



香港基督教青年會
YMCA OF HONG KONG



115

2015-16 年報 Annual Report



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.

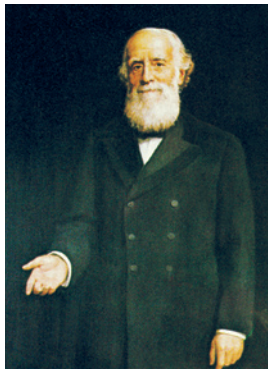


香港基督教青年會的歷史

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「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 Maclehoose.



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。基信幼稚園（啟晴）則於2015年成立，提供日托服務及幼兒課程。

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. Christian Kindergarten (Kai Ching) was also opened in 2015 to provide day care services and early childhood education programmes to children.





會長和總幹事的話

MESSAGE FROM THE PRESIDENT AND GENERAL SECRETARY



會長黃佩翰先生
Hon. David P. H. Wong,
President



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

願天父和主耶穌的恩典與你常在，主內平安！

大家好！

一八九九年，蘇心先生和博光文先生被委派到香港展開青年會運動。香港的基督教青年會在一九零一年成立，由華人部和西人部所組成，並由蘇心牧師擔任首位總幹事。一九零八年，華人部和西人部決定擴展成為兩個獨立的青年會，各有其董事局。華人部其後發展為中華基督教青年會，而西人部則成為香港基督教青年會（港青）。

二零一六年標誌着青年會運動在港展開115周年。基督教青年會自一九零一年在香港成立，逐漸發展至現今面貌，這一路走來，絕非事事順遂。神一直與港青的前人同行，特別是歷任會長和總幹事，他們憑着無私的愛和精神，為青年會服務奉獻其一生，預備主的道，修直他的路……傳福音給貧窮的人（路加福音3:4, 4:18）。在員工和義工的無私奉獻下，港青在動盪的年代掙扎求存。今天我們衷心感激這些弟兄姊妹，他們以自身充分活出非以役人，乃役於人（馬可福音10:45）的精神。

為慶祝115周年，我們於二零一六年一月十五日，下午一時十五分在尖沙咀總部地下大堂舉行啟動禮。啟動禮歷時一小時，各董事、嘉賓與200名港青員工一同分享這喜樂的時光。來自港青各部門和港青學校的代表重新許下服務承諾，承先啟後，繼續服務港青的大家庭。655名全職員工獲邀為港青送上祝福，以紀念這特別一刻。事實上，99%員工應邀製作「祝福球」，並把「祝福球」存放入Y形展覽箱，年內在11家港青中心輪流展出，在在皆恩福滿載。



港青董事、嘉賓和高級管理層齊集出席115周年慶典啟動禮
YMCAHK Board Directors, guests and senior management gathered for the 115th Anniversary Celebration Kick-off Ceremony

員工和董事局於本年度積極投入港青的願景和使命，董事局、賓館服務部與會員及社區服務部均在其各自的退修活動中，重申其願景。基督被邀請成為港青的中心。本年報第2頁刊有港青的願景。

賓館服務部的願景：基督為本，以客為尊；優質服務，卓越領先

會員及社區服務部的願景：藉着基督信仰合而為一，轉化身心靈以建立美好將來

港青基信幼稚園（啟晴）開幕禮暨獻校禮於二零一五年十月三十一日順利舉行。來自六所港青學校，包括港青基信書院、新會商會港青基信學校，以及四所港青幼稚園的學生，攜手頌讚感謝主恩，賜予港青新的幼稚園。

本年度，港青亦再次積極與亞太區基督教青年會協會（亞太協會）及世界基督教青年會協會（世界協會）緊密聯繫。二零一五年九月，總幹事何慶濂先生帶領港青代表到南韓大田廣域市出席亞太協會周年大會；同年十二月，何先生參與在泰國清邁舉行、四年一度的亞太協會領袖圓桌會議，並在會上積極參與亞太協會四年活動計劃的籌備工作；二零一六年二月，何先生出席世界協會同在泰國清邁舉行的全國總幹事會議。

由港青派出，擔任世界協會 Change Agent，以及擔任亞太協會青年代表的青年人，均積極參與兩會的青年領袖訓練活動。Change Agent、青年代表與港青員工於二零一六年六月一同帶領籌劃普世青年會行動「讓青年人發聲」，藉以慶祝基督教青年會172歲生日。他們亦籌辦不同活動，招攬更多義工，實踐青年會的願景，貫徹青年會的使命。此外，我們亦提名港青員工，加入亞太協會的「性別角色平等委員會」和「青年參與及領袖發展委員會」，於二零一六至一九年度服務亞太協會共四年。



Change Agents、青年代表及其師友與何慶濂先生（左四）合照
Change Agents and Youth Representatives together with their mentors and Mr. Peter Ho (fourth from left)

學前教育及小學文娛服務總監單芷筠女士乃港青廿三年來首次派出的代表，參與亞太協會特別為青年會領袖設計、為期28天的「青年會幹事高級培訓課程」。何先生的每位直屬下屬將輪流參與此年度培訓課程，為港青培育未來領袖。

在聖靈的引領下，我們在本年度見證了建構港青的動力，期望港青在來年持續拓展，穩步前行。

願 神滿意港青本年度的工作，並繼續祝福港青，好讓我們活出115周年慶典的主題金句：「你們的光也當這樣照在人前，叫他們看見你們的好行為，便將榮耀歸給你們在天上的父。」（馬太福音5:16）

願主祝福你！

黃佩翰、何慶濂 敬上

May the grace and peace of God our Father and the Lord Jesus Christ be with you!

Greetings from the YMCA of Hong Kong!

In 1899, Walter Southam and Fletcher Brockman were assigned to Hong Kong to start a YMCA Movement. In 1901, the Hong Kong YMCA was established with two departments, the Chinese Department and the European Department. Walter served as the first General Secretary of the Hong Kong YMCA. In 1908, the two departments decided to form two separate associations, each with its own independent Board of Directors. The Chinese Department evolved into the Chinese YMCA of Hong Kong, and the European Department evolved into the YMCA of Hong Kong (YMCAHK).

2016 marks the 115th anniversary of the YMCA Movement in Hong Kong. The path to where we are today since the establishment of YMCA in Hong Kong in 1901 has not always been smooth. God has worked through the sacrificial love of many of our predecessors, including Presidents and General Secretaries who devoted their lifetime to YMCA service in order *to prepare the way of the Lord, make straight His path... and to bring glad tidings to the poor (Luke 3:4, 4:18)*. With the help of dedicated staff and volunteers, YMCAHK strived through turbulent years. Today we are grateful to these brothers and sisters who had truly given their lives *to serve and not to be served (Mark 10:45)*.

