的分享中獲益良多。
YMCA staff and volunteers benefited a lot from the sharing of Asia and Pacific Alliance of YMCAs (APAY) General Secretary, Nam Boo Won.



基督教香港信義會紅磡信義學校的學生於京士柏百周年紀念中心體驗單線滾軸溜冰。
Students of ELCHK Hung Hom Lutheran Primary School tried inline skating sport at King's Park Centenary Centre (KPCC).



在夏令營學習「我可以」！
Learned 'I can' at summer camp!



利用益力多瓶和紙張製作成美麗的小天使。
Made beautiful angel using empty Yakult bottles and paper.



Campus Y香港大學分部與少數族裔兒童參觀本地農場。
Campus Y of HKU visited local farm with ethnic minority.



挑戰4星攀山路線，由吊手岩登上馬鞍山山頂。
Conquered Tiu Shau Ngam on Ma On Shan at the 4-Star adventure hiking challenge!

相片剪輯 - 課程及服務

Photo Clipping - Programmes & Services



A-Life Academy年度慶典暨開幕禮2019
A-Life Academy Annual Celebration and Opening Ceremony 2019



深水埗民族文化节工作坊教授尼泊尔民族舞。
Taught Nepalese folk dance at SSP Multi-ethnic Cultural Festival workshop.



A-Life Academy老撾服務交流團
A-Life Academy Laos Service Trip



港青基信書院教職員參與高帶氧的Piloxing搏擊健體舞工作坊。透過富動感的舞步，提升身心靈健康。
YMCA of Hong Kong Christian College staff felt well-refreshed in a high energy Piloxing workshop.



西九龍耀信發展學習中心舉辦捐血活動，超過40人參加。
Over 40 people took part in the blood donation of Beacon Centre.



夏令營讓你安全地探索！
Summer camp is a safe place to explore!



小女孩在生日派對中一嘗騎平衡車的滋味。
The little girl tasted the fun of balance bike at a birthday party held at KPCC.



現代藝術博物館國際部總監理文森先生與中大文化管理碩士的師生和港青同工淺談博物館的國際化策略。
Director of The Museum of Modern Art (MoMA) International Program, Jay Levenson, shared with CUHK Department of Cultural Management and YMCA staff about the museum's globalisation strategies.



亞太區基督教青年會協會第三十七屆領袖培訓課程
APAY 37th Advanced Studies Programme



兒童發展基金師友活動——禪繞畫。
Child Development Fund (CDF) mentorship activity – Zentangle drawing.



東涌中心同工在區內派發福袋。
Staff of Tung Chung Centre distributed blessing bags in the community.



感謝香港深水埗獅子會捐贈防疫物資。
Our gratitude towards Hong Kong Sham Shui Po Lions Club for their donation of anti-epidemic supplies.



香港童軍1357旅17週年旅慶義務領袖大合照。
Volunteer leaders at the 17th Annual Celebration of the 1357th Kowloon Group Scout.



港青羽毛球分齡賽2020的參賽者士氣高昂。
YMCA Badminton Tournament 2020 contestants in high spirits.



兒童發展基金柬埔寨交流團——參加者在簡樸的環境裏體會另類人生，反思和重建價值觀。
Participants experienced a different life style and reflected on their values in life during the CDF Cambodia Service Trip.



尖沙咀國際聯青社捐贈及派發口罩予長沙灣區內的長者、前線清潔工人及少數族裔家庭。
Y's Men's Club of Tsim Sha Tsui donated and distributed face masks to elderly, frontline cleaners and ethnic minority families in Cheung Sha Wan community.



龍舟親子同樂日吸引了14個家庭參加。他們從深水灣划到淺水灣，首嘗家庭划龍舟樂。
14 families participated in the Dragon Boat Fun Day and rowed from Deep Water Bay to Repulse Bay. Everyone experienced the fun of dragon boating for the first time.

相片剪輯 - 課程及服務

Photo Clipping - Programmes & Services



東涌中心敬老飯廳——由12位長者義工招待25位地區長者，以美食和表演歡度新春。
25 elderly members joined the Tung Chung Centre Annual Elderly Banquet.
12 young-at-heart senior volunteers supported and took part in performances.



家務助理學習製作月餅，並將成品帶回家與僱主一同分享。
Domestic helpers learnt how to make moon cakes and brought home to share with their employers.