To celebrate our 115th Anniversary, we held a kick-off ceremony in the atrium lobby of The Salisbury on January 15, 2016 at 1:15pm. Board Directors and honored guests joined 200 staff members of YMCAHK in an hour of joy. Representatives from different areas and our schools renewed our commitment, standing on the shoulders of our predecessors, to continue to serving the YMCA family. Each of our 655 full-time staff was invited to prepare a blessing to commemorate the occasion. Indeed, it was a blessing when 99% of the staff responded to the invitation and the "blessing balls" were deposited into a Y-shape container that rotates through each of our 11 centres throughout the anniversary year.

2015-16 was a year to engage our staff and Board to the Vision and Mission of the YMCAHK. In their respective retreats, the Board of Directors, Hostel Services, and Members & Community Services restated their respective vision. Christ is invited to be at the centre of YMCAHK. The Vision Statement of the Association can be found on Page 2 of this annual report.

Hostel Services Vision: To be a leading hotel in the world providing excellent hospitality services guided by Christian values

Members & Community Services Vision: Based on Christian faith, we are united as the YMCA family in our commitment to transforming people for a better future

The grand opening and dedication of the YMCA of Hong Kong Christian Kindergarten (Kai Ching) took place on October 31, 2015. Students from the six YMCA schools including the YMCA of Hong Kong Christian College, the SWCS YMCA of Hong Kong Christian School and the four YMCA kindergartens joined hands to praise and thank God for the gift of our new kindergarten.



港青基信幼稚園（啟晴）
開幕禮暨獻校禮
Grand Opening Ceremony and
Dedication of YMCA of Hong Kong
Christian Kindergarten (Kai Ching)

2015-16 was also a year for YMCAHK to be re-engaged with the Asia & Pacific Alliance of YMCAs (APAY) and the World Alliance of YMCAs (WAY). In September 2015, Peter led the YMCAHK delegation to the APAY General Assembly in Daejeon, Korea. In December 2015, Peter contributed to the preparation of the APAY Quadrennial Programme Plan at the Leaders' Quadrennial Roundtable in Chiangmai, Thailand. In February 2016, Peter joined the National General Secretaries meeting in Chiangmai, Thailand hosted by WAY.

Our WAY Change Agents and APAY Youth Representatives participated in various WAY/APAY youth leadership programmes. Together with our youth staff, they led the planning of the World Challenge "Giving Young People A Voice" in June 2016 to celebrate the 172nd birthday of the YMCA, and other projects to engage volunteers to the Vision and Mission of the YMCA. We have also nominated staff to serve on the Gender Equity Committee and the Youth Participation & Leadership Development Committee of APAY in the 2016-19 quadrennium.

For the first time in 23 years, Ms. Vivian Shan, Director of Pre-School & Primary Leisure Education Services represented YMCAHK to participate in the 28-day APAY Advanced Studies Programme (ASP) designed for YMCA leadership. Each of Peter's direct reports will take turns to participate in the annual ASP to build up future leaders for YMCAHK.

With the guidance of the Holy Spirit, we have seen momentum building in 2015-16. We look forward to continuing this progress in 2016-17.

May God be pleased with our work in 2015-16 and continue to bless YMCAHK that we may live out the 115th Anniversary Scripture: "Let your light so shine before men, that they may see your good works and glorify your Father in heaven." (Matthew 5:16)

God bless!

David P.H. Wong and Peter Ho



Youth 青年賦權 Empowerment



期望更長久為港青服務

Look Forward to Serving YMCA Longer

「明天見！」我離開辦公室時向同事道別。
「為甚麼你這麼匆忙？」其中一位同事問。
我的答案總是「我要去港青開會」、「港青有活動」或「我今晚要與師友見面」。

自我進入職場，這樣的對話在過去幾年有過無數次。有些人對我把公餘時間投身港青感到很疑惑，尤其我還擔任青年代表（亞太區青年會協會一個培育青年領袖的計劃）。我認為這視乎你如何按主次安排時間，所以問題應該是「為甚麼我願意」，而不是「為甚麼我能夠」投放時間於港青。



擔任青年代表對我意義重大，因為這某程度認可了我的能力和我過去為港青擔任義工時付出的努力，因此我能代表港青向外面的人介紹我們的工作。雖然這意味我需要與來自世界各地、且不熟悉的青年領袖接觸。我非常珍惜參與青年大會、亞太區青年會協會委員會會議等場合的機會，讓我學到在工作上學不到的知識。每次我都感覺到腦袋「處理」更多新資訊、體驗和想法。

因為肩負這個名銜，我挑戰自己嘗試不同形式的義務工作，包括擔任兒童發展基金計劃的導師，舉辦義工交流活動，發動項目如為普世青年會行動拍攝影片。這些義務工作

“See you tomorrow!” I told my colleagues before leaving the office.

“Why are you in a hurry?” One of the colleagues asked.

My answers are always that “I go to YMCA for meeting”, “YMCA has event” or “I meet my YMCA mentor tonight.”

Such conversation has happened countless times since I joined the working world a few years ago. Some people wondered why I can still dedicate my spare time to the YMCA, especially to take up the role of Youth Representative, a scheme organised for youth leaders by Asia and Pacific Alliance of YMCAs (APAY). I think it just depends on how you prioritise your time, so the question should be “why I PREFER to spend time on the YMCA” instead of “why I CAN spend time on the YMCA”.

Being a Youth Representative means a lot to me, as my ability and efforts from previous volunteer services are recognised in certain extent; so that I can represent the YMCA of Hong Kong to introduce our work to outsiders. Although I need to meet other unfamiliar leaders around the world, I cherish the opportunities of participating in the Youth Assembly and APAY Executive Committee meeting, etc. a lot, from which I acquired various knowledge that I could not get from my work. I felt like my brain was “processing” more new data, experiences and conversations every time.

Because of carrying this title, I also challenged myself by doing different types of volunteer work, which included being a mentor for Child Development Fund, organising social functions for volunteers, and initiating projects such as video shooting for World Challenge. Such volunteer experiences enabled me to work with other Youth Representatives and Change Agents, and also YMCA staff from different units whom I did not work with before. I also took those chances



聯青交流平台第一次聚會
The 1st gathering of the Joint Youth Platform

讓我得以與其他青年代表和不同部門、且未合作過的港青職員合作。我也藉此再次認識港青，不單只長沙灣中心，還有其他服務中心，港青的組織架構、願景和使命等。現在我覺得能更清晰地向別人解釋港青的工作了。

我很感謝港青讓我有機會成為青年代表，尤其感激港青安排管理層人員擔任我們的師友。得到資深港青前輩的指導和支持，使我們的使命更清晰可行。更寶貴的是導師還會與我們討論事業、社會議題、個人健康等港青以外的話題，令我常常很期待下一次的師友聚會。

如果以上的分享都不能令你明白我願意把時間投放在港青的原因，讓我再與你分享一件事。我記得那次是與港青董事局成員的分享環節，黃會長肯定了我們為青年會的付出，又問我們願意留在港青多久。我感謝他的讚賞，然後回答：「我在港青做了6年義工，期望將來能更長久為港青服務。」

(魏芷茵，青年代表 2015年3月 - 2017年3月)

to understand YMCA again, not just Cheung Sha Wan Centre, but also other service centres, YMCA's organisation structure, vision and mission, etc. I feel like I can explain what YMCA does to others clearer now.

I would like to thank YMCA for giving me the chance to become one of the Youth Representatives. I am especially grateful to YMCA for assigning senior management staff to be our mentors. Having been guided and supported by a more mature YMCA person, our mission becomes more visible and viable. Even better, the mentors discussed topics other than YMCA with us, e.g. career, social and personal well-being, which always made me long for the next mentorship gathering.



Tina 負責今年普世青年會行動的社會實驗特備節目拍攝
Tina was in charge of the video shooting for World Challenge 2016

If the above sharing still cannot convince you why I prefer to spend time on the YMCA, let me share one more thing with you. I remember that it was a sharing occasion with the YMCA Board Members. President Mr. David Wong asked us how long we would stay in the YMCA as he valued our contribution to the Association a lot. I took pride in his praise and answered, "I have been volunteering at the YMCA of Hong Kong for 6 years and look forward to serving it longer."

(Tina Ngai, Youth Representative March 2015 – March 2017)

從學員成為導師 「港青讓我愛上游泳」

From Participant to Instructor: YMCA Made Me Love Swimming

我叫葉銘滄，在2008年加入港青泳隊預備組，那年我11歲。由於我自小有點過重，於是父母為我報名參加預備組，希望透過一星期兩次的水上及陸上訓練，提高我的運動量，藉此減肥。



My name is Ivan Yip Ming-hei. I joined the YMCA Junior Team in 2008 when I was 11 years old. I had been slightly overweight since I was a child. My parents wanted me to do some exercise

不得不承認，我在游泳方面並無太大天賦，也說不上特別用功。猶記得當時馬教練經常跟我父母討論如何改善我的日常飲食及學習態度。兩年後，我完成預備班所有課程，並升上泳隊。我想那時馬教練若非需要預留更多位置予預備班的新學員的話，或許不大願意晉升我吧！升上泳隊後，除了在港青接受日常訓練外，還須參與香港業餘游泳總會（泳總）舉辦的分齡賽。泳總將比賽分為甲組、乙組及丙組，參加者必須達到組別的合格時間，才能參加更高組別的賽事。我是丙組程度的選手，偶爾才會達到乙組的合格時間。這兩個程度較低的組別只限16歲及以下青少年參加，所以當我滿17歲時，由於我未達甲組的水平，因此再不合資格參與泳總的比賽了。

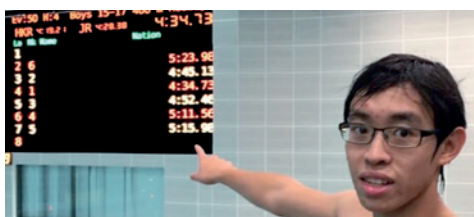
在此期間，大部分跟我同期的隊友要麼已退出游泳，要麼已出國繼續學業，我漸漸成了泳隊中的大哥哥。意想不到的，學弟們都聽從我的意見，這使我逐漸成為年輕學員們的導師。我記得馬教練的理論和教學哲理，所以當他們遇上困難時，我能夠鼓勵並更正他們的錯處。過去兩年，我還參加了泳總舉辦的游泳裁判訓練班和游泳教師課程，現在我已是認可的游泳教師及導師了。但要說在此期間最令我驕傲的，是在我份外用功地訓練了近兩年後，我終於在去年幾個賽事中取得甲組的水平了。

to lose weight through joining the Team, as it trained twice a week and included some dry land training.

I must admit that I was not a talented swimmer, nor a hard-working learner. I remember that Coach Ma needed to talk to my parents constantly for improving my diet and learning attitude. Two years later, I completed all the Junior Team's programmes and was admitted to the Youth Team. I think Coach Ma promoted me to the Youth Team reluctantly just because he needed to make room for the younger participants joining the Junior Team. Besides training at the YMCA, major activity of the Team was to participate in the age-group swimming competitions organised by the Hong Kong Amateur Swimming Association (HKASA) throughout the year. The HKASA divides the competitions into Divisions 1, 2 and 3; swimmers must achieve a certain qualifying time in order to compete in the higher Division. I was a Division 3 level swimmer and only achieved Division 2 qualifying time occasionally. These two lower Divisions only admitted swimmers up to 16 years old; so when I turned 17, I could no longer participate in HKASA competitions as I was not fast enough for Division 1.

In the meantime, most of my teammates either quitted swimming or moved abroad to continue their studies, so I have become the big brother of the team. Then I discovered, to my surprise, that many of the boys listened to my advice, and gradually I have become a mentor to the younger swimmers. I remember most of Coach Ma's theories and teaching philosophies which enabled me to correct and encourage the younger swimmers when they encountered

在港青泳隊中我遇過很多比我更有天賦、或在更年少時已獲更大成就的人，很可惜他們大部分都因為其他事情很早放棄游泳。我很感激港青讓我有機會認識到這項運動，因此我希望能「回饋」這項運動、我的團隊，當然少不了的還有教導過我的教練們，尤其在我成長歷程中一直見證着我跌跌碰碰的馬教練。很快我便完成學業，將會成為香港職場的一分子。我希望能找到一份與游泳有關的工作，並與港青繼續維持緊密的聯繫。



銘滸指向他的400米個人四式成績，5分15秒98，成為港青的新紀錄。

Ivan Yip Ming-hei pointed to his result for 400m Individual Medley, 5 minutes 15.98 seconds, which is a new record for the YMCA.

difficulties. I also attended Swimming Official and Teacher Courses run by the HKASA in the past two years, and I am now a certified Swimming Official and Instructor. But my proudest accomplishment during this period was, after extra-hard training for almost two years, I finally achieved Division 1 qualification in several events last year.