會員服務部舉辦「暑期親子氣球扭扭樂」，教家長及小朋友們扭氣球。
Member Services Section held a Summer Family Balloon Twisting workshop to teach parents and children twisting skills.



成功在於同行！
Together, we achieve!



A-Life Academy 舊生會「捕夢網工作坊」
A-Life Academy Alumni's Dream Catcher DIY workshop



「一齊學做藝術大師班」的學員體驗日本浮世繪大師葛飾北齋的木刻版畫。
Students of 'Art Master Class' experienced Japanese ukiyo-e master Katsushika Hokusai's woodblock print.



Café Imagine 夥拍「素食媽咪」提供培訓及就業機會，讓弱勢社群自力更生。
Café Imagine joined hands with Veggie Mami in offering training-cum-job opportunities to the underprivileged, enhancing their self-reliance.



台南服務交流團——香港的青少年與當地青年會的義工進行交流，並攜手為小學生舉辦活動。
Exchange tour with Tainan YMCA – our youth members collaborated with the volunteers from Tainan to organise programmes for the local primary school students.



專上學生聯會在台灣服務團中，與原住民小朋友寓學習於娛樂。
Members of the Central Club of Campus Y had fun with indigenous children during the Taiwan Service Trip.



紅磡信義小學的學生互相支持，挑戰攀登到最高點。
Students of the Hung Hom Lutheran Primary School supported each other and took on the challenge to climb to the top.



港青全球青年網絡帶領旅款科學生到台南進行5天4夜體驗之旅。他們獲禮納里部落熱情地款待。
Students received warm welcome at Rinari, Tainan, enriching their experiential learning at the 5D4N work and cultural programmes!



模擬工作遊戲攤位讓深水埗青少年體驗實際職場環境。
Workplace simulation game booths were set up to allow young people from Sham Shui Po to experience real workplace environment.



爭取冠軍的一刻。
Pressing on for the championship.



南亞節日樂繽紛——模特兒在時裝秀展示各民族的漂亮衣飾。
Models showed beautiful costumes of various cultures at the fashion show in the Eid and Diwali Funfair.



營會導師不單是照顧者，也是營友的朋友，角色絕不簡單。
Our camp leaders are more than just leaders. They are caregivers and campers' buddies.



僱員再培訓花藝課程試讀班吸引不少學生報讀課程。
ERB Floral Design Course trial class attracted many potential students to enrol in the course.

相片剪輯 - 課程及服務

Photo Clipping - Programmes & Services



長者們學習水中復健運動對身體的好處。
Senior members learnt the benefits of aquatics therapy.



在「創意咖啡繪染」工作坊，藝術家林雅儀帶領一班Youth Advocator創作天然染布袋。
Artist Zoie Lam led a group of Youth Advocator to create natural dyed tote bags at the 'Creative Coffee Dye Workshop'.



在清邁服務團中，「傲翔新世代」同學與當地青年會義工為農村小學繪畫幫助學習英文的地畫，讓當地學生可以寓學習於娛樂！

In the Chiang Mai Service Trip, YLD students and the local YMCA volunteers drew an English-learning game on a concrete floor in a rural primary school, so that local students can learn English with fun!



家長與幼兒在BB玩水樂園樂而忘返。
Parents had a great time with their toddlers in the leisure pool.



家務助理學習Fit2Fite鍛鍊身體。
Domestic helpers learnt kicking and punching from their professional instructor of Fit2Fite team.



「蘇·媽Market」聖誕市集將長沙灣街坊連繫在一起。
Members of the Cheung Sha Wan community were connected through the Community Market.



室內設計師Manese和義工到長沙灣中心，與街坊一同製作聖誕小手工。
Interior designer Manese and volunteers visited Cheung Sha Wan Centre and made Christmas crafts with the 'kaifong'.



香港凱莉山學校在京士柏百周年紀念中心舉辦運動日，學生在單線滾軸溜冰場進行拔河比賽。
Mount Kelly School Hong Kong held school sports day at KPCC's Inline Hockey Rink. They played the game of Tug-of-war!



相片剪輯 - 教育

Photo Clipping - Education

港青基信書院

YMCA of Hong Kong Christian College



為了推廣健康的飲食習慣，學校推出「果味星期五」，逢星期五的小息及午膳向老師及學生派發水果。
To promote healthy dietary habit, our school launched 'Fruity Friday', giving out free fruits to all students and staff during recess and lunch time.