I met many swimmers in the YMCA Swimming Team who were more talented or achieved more at a much younger age than me, but many of them gave up swimming too early due to other commitments. I am grateful for having the chance to learn this sport at the YMCA, so I want to “give back” to the sport, my team and all the coaches, especially Coach Ma who has witnessed my ups and downs throughout these many years. I will finish my studies soon, and then I will join the workforce in Hong Kong. I hope I can find a swimming-related job and also keep my ties with the YMCA.

日營領袖為參加者樹立榜樣 Camp Leaders Set Great Examples for the Campers

日營領袖很有責任感、禮貌和愛心。他們為年輕的日營參加者樹立了良好的榜樣，很棒，謝謝！Jacob度過了一段充滿樂趣的時光，我很高興他第一次的日營體驗是快樂的，再次感謝！

(All Star Sports Day Camp
參加者黃賢德家長)



Camp leaders were responsible, polite and caring. They set great examples for the young campers. Fantastic Job, thank you! Jacob had a lot of fun. I am so happy that his first camping experience was a positive one. Thanks again!

(Parent of Jacob Wong, Participant of All Star Sports Day Camp)

A-Life Academy讓我決心變得更好

A-Life Academy Boosts My Determination to be A Better Me



我很高興參加了A-Life Academy，這計劃協助我發掘興趣、確立目標和建立自信。與組員的相處，亦令我了解團隊精神的重要性。透過不同的活動，我變得勇於與別人分享自己的事。早前舉行的高桌晚宴，讓我有機會與香港大學的學生交流，加強我對提昇自己能力和入讀大學的決心。總括而言，A-Life Academy擴闊了我的視野和見聞，並進一步了解社會。

(林美珊，A-Life Academy參加者)

I am delighted to have joined the A-Life Academy which helped explore my interests, establish goals and build up my self-confidence. I learned about the importance of team work when working closely with my groupmates. Through participating in different programmes, I gained the courage to share about my own self with others. In addition, I joined the High Table Dinner and had the opportunity to exchange ideas and experiences with the students of The University of Hong Kong. The High Table Dinner exposure made me determined to enhance my ability to get into the university in future. In conclusion, my horizon and perspective have been widened and I have a deeper understanding on the society with the A-Life Academy experience.

(Lam Mei-shan, Participant of A-Life Academy)

為音樂努力 為夢想奮鬥

Devoted Myself to Music and Fight for My Dream

文輝在四年前愛上音樂，雖然他的家庭經濟困難，但仍努力不懈，在網上自學音樂，並每周花數小時在教會或非牟利組織練習鋼琴。通過港青營辦的「兒童發展基金」計劃，文輝積極儲蓄，並以積蓄購買音樂器材，如今他可自如地彈奏不同歌曲，並嘗試作曲。文輝是本文憑試考生，他希望能入讀經濟系，在畢業後應用相關知識，成立音樂學校，協助基層兒童學習音樂。

(蔡文輝，兒童發展基金計劃參加者)



Four years ago, Matthew fell in love with music. Despite the financial difficulty of his family, he did not give up on pursuing his dream in music. He self-learned music from the online materials and spent several hours every week playing piano in church and NGOs. With the support from the Child Development Fund's saving programme organised by the YMCA, Matthew actively saved money and invested them on musical equipment. Now he is capable to play different songs and tries composing as well. Matthew was one of the DSE students in 2016. He hopes he can study Economics in the university and make use of the knowledge to open a music school for the underprivileged children in future.

(Tsoi Man-fai Matthew, Participant of Child Development Fund)



Social 社會責任
Responsibility

義工服務 連繫社區

Volunteer Services Uniting the Community



我們一家三口在三年多前搬往東涌生活，面對陌生的新環境，初期不太適應，所以較少接觸社區。

自參與「玩具銀行」兒童成長獎勵計劃後，我認識了港青東涌中心，開始參與不同的社區活動。與此同時，我和兒子賢仔開始在「食物分享計劃」擔任義工，負責把從街市收集得來的蔬果作揀選、分類，並分成小份，轉贈給有需要的街坊。

此後，我認識了很多街坊，社交圈子擴闊了，人也漸漸變得開朗。因為參與服務，別人對我的讚賞和認同令我變得有自信。賢仔亦從義工服務裏學會幫助別人，此後在家也會幫忙做家務。看到兒子的成長，賢仔爸爸亦很支持我們繼續參與港青東涌中心的活動及義工服務。

(母親雷日紅與兒子林育賢，港青東涌中心義工)

We are a family of three and moved to Tung Chung three years ago. Facing a new environment, we took much time to adapt and therefore we seldom got involved in the community.

By joining the Toy Bank Service which is a reward scheme fostering children's personal development, we got to know YMCA Tung Chung Centre and started participating in various community programmes. My son, Yuk-yin, and I became volunteers in the Food Share Programme. We helped sorting and repackaging the vegetables collected from the wet market and then distributed them to the needy families in Tung Chung.



After becoming a volunteer, I met many neighbours of my community and had my social network expanded. I noticed that I had become cheerful. The appreciation and recognition I received from volunteering also helped me gain confidence. Yuk-yin also learned helping others from his volunteer experience, and he even started helping me with household chores. His father witnessed the growth of Yuk-yin, and he was very supportive towards our involvement and volunteer services at YMCA.

(Lui Yat-hung (mother) & Lam Yuk-yin (son), Volunteers of YMCA Tung Chung Centre)



我衷心感謝港青專業進修書院給我這次遠赴澳洲交流的機會。我體驗到當地截然不同的學習模式和生活文化，以及了解到澳洲酒店業的狀況和機遇，大大擴闊視野。這段時間我寄住在澳洲老師的家中，她帶我四處遊歷，欣賞悉尼風光。我還在澳洲的學校結交了來自五湖四海的朋友，我們一起參加國際會議，我的英語會話能力和待人接物的技巧因而進步不少，對我將來從事款待工作大有幫助。

(張詠愉，港青專業進修書院款待學高級文憑課程畢業生)

交換生體驗 照亮就業前路 Exchange Experience Lights Up the Future

I would like to express my heartfelt gratitude to YMCA College of Continuing Education for letting me join the exchange programme to Australia. This was a great opportunity for me to experience the very different ways of living and learning, as well as to know more about the hospitality industry and its prospects in Australia, and have my horizons broadened. Stayed at the head teacher's home in Sydney, I received a warm welcome and was taken to view some stunning landscapes. I met people with various backgrounds and nationalities in the institute and we joined an international conference together. My spoken English and interpersonal skills had a considerable improvement at the end, which would definitely give a lift-up for my future career in hospitality.