講者嘉賓在升學資訊日向中五學生提供參考資料，為他們的升學決策作準備。
Guidance was provided to the Form 5 students on the Higher Education Preparation Day, for them to prepare for the final year.



畢業生在親友的熱烈掌聲下，懷着興奮的心情接受加冕，踏進人生新一頁，迎接挑戰。
Graduates were jubilant to enter a new page in life, embracing challenges. They graduated with great achievements and received rounds of applause from their friends and families.



四社隊員在社聯啦啦隊比賽展示團隊合作精神、堅毅不屈的努力和高尚的體育精神。
The Inter-house Cheerleading Team Competition showcased the house spirit, unity, hard work, perseverance and also excellent sportsmanship of the teams.

新會商會港青基信學校

YMCA of Hong Kong Christian School (SWYHKCS)



小四至小六級戶外教育營中，進行了行山、划艇、野外定向、戶外烹飪和其他建立團隊精神的活動。
Year 4 - Year 6 students participated in activities including hiking, kayaking, orienteering, outdoor cooking and other team building activities in the Life-wide Learning Camp.



Watoto演唱會是學校其中一個籌款活動，家長亦會參與其中。老師和學生十分興奮地學習跳舞。
Watoto Concert is one of the charity events at school that parents also attended. Watoto taught teachers and students to dance and everyone was so excited!



有志參選社長的同學在四社周年會員大會上演說拉票。
The four houses ran an election for new House captains. Potential candidates prepared speeches in the House AGM to win students' votes.



為了慶祝農曆新年，學校舉行半天的農曆新年活動，校長更扮演財神派發遊戲券給學生。
To celebrate the Chinese New Year, students enjoyed a half-day fun with different Chinese New Year activities, Mr. Moore, our Principal dressed up as the God of Wealth.

基信國際幼稚園
Christian International Kindergarten (CIKG)



參與港青開放日，獻唱詩歌及跳舞。
Students participated and performed in the YMCA Open House.



K3於6月15日的復課情景。
K3 class resumed on June 15.



學生慶祝農曆新年。
Students celebrated Lunar New Year.



校內舉行小型花市慶祝農曆新年。
Held a mini flower market in school to celebrate Chinese New Year.

基信國際幼稚園(西九龍)
Christian Kindergarten (West Kowloon) (CIKGWK)



全校師生到佐敦谷公園野餐，學生與父母和教師玩集體遊戲。
All classes had picnic at Jordan Valley Park and played group games with their parents and teachers.

基信幼稚園(啟晴)
Christian Kindergarten (Kai Ching) (CKKC)



畢業典禮 2019/2020
Graduation Ceremony 2019/2020



K3到訪「港鐵安全體驗天地」。
K3 visited MTR Safety Experience Zone.



K3復課後之「小一模擬課」。
Transition to primary one class after K3 class resumed.



總幹事何慶濂向 K2 學生說故事「主耶穌降生」。
General Secretary Mr. Peter Ho, shared the story of 'The Birth of Jesus' with the K2s.



防火話劇遍校園——幼兒透過欣賞及參與話劇提高防火意識。
Interactive fire safety aimed to enhance the students' fire prevention awareness.

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



「愛分享」玩具捐贈——小朋友將玩具捐給港青的玩具銀行。
'Sharing is caring' - toy donation to YMCA Toy Bank.

學前教育及小學文娛服務部(尖沙咀)
Pre-school and Primary Leisure Education Services Division (TST)



Step Up 暑期學堂 2019 — 學員於畢業派對表演歌舞。
Step Up Summer School 2019 – singing and dance performance in the graduation party.



快來看看小小工程師的本領！
Over Over! Calling all Little Engineers!



夏日炎炎，快來參加我們的雪糕派對吧！
Summer is the hottest season of the year!
Come and join our ice-cream party!

學前教育及小學文娛服務部(耀信發展學習中心)
Pre-school and Primary Leisure Education Services Division (Beacon Centre)



小學暑期課程參觀香港文化博物館，了解香港玩具的發展，並試玩不同年代玩具。
Junior Summer School students visited HK Heritage Museum to understand the development of local toys and play the toys of different eras.



暑假期間參觀長沙灣消防局，了解消防員日常工作及消防車裝備。
Students visited Cheung Sha Wan Fire Station during summer holiday to understand the job duties of firemen and the equipment on the fire trucks.



員工迎新會
Staff Orientation



全體員工大會暨2019中秋聯歡茶會
Staff General Meeting cum Mid-Autumn Festival Celebration 2019



流程改善系列工作坊
Business Process Improvement Training



2019感恩聚會 2019 Staff Appreciation Party



職業健康講座 - 預防下肢勞損
Occupational Health Talk -
Prevention of Lower Limb Disorders



處理及預防工傷意外工作坊
Handling & Preventing Work Injury Workshop





管理層員工

Management Staff

(as of June 30, 2020)

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
Director of Finance & Operations
Accounting Manager
Senior Manager, Procurement

陳華靜 Corinia Chan
鄭綺華 Eva Cheng
蕭曉慧 Caroline Siu
林瑞賢 Rosanna Lam

機構事務 CORPORATE SERVICES

Director of Corporate Services
Communications Manager
Human Resources Manager
Information Technology Manager

關健薇 Kwan Kin Mei
黃俐燕 Bryony Wong
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
Housekeeping (Public Area) & Hygiene Manager
Director of Food & Beverage
Banquet Sales Manager
Banquet Services Manager
Executive Chef
Restaurant Manager
Director of Rooms
Housekeeping Manager (Floor)
Security & Safety Manager
Assistant Director of Sales & Marketing

楊廷偉 Kenneth Yong
余達榮 Peter Yu
胡漢森 Michael Wu
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
李克倫 Alan Lee
王志權 Sidney Wong
何士從 Ivan Ho
林燕玲 Iris Lam

會員及社區服務 MEMBER & COMMUNITY SERVICES

Director of Member & Community Services
Centre Manager (Cheung Sha Wan Centre)
Centre Manager (Tung Chung Centre & Organic Farm)
Acting Centre Manager (Beacon Centre)
Community Art Centre Manager
Director of Member Services, Professional & Sports Training
Senior Manager, Sports & Recreation
Member Services & Programmes Manager
Pre-school & Primary Leisure Education Services Manager

單芷筠 Vivian Shan
羅立敏 Law Lap Man
譚子榮 Irwin Tam
鄭志成 Oscar Cheng
傅凱兒 Alice Fu
蔡偉邦 James Choi
蕭燕鳳 Samantha Hsiao
鄧如翠 Pauline Teng
林綺文 Mavis Lam

港青基信書院 YMCA OF HONG KONG CHRISTIAN COLLEGE

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

陳狄安 Dion Chen
許安德 Andrew Higgins
盧裕敏 Diana Lo
吳潔盈 Kit Ng
劉少龍 Wallace Lau
Peter Molan
Carly Natrass
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

Thomas Moore
謝詠湘 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 30/6/2020)

	會友人數 No. of Members
小童 Children	86
青年 Youth	1
成人 Adult	28
長者 Elderly	10
家庭 Family (pax)	298
總數 Total	423

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	169	11,021	65,957
兒童多元發展及家長支援 Children Multiple-development & Parent Support	123	2,092	41,835
青年發展 Youth Development	466	5,433	30,690
跨種族共融服務 Cross Cultural Integrative Services	99	3,229	6,205
社區服務 Community Services	61	665	2,973
中心活動 Centre Activities	437	6,005	2,495

社會服務部
Social Services Section

	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	53	185	5,052
海外家務助理工餘進修課程及活動 Domestic Helper Courses and Programmes	97	1,333	9,306
中國事工計劃 China Service Projects	3	138	1,666
社區服務 Community Services	68	2,852	6,826

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	18	157	1,366
兒童及青年發展 Children and Youth Development	131	1,273	40,650
地區活動 Community-based Activities	79	2,380	8,645

社區服務及活動

Community Services and Programmes

港青東涌綠機田

YMCA Green Organic Farm

	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	2	32	84
悠閒栽種 Leisure Planting	12	722	4,332

港青西九龍耀信發展學習中心

Beacon Centre Lifelong Learning Institute

	課程 / 活動 / 聚會次數 No. of Courses / Events / Meetings	使用人次 / 參與人數 No. of Users / No. of Participants / Enrolment	使用時數 / 參與時數 No. of Usage (hours) / No. of Participation (hours)
場地租用服務 Venue Rental	268	24,795	99,587
暑期學堂及小學功課輔導班 Full Day Summer School and Primary Tutorial Course	33	130	7,589
特別活動 Special Events	37	3,491	5,192