(Tiffany Cheung, Graduate of Advanced Diploma of Hospitality, YMCA College of Continuing Education)

愛與關懷在港青 Growing Up with Love & Care at YMCA

我的兩名學生子女Ambrose和Beatrice自1歲10個月起便參加寶寶世界。他們每次都期待來港青上課。我很感謝教學人員和職員對我們的愛與關懷，使Ambrose和Beatrice在學習和態度等方面都大有進步，他們變得更自信和快樂，喜歡探索、學習和分享。他們有很多機會嘗試新事物，如幼兒體操和游泳等。我很高興Ambrose和Beatrice在幼童期間參與了港青的課程，相信港青及寶寶世界會繼續在我子女的成長中扮演重要的角色。多謝港青！

(李氏家庭)



My twins Ambrose and Beatrice have started to join the Toddlers' World since they were 1 year 10 months old. They enjoy and look forward to going to YMCA every time. I am so glad and thankful that with the love and care of the teachers and staff, they have made good progress and become more confident, happier, and interested to explore, learn and share. They got a lot of chances to try new things like baby gym and swimming, etc. I am so happy that my children have joined the YMCA since their early childhood, and I am sure that YMCA and the Toddlers' World will continue to play a very important role in their growths. Thanks a lot YMCA!

(The Lee Family)

善用你的才能轉化社群！

Make Use of Your Talent to Transform the Community!

Khim是一位溫柔、開朗的尼泊爾女士，也是一位有才能的Y-Multi兼職員工。2010年，Khim在朋友的鼓勵下，參加了港青的文化烹飪工作坊，並成為了Cooking MaMa的一員，一個由少數族裔女性組成的烹飪團隊，成員主要是家庭主婦。Khim不久後將興趣擴展至其他範疇，在Y-Multi的社區商店工作，幫忙畫印度彩繪(Henna)和製作書籤。



透過參與港青的活動和工作，Khim不但開發了潛能和技術，更建立了自信和友誼。正如Khim的女兒描述：「媽媽以前很少說話，現在她變得健談多了，也認識了很多朋友！她現在在港青很忙碌！」最近的一件事充分表現了Khim的轉變：她嘗試了人生第一次公開的舞蹈表演！Khim以前從未想過表演跳舞，在後台等待的時候，她緊張得不得了，但一踏上台，馬上發光發熱。Khim現在透過烹飪、印度彩繪和舞蹈，促進不同群體的文化交流！

轉化發生在Khim身上，同時也透過Khim帶到其他人士身上。關懷和友誼是Khim為社區帶來改變的有力方法。在社區商店，Khim認識了來自中國、巴基斯坦和印度等朋友。在香港，少數族裔女性的生活實在不容易，他們互相扶持聆聽。Khim參加港青的活動時，都會對新朋友表現得謙虛和友善，儘管不是她的工作，她總會主動地為其他參加者遞上飲品，讓她們覺得好像在家裏一樣。這些看起來微小的舉動其實十分有力量。正正是這些

Khim is a gentle, cheerful Nepalese lady and a talented part-time helper of Y-Multi. With a friend's encouragement, she joined a series of cultural cooking training workshops organised by the YMCA in 2010 and became a member of Cooking MaMa, a cooking team formed by Ethnic Minorities ladies, mostly housewives. Soon, Khim extended her interest to other areas. She started helping in the community shop, drawing henna and making bookmarks.

Through engaging with the YMCA, Khim has developed not only talents and skills, but also confidence and friendships. As her daughter Angela described, "In the past my mum didn't talk much. Now she talks much more. She has made many friends. She keeps herself busy with the YMCA." The immense transformation can be fully illustrated by a recent breakthrough. Khim just had her first ever Nepalese dance performance with her friends in public! She never even thought about dancing in the past. She recalled that before she stepped onto the stage, she was very nervous. Yet, once she found herself on the stage surrounded by audience, she just shone. Now, she is facilitating cultural exchange to the public through food, henna and dance.

Transformation starts in Khim, and through Khim, spreads to others in her community. Love and friendship are the powerful means through which Khim brings changes. In the Y-Multi community shop, Khim makes friends from different backgrounds – Chinese, Pakistani, Indian...and many more. They support each other through hard times. Indeed, life is not easy for an ethnic minority female in Hong Kong. When Khim joins workshops in the YMCA, she always shows humility and hospitality to new friends. Although it is not her duty, she always prepares and serves tea or drinks to other participants, making them feel like home. These might be small acts, but they are powerful. The friendliness and loving atmosphere created by Khim and her friends make YMCA a place that new participants want to keep coming to and become potential change agents.

Khim帶來的氛圍，令港青成為一個令新參加者想一來再來的地方，成為改變的推動者。

在家庭裏，Khim發掘到女兒的興趣後鼓勵她參加港青的民族舞蹈大使。近年，她的女兒參加了不少義工工作，在社區內促進文化交流，宣揚愛與關懷的價值。最後，Khim想跟正在看這篇分享的你說：「如果你一個人在家，不如加入我們！在這裏，你能善用你的才能！」

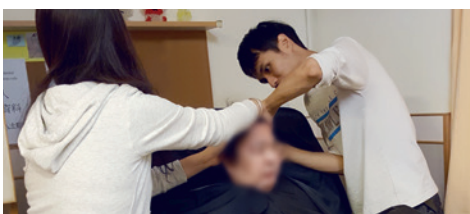
(Khim，長沙灣中心Y-Multi兼職員工)

In her family, Khim identified interests of her daughter, Angela, and encouraged her to join the Cultural Dance Ambassador Programme. In these few years, Angela has engaged in more and more voluntary work. She has also started promoting values of diversity, love and care to the public, particularly the children in her community. Finally, Khim wants to tell everyone who is reading this sharing, "If you are alone in the house, come and join us. You can use your talent here!"

(Khim, Part-time helper of Y-Multi at Cheung Sha Wan Centre)

義剪 意展

Hair Cut Volunteer Service Means A Lot More



從未替人剪髮的我，心血來潮突然想學剪髮。在網上看到港青籌辦的剪髮課程，課程還設有配套的義工服務，於是報名參加。經過四堂剪髮技巧課程，我和其他學員均被安排到安老院為長者剪髮，實踐課堂所學。

記得第一次為長者剪髮，我並沒有多大信心，只好硬着頭皮去剪。初時，我只在旁觀察導師和師兄師姐們如何服務長者。當我累積了幾次服務的經驗後，我便親身為長者們剪髮。雖然我的技術不佳，但自我感覺良好，因為我體會到為長者剪髮，其實是一個讓青年人和長者好好交流的機會。「義學樂」計劃的負責導師和職員持之以恆地為長者服務，令人鼓舞。期待有更多新義工加入這有意義的行列。

(「義學樂」剪髮義工David)

I had never tried hair cutting for others. On a whim, I decided to learn it. There was hair cut training at YMCA as shown on the web and it was supplemented with volunteer opportunities after one finished the course. I enrolled for it without hesitation. After completing the course, all the students were assigned to provide voluntary hair cut services in elderly homes to practise what we have learnt in the class.