營務

Camp Services

	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	180	3,934	139,357
特別活動 Special Events	8	489	8,166

南丫島戶外及環保活動中心

Lamma Island Outdoor 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)
日營 Camps	11	76	2,529
場地設施租用及特別活動 External Booking and Special Events	5	94	2,736

基督教推廣

Christian Outreach

	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	7	27	1,104
定期活動 (職員崇拜禮、職員及學生團契) Regular Programmes (Devotion, Staff and Student Fellowship)	16	183	183
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)	21	972	2,915

The DOOR 藝術空間

The DOOR Arts Space

	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	3	28	930
展覽 Exhibition	6	2,166	542
特別活動 Special Events	27	474	1,007



會員服務、專業及運動培訓

Member Services, Professional & Sports Training

(July 1, 2019 - June 30, 2020)

統計資料 STATISTICS

會員服務

Member Services (截至 as of 30/6/2020)

會員人數
No. of Members

會員 Member	15,894
先進會員 Master Member	2,183
健身會員 Fitness Member	650

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	4	51	57
先進會員活動 Activities for Master Member	2	12	18
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)	291	2,545*	18,108
私人健身訓練 Personal Training	-	275	2,448

*健身會員 Fitness Member : 986 ; 非健身會員 Non-Fitness Member : 1,559

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)

兼讀制 - 證書文憑課程 Part-time Diploma / Certificate Courses	67	589	10,105
持續教育 (短期課程) Continuing Education (Short Courses)	75	600	2,527
持續教育 (特別活動) Continuing Education (Special Events)	6	239	947
多元出路規劃課程 Ready-for-work	29	799	1,616
悠閒空間 Leisure Programmes	140	440	3,309
全球交流活動 Global Exchange Programmes	3	42	2,221

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	442	3,142	16,980
攀登及歷險組 Climbing & Adventure Unit	118	588	3,461
運動及體育組 Sports & Physical Education Unit	291	2,271	19,774
京士柏百周年紀念中心 YMCA King's Park Centenary Centre (KPCC)	129	731	5,924

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)
特別活動 Special Events			
水運組 Aquatic Unit	105	1,500	3,927
攀登及歷險組 Climbing & Adventure Unit	174	786	2,222
運動及體育組 Sports & Physical Education Unit	86	1,144	5,024
京士柏百年紀念中心 YMCA King's Park Centenary Centre	141	2,638	9,379
競賽隊伍及運動俱樂部 Teams & Clubs			
	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	9	25	44
網球隊 Tennis Team	310	24	4,280
體操隊 (港青體操預備隊、港青體操隊) Gymnastics Team (YMCA Gymnastics Junior Team, YMCA Gymnastics Team)	163	34	1,524
游泳隊 (泳隊預備組、先進游泳隊) Swimming Team (Junior Swimming Team, Master Swimming Team)	501	63	7,556
青少年羽毛球隊 Youth Badminton Team	59	10	444
青少年籃球隊 Youth Basketball Team	27	19	609
康樂設施及場地使用狀況 Usage of Recreation Facilities			使用人次 No. of Users
羽毛球場 Badminton Court			95,105
舞蹈室 Dance Studio			14,858
健身中心 Fitness Centre			54,758
壁球場 Squash Court			5,357
游泳池 Swimming Pool			69,548
攀石場 (尖沙咀) Climbing Wall (Tsimshatsui)			2,166
健康中心 Wellness Centre			10,734
單線滾軸溜冰場 (京士柏) Inline Skate Rink (KPCC)			25,358
戶外攀石場 (京士柏) Outdoor Climbing Wall (KPCC)			7,071
多用途活動室 (京士柏) Multi-function Room (KPCC)			5,081
網球場 (京士柏) Tennis Court (KPCC)			14,749



學前教育及小學文娛服務

Pre-school and Primary Leisure Education Services

(July 1, 2019 - June 30, 2020)

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	36,684
基信國際幼稚園(西九龍) Christian International Kindergarten (West Kowloon) (CIKG(WK))	3	55	15,673
基信幼兒學校(農圃道) Christian Nursery School (Farm Road)	4	112	100,926
基信幼稚園(啟晴) Christian Kindergarten (Kai Ching)	5	87	43,095

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	373	2,516	18,508
寶寶世界 Toddlers' World	25	194	4,506
特別活動 Special Events	14	189	458
親親寶寶小組 Parents & Toddlers	34	229	458
兒童暑期樂園(7-8 / 2019) Children's Summer Playgroup (7-8 / 2019)	8	137	5,663
Step Up 暑期學堂(7-8 / 2019) Step Up Summer School (7-8 / 2019)	1	23	883

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	143	626	7,819
寶寶世界 Toddlers' World	6	40	708
特別活動 Special Events	43	263	2,124
耀信兒童暑期樂園(7-8 / 2019) Beacon Buttercups Summer School (7-8 / 2019)	6	160	6,398
小學20天暑期課程(7-8 / 2019) Junior Summer School (7-8 / 2019)	5	80	3,346



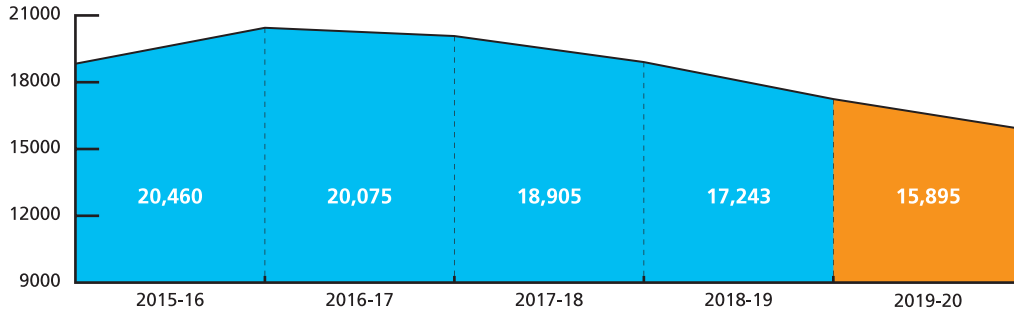
會員服務與義工服務

Member Services and Volunteer Services

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

會員人數 Membership

(截至二零二零年六月三十日 as of June 30, 2020)



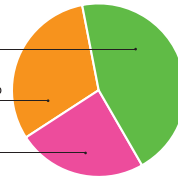
- 成年會員 Adult 7,227
- 青年會員 Youth 3,861
- 家庭會員 Registered as family member 4,631
- 選舉會員 Voting 72
- 公司會員 Corporate 104
- Total 15,895**
- 2019-20活動參加者總人數 Total No. of Participants in 2019-20 97,400
- 2019-20場地及設施使用總人次 Total No. of Venue and Facility Users in 2019-20 329,580

宗教 Religion Registered

基督徒 Christian 44.96%

未說明 Non Stated 30.93%

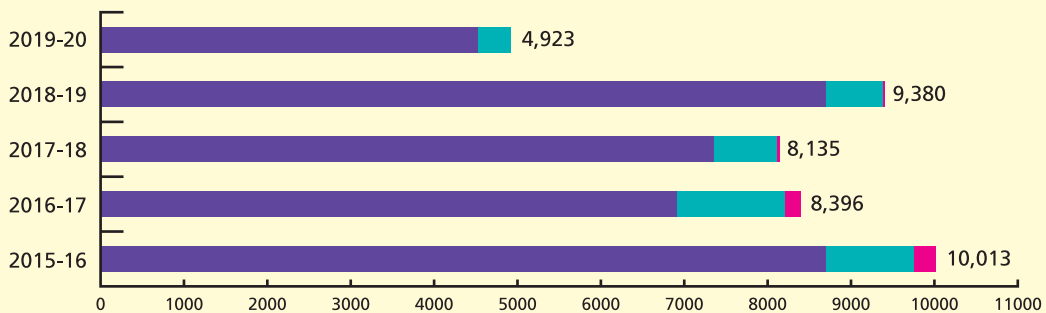
其他 Others 24.11%



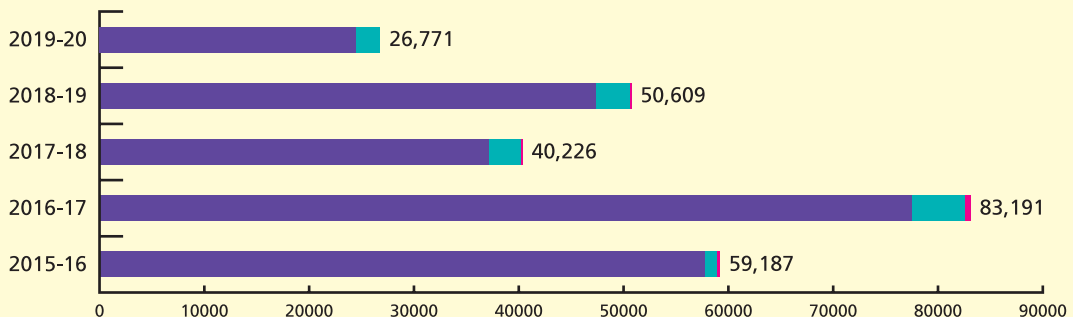
義工服務紀錄 Volunteer Services Record

(截至二零二零年六月三十日 as of June 30, 2020)