In the first session of the service, I had no confidence in hair cutting but just forced myself to do it. At the beginning, I only observed my instructors and other experienced volunteers did the hair cut for the elderly. After several sessions of the service, I tried and did the hair cut for the elderly on my own. I was not skillful but I felt good serving them. I enjoyed the chat and sharing with the elderly while I was cutting hair for them. It was a precious exchange between youth and elderly. I am much encouraged by the persistence of all the instructors and staff in serving the elderly. I hope that more people could join this meaningful volunteer service.

(David, Participant of the Volunteer Training Programme, responsible for hair cutting)

追夢 與港青結伴行

Dream Catcher Who Walked Along with YMCA

我年少的時候有一個夢想，就是和我的丈夫於印尼經營生意。由於家庭經濟拮据，我於2008年離開了家鄉，到香港當家庭傭工。

後來，我感受到香港這國際大都會與我的成長地——印尼的一個小鄉村——大大不同。只在家鄉印尼修畢高中的我，電腦知識很是貧乏。因此，我決定善用餘暇裝備自己。因着前僱主的鼓勵和經濟支持，我報讀了港青的海外家務助理課程。

我第一個修畢的港青課程是基本電腦課程（印尼語）。在導師的悉心指導下，我更成功修畢電腦應用綜合證書課程。之後，我亦完成了簿記課程及語文課程。



港青授予我知識，亦為我帶來很多朋友。除自我進修外，我亦為港青海外家務助理的電腦課程擔任義工助教，並於星期天在銅鑼灣及灣仔等地區派發海外家務助理課程的宣傳資料。我慶幸可以服務社會。

多年來能夠與港青結伴同行，我感恩不盡。2015年，我完成在香港的家庭傭工工作，返回印尼並成功開展了自己的生意，真是福澤滿溢。我希望我的經歷能鼓勵其他海外家庭傭工，努力抓緊自己的夢想，家庭傭工一職並非唯一的選擇。今天的你，成就明天的你。希望大家都能堅持信念，努力進修，自我增值，改變命運，實現夢想。

(Hotimatus Sulaidah, 港青海外家務助理課程畢業生)

When I was young, I had a dream to open a small business with my husband in Indonesia. However, I became an overseas domestic worker in Hong Kong in 2008 because of financial constraints.

Later I realised that living in a metropolitan like Hong Kong was very different from where I was brought up – a small village in Indonesia. I only attended high school in my own country and my knowledge of computer application was very limited. Therefore, I decided to make good use of my leisure time to equip myself. With encouragement and financial support from my former employer, I enrolled in the Overseas Domestic Workers Programme of YMCA of Hong Kong.

My first course in YMCA was Basic Computer Operation, Windows & Microsoft Word (Bahasa Indonesia). With excellent guidance from instructors, I attained the “Windows & Microsoft Office Group Certificate” Award. Afterwards, I completed other courses such as bookkeeping and language skills.

Aside from the knowledge and skills I learned, I also met new friends in YMCA. Serving as a volunteer in the Domestic Helper Unit, my major role was the Assistant Instructor of the computer courses. I also helped distribute promotional flyers in Causeway Bay and Wanchai on Sundays. It's my pleasure to serve for the community.

I am very grateful with what I had done in YMCA throughout the years. With lots of blessings, I returned to Indonesia in 2015 and successfully started up my own business. I would like to use my story to encourage my fellow Indonesian domestic workers not to give up on their dreams, as working as a domestic worker is not the only option in life. To have faith and be keen on continuous learning could be a way to success – it will give your life a turnaround and make your dreams come true!

(Hotimatus Sulaidah, Graduate of Overseas Domestic Workers Programme)

Y M C A

UNRESERVED LOVE

EASTER CELEBRATION 復活節感恩讚美



信 Faith

祂從沒放棄我們每一位！ He Never Gives Up on Us!



慈悲仁愛的天父，感謝祢給我機會，在此述說祢的大能。

每月參加香港基督教青年會與C.O.M.E Ministries合辦的分享會，令我深深感受到神與我們同在，祂從沒放棄每一位孩子。以下讓我從「我」、「我們」、「他們」的角度，說說在分享會中所感受到神給我的恩典吧！

我：由信到不信，最後還是祢拖着我回家

在分享會中，祢透過一首詩歌《有你愛我》告訴我，在我不相信祢的時候，祢也沒放棄我。就如同歌詞所述：「你對我的愛從沒改，沒有因歲月改變，沒有因我罪生厭」。主阿，的確是啊！我由中三就開始跟隨祢。這麼多年，祢多次在我身上顯現神蹟，但我卻不斷懷疑，也憎恨祢其他的孩子。祢始終沒有因我犯罪對我生厭，反而在我的家庭、工作、學業各方面，都笑臉向着我，時常看顧着我，用不同途徑告訴我如何處理，一步一步帶我回家。阿門！

Dear Loving Father, Thank you for giving me this opportunity to speak of Your power.

The monthly evangelistic event organised by the YMCA of Hong Kong and C.O.M.E Ministries made me feel God's company, and that He never gives up on His children. I shall elaborate how I felt the grace of God in the evangelistic events with the perspectives of "I", "We" and "They".

I – from believe to disbelieve, eventually You took me home

A Chinese Hymn "With your love" played at the evangelistic event reminded me that You did not give up on me even during the time I gave up my faith. The lyric said, "Your love never changes, not when the time is gone, not according to my sin". God, it is true. I have been converted since Secondary 3 and have witnessed Your many miracles in my life all these years. But I was suspicious, and even hated Your other children. Still, You blessed me in my family, work and studies. You told me what to do, bringing me back to You. Amen.

We – reconciled with the brothers and sisters in the church I once hated

I was grateful to You for pushing me to step out and reunite with the brothers and sisters in Christ. I once thought I would never go to the church and see them again because of what they did. But after joining the evangelistic event, I gave up my resentment and even thought of inviting them to join the next event. At the same time, a sister in the church contacted me suddenly, so I took the opportunity to invite them to join. By then I knew that was a plan of God. Thank you God.

我們：讓我修補與教會弟兄姊妹的關係，我曾憎恨他們，現再次相聚，互相諒解

感謝 神的旨意，讓我踏出這一步，讓我和教會弟兄姊妹再次有機會相聚。曾經，我因為憎恨他們所做的事情，而決心不再返教會。甚至想過，我們再也沒有機會見面了。但因為這個分享會，我放下了怨恨，甚至想邀請他們參加下一次分享會。當我有這個想法同時，突然教會的姊妹主動找我。最後，我也邀請大家一起參加。那刻，我就知道，是祢的旨意，感謝主！

他們：讓我感受到，奉獻最重要的不是自己的才幹，而是內心

我在教會服侍期間，曾以為用我的鋼琴聲在教會事奉，是一件很了不起的事。但在分享會中，台上阿海一家和台下港青的各位工作人員，他們用行動告訴我，這樣的想法是錯的。在崇拜中，各人都有自己崗位，沒有一位特別了不起。大家一起把自己的長處發揮出來，敬拜就會變得十分精彩。這一次，神又讓我上了寶貴的一課。

最後，我很高興可以參加香港基督教青年會與C.O.M.E Ministries合辦的分享會。它不但讓我重返 神的家，修補與教會弟兄姊妹關係，而且改變了我對崇拜的看法。

(鄧肇欣，宗教推廣事工義工及活動參加者)

They – let me learn that offering is not about our talent but our heart

During the days I served at the church, I thought that I was doing an outstanding duty for the church by playing piano. But when I worked with the team of the evangelistic events, including Edward and his family, as well as the staff of the YMCA of Hong Kong, I learned that everyone has his own role and the roles are equal in the eyes of God. By putting everyone's strength together, a wonderful worship service can be made. What a precious lesson I learned.

Finally, I was very glad to be able to take part in the evangelistic events organised by the YMCA of Hong Kong and C.O.M.E Ministries. It brought me back to God, mended the relationship with my brothers and sisters in the church, and also gave me a new perspective on worship.

(Smile Tang, Volunteer and Participant of Evangelistic Events)



有召命，有夢想，才能不枉此生 Calling and Dreams Make Life Worthwhile

我們在傳統教會成長，覺得在星期六、日返教會、到外面的音樂機構事奉，在信仰上算不錯了。自2001年，我們籌組公司到學校訓練青少年樂隊，接觸青年人並與他們同行。及至2011年離開服侍了一年的

「兒童之家」，亦變賣了我們唯一的物業，成立C.O.M.E Ministries（一個向青少年提供免費學習藝術機會及傳揚福音的非牟利機構），我們選擇了一條比

別人難走的不歸路，義無反顧地回應上帝的呼召。事實上我們可以不選擇這條路，找一份工作，有穩定的收入，但我們就是不甘心，因為我們希望不枉過這一生，將來回望時可以無悔。

當我們為了成立C.O.M.E Ministries 而賣樓，有很多認為擁有自己物業非常重要的人問我們：「為何要賣樓這麼傻，你們都不想家庭和女兒嗎？」這幾年一路走來，真像以色列人行走曠野之路，每天都要面對很多的考驗和不同的挑戰，憑信心走過很多崎嶇的路。正因這些經歷，我們對信仰有不一樣的體會，在高山低谷之處境時，更看見人的軟弱和經歷上帝同行的實在。

與港青合作

我們視今天為「這是最壞的時代，也是最好的時代」。難得讓我們遇上同一信念、願意革新自己的同行者，就是港青宗教推廣事工的同工。他們是一群充滿使命的

Being brought up in traditional churches, we felt good about ourselves by regularly attending church services and serving at music ministries. We had a common vision to serve the community. So in 2001, we started a business to train youth bands at schools, engaging with and accompanying the

youth. In 2011, we left Children's Home where we had served as house parents for a year, and sold our only flat to start C.O.M.E Ministries, an NGO of providing free

arts programmes and ministry services for the youth. It was a difficult path with no return, but we deeply believed that it was our response to God's calling. Actually we could choose not to take this path but to find a job and have a stable income. However, we want to make every day count and look back on our lives without regret in the future.

Many people, who believe that owning a property is very important, questioned our decision of selling the flat for establishing C.O.M.E Ministries and wondered if we had considered our family and daughter when we made the decision. In the past 5 years, we felt like Israelites walking in the wilderness who had to rely on faith to face plenty of challenges every day. Because we have gone through these difficulties, we had different experiences in God. When we experienced those ups and downs, we could see the weaknesses of man and God's company.

Working with the YMCA

"It was the worst of times, it was the best of times" is our view of today's situation. We were lucky to meet the Christian



隊工。YMCA 內的「C」(Christian)就是屬於基督的，今天他們要將基督的道充滿其中。

2015年12月是「青年有道」的第一炮，我們希望藉着不同的平台，如「痴痴呆呆坐埋一枱」之音樂佈道會、敬拜讚美聚會、研經講座及專題分享等，與年青人同行，一同面對他們成長的挑戰和困惑。最令我們感受深刻及感動的，是在聚會裏看見很多人生命被觸動和燃燒，在信仰上重新起步，更看見有很多朋友願意相信耶穌，得到這份從上帝而來的愛和平安。



我們的抱負

我們相信這世代的年青人是有能力及很多可能性的一群。他們只是需要機會、認同及陪伴他們的同行者，與他們一起迎戰成長中各種挑戰，找到自己的獨特性和價值。因此我們希望以「藝術宣教」接觸年青人，並透過社區服侍，與他們一起反思生命價值及信仰，進行牧養與關懷，實踐全人信仰生命。

(羅旭海與戚淑燕夫婦，宗教推廣事工合作伙伴C.O.M.E. Ministries創辦人)



Outreach Team of the YMCA of Hong Kong, who shares the same vision and willingness to refresh Christian belief in ourselves. They are full of strong sense of commitment and aim to fill YMCA with the Words of God.

Together we have started a series of evangelistic events named "The Way for Youth" since December 2015. Through different platforms such as evangelistic concerts, worship gatherings, biblical seminars and feature forums, we hope to help and accompany the youth to cope with the challenges and frustrations they face during adolescence. We were deeply touched to see that many young people's lives have been re-ignited with faith, and to see a lot of young people willing to believe in Jesus, receiving love and peace from God.

Our Ambition

We believe that the young generation has abilities and many possibilities. They only need chances, recognition, as well as companion to cope with the challenges with them in order to find their uniqueness and values. We will carry on with our ministry of using arts and community services to engage with the youth, contemplate the value of life and belief with them in order to lead their lives faithfully.