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	74	43,475
二年級 Year 2	3	77	45,237.5
三年級 Year 3	2	54	31,725
四年級 Year 4	4	100	58,750
五年級 Year 5	3	76	44,650
六年級 Year 6	4	101	59,337.5
總數 Total	19	482	283,175

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	223	446
中秋節活動 Mid-Autumn Festival Activities	277	277
四社周年大會 House AGM	482	361.5
四社活動 House Activities	482	3,856
四年級至六年級戶外教育營 Year 4 - Year 6 Life-wide Learning Camp	277	9,403
Watoto演唱會 Watoto Concert	502	502
一年級至二年級聖誕表演 KS1 Christmas Play	453	906
農曆新年活動 Chinese New Year Activities	482	1,928



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	620	729,120
香港中學文憑課程 (中五至中六) HKDSE (F.5-F.6)	6	131	94,320
倫敦普通教育證書 (中五至中六) GCE A-LEVEL (F.5-F.6)	6	124	111,600

大型活動 Major Events	參與人數 No. of Participants	參與時數 No. of Participation (hours)
「重返校園」之夜 'Back to School Night'	326	652
畢業典禮 Graduation Ceremony	500	1,500
全方位學習營 Life-wide Learning Camp	470	33,840

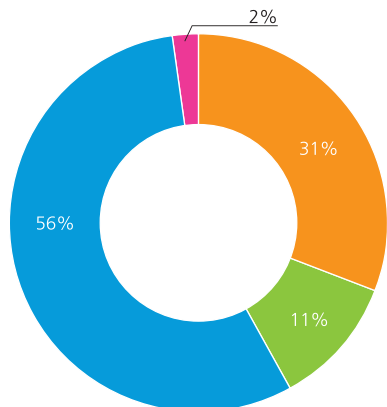
* 因受新冠肺炎影響，許多活動均須取消。
Many events were cancelled due to the coronavirus outbreak.



賓館服務統計資料

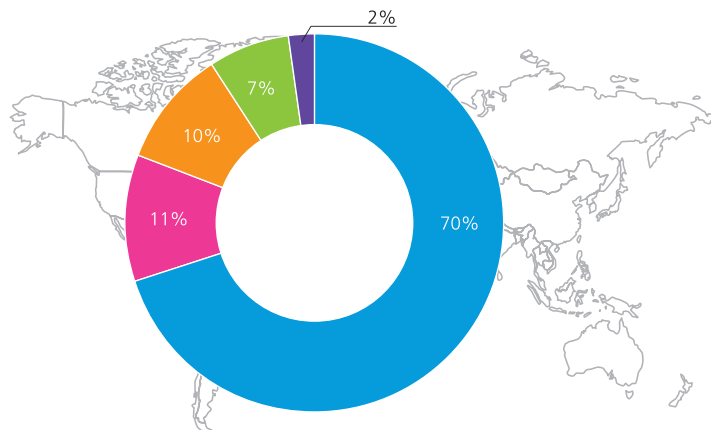
Hostel Services Statistics

旅客分類 User Segmentation



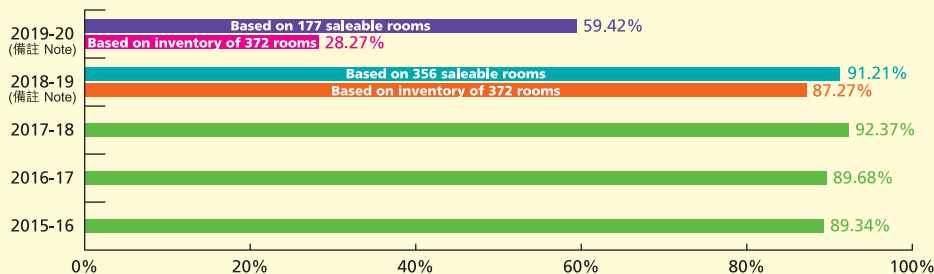
- 個人訂房 Individual Traveller
- 商務客戶 Corporate / Community Member
- 旅行社(個人訂房) Travel Agents (Individual Traveller)
- 會議及團體 Conference and Group

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：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。

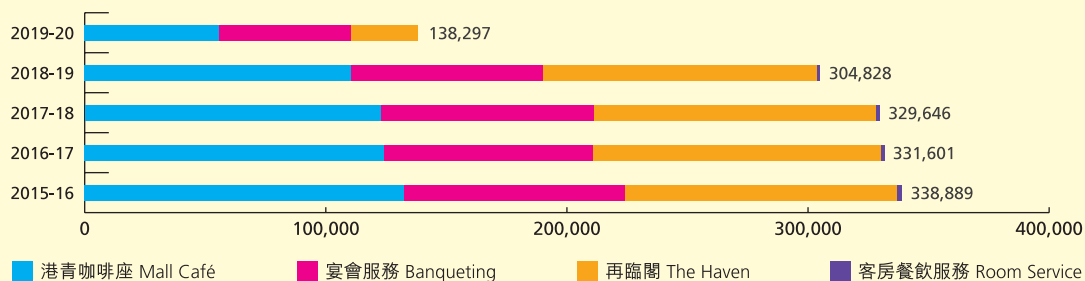
於2019年7月1日至2020年6月30日工程期間，每日平均有196間客房停售以配合翻新工程及減低對房客的影響。

Note: The External Façade Renovation Project began 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.

An average of 196 guestrooms had been blocked off daily during the period from July 1, 2019 to June 30, 2020.

餐飲服務顧客人數 Food & Beverage Covers



- 港青咖啡座 Mall Café
- 宴會服務 Banqueting
- 再臨閣 The Haven
- 客房餐飲服務 Room Service

備註：再臨閣於2019年8月至11月關閉並進行翻新工程。

再臨閣於2019年12月更改了英文名稱。

Note: Salisbury Dining Room is closed for renovation from August to November 2019.

Salisbury Dining Room reopened as The Haven effective from December 2019.



位置優越

鄰舍顯貴

Our location is excellent and the neighbourhood could not be better



海景套房 Harbour View Suite



半海景房 Partial Harbour View Room



半海景房 Partial Harbour View Room

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 speciality 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 電視包括有線電視頻道 LCD TV with cable channels

其他設施 Other Facilities

- 港青咖啡座 Mall Café
- 再臨閣 The Haven
- 宴會及會議設施
Banquet & Conference Facilities
- 健身中心
Fitness Centre
- 室內游泳池及按摩池
Indoor Swimming Pools and Jacuzzi
- 港青商店 The Y Shop
- 靈修室 Chapel



再臨閣 The Haven



港青咖啡座 Mall Café



室內游泳池 Indoor Swimming Pools



港青商店 The Y Shop

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

(852) 2268 7000 | (852) 2739 9315 | sales@ymcahk.org.hk / room@ymcahk.org.hk | 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



香港兒童合唱團 The Hong Kong Children's Choir



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



勞工處 The Labour Department



羅富國教育學院 Northcote College of Education



香港城市大學學生發展處
City University of Hong Kong Student Development Services



香港臨床生化學會
Hong Kong Society of Clinical Chemistry



日經日本語學校 NIKKEI Japanese Language School



仁濟第二中學 Yan Chai Hospital No. 2 Secondary School



香港國語學會 Mandarin Society of Hong Kong

基督教青年會175周年慶典
YMCA 175th Anniversary Celebration



東涌中心十周年慶典
Tung Chung Centre 10th Anniversary Celebration



第20屆亞太區基督教青年會協會大會
20th General Assembly of Asia and Pacific Alliance of YMCAs



普世青年會行動2020
World Challenge 2020

港青開放日2019
YMCA Open House 2019



香港家庭第一與港青合辦的
「滿婚家TEAM」家庭營
Family First HK x YMCAHK
Family Overnight Camp



港青「愛心午餐計劃」
YMCA Giveaway Lunchbox



成都青年會及金堂學校代表到訪香港基督教青年會
Chengdu YMCA and YMCAHK Jintang School visited
YMCA of Hong Kong



足印

Footprints

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!