(Cat and Edward, Founders of C.O.M.E Ministries, Partners of Christian Outreach)



尖沙咀(國際)聯青社

Y'S MEN'S CLUB OF TSIM SHA TSUI

尖沙咀(國際)聯青社於1981年3月19日成立。本社之晚餐例會，訂於每月第一及第三個星期四假尖沙咀香港基督教青年會舉行。例會以英文輔以廣東話進行。本社定時邀請嘉賓於例會演講，以期增進社友對相關講題的認識。社友亦積極組織活動和籌募捐款，以支持本地及海外的社會服務。

The Y's Men's Club of Tsim Sha Tsui was chartered on March 19, 1981. Dinner meetings are held on the first and third Thursdays of each month at the YMCA of Hong Kong, 41 Salisbury Road. Meetings are mainly conducted in English with Cantonese as the auxiliary language. Guest speakers are invited to deliver speech on topics of current interest. Dedicated members also organise activities and fund-raising to support social services for the local community and overseas.

**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2015 - 2016年度曾參與之活動。
As close partner of the YMCA of Hong Kong, we support programmes organised by them which included the followings in 2015-2016.**

- 「愛『深』菜計劃食物回收義工活動」——社友定期參與回收食物
"Love Vegetables" - members help regularly in the food distribution
- A-Life Academy師友計劃——三位社友為師友計劃擔任師友
A-Life Academy - 3 members help as mentor for the programme
- 港青開放日 YMCA Open House Day
- 普世青年會行動 2016 YMCA World Challenge 2016
- 第十屆赤腳勤學慈善行步行籌款 2016
10th Bare Foot Walkathon 2016
- 基督教青年會運動在港開展115周年慶典啟動禮
Kick-off Ceremony of the 115th Anniversary of YMCA Movement in Hong Kong
- 港青專上學生聯會就職典禮
Inauguration Ceremony of the Campus YMCA of Hong Kong



社友參與第十屆赤腳勤學慈善行步行籌款
Members and guests were ready for the 10th Bare Foot Walkathon.



聯青社每年12月於港青開放日舉辦大型義賣籌款，反應熱烈。
The annual December Bazaar was launched at the YMCA Open House Day with a cheerful atmosphere and good earnings.



社友出席港青專上學生聯會的就職典禮
Members attended the Inauguration Ceremony of the Campus YMCA of Hong Kong



(左起)前社長傅劍非、社友香慶昌、香港基督教青年會總幹事何慶濂先生、前社長曾燕君及前社長蔡伯純參與普世青年會行動2016
(from left) PP Andy Fu, YM Ben Heung, Mr. Peter Ho, General Secretary of YMCA of Hong Kong, PP Jorence Tsang and PP Percy Childe joined the World Challenge 2016

如欲參與本社活動，歡迎電郵查詢。For enquiry, please e-mail us at ysmenhk.tst@gmail.com



相片剪輯 - 課程及服務

PHOTO CLIPPING - Programmes & Services



兒童發展基金「展才創富」師友計劃分享會
Child Development Fund Annual Sharing Session



營務參加者一同快樂地歌唱
Campers were singing together happily!



「We ||> play Art」再生玩具計劃獲邀參與香港玩具節，向大眾示範如何「重玩」一些舊玩具，將之變成藝術創作，宣揚惜物減廢的訊息。
“We ||> play Art” Toy Reborn Project was invited to join the Hong Kong Toy Festival to demonstrate how to “replay” old toys and turn them to art pieces, in order to deliver the message of “use less, waste less”.



為期九日的四川四姑娘攀山之旅
The 9-day Siguniang Climbing Trip



高爾夫球日營
Golf Day Camp



綠色藝術創作日
Green Art Jam



京士柏百周年紀念中心贊助香港健球總會舉辦健球推廣日暨新秀賽
King's Park Centenary Centre sponsored venue for the Kin-Ball Promotion Fun Day cum Novice Competition organised by the Hong Kong Kin-Ball Association.

相片剪輯 - 課程及服務

PHOTO CLIPPING - Programmes & Services



長沙灣中心開放日2015 — 「長情17年」
CSW Centre Open Day 2015 - Action to Change



為幫助於2015年4月及5月尼泊爾地震中受影響的災民而組織的籌款計劃 — Climb for Fund。感謝你們慷慨解囊！
Climb for Fund – a fundraising programme to support the citizens who suffered from Nepal earthquakes that happened in April and May 2015. Thank you all for your enthusiastic donation!



港青康樂及運動部首次引入地壺球運動
Floor Curling was firstly introduced in Hong Kong through Sports and Recreation Section of YMCA of Hong Kong.



東涌惜物地攤
Tung Chung Exchange Stalls



香港基督教青年會專上學生聯會 — 年度大會
Campus YMCA of Hong Kong - Annual General Meeting



「赤腳勤學慈善行」步行所得籌款為廣西山區的學校購置新的課桌椅，改善學童學習環境。
The donation from "Barefoot Walkathon" was used to purchase new student desks and chairs for the schools in rural areas of Guangxi.



敬老飯廳
Elderly Banquet



籃球訓練進行中
Basketball training in progress.



東涌招聘日2016開幕禮
Tung Chung Job Fair 2016 Opening Ceremony



南亞節日樂繽紛2015
Eid and Diwali Fun Fair 2015



「傲翔新世代」全方位青年領袖訓練計劃清邁服務之旅
Youth Leadership Development (YLD)
Scheme Chiang Mai Service Trip



探索香港日營
Hong Kong Discovery Camp



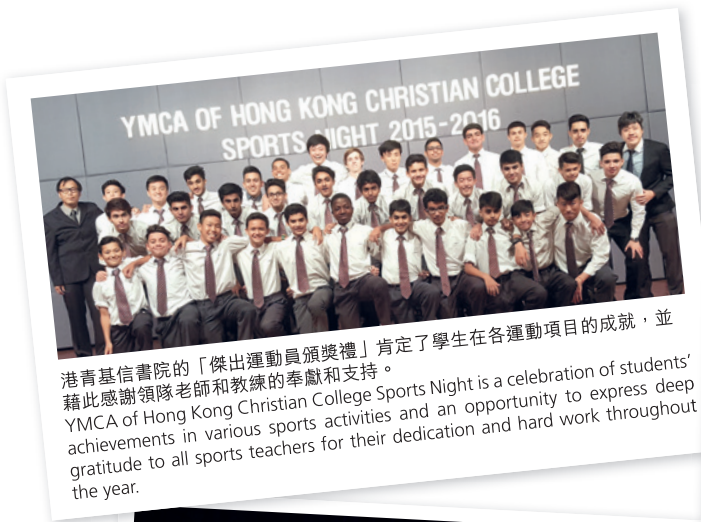
「義學樂」義工於本計劃學習剪髮後，到安老院幫助長者理髮
Volunteers cut hair for the elderly in elderly homes after training



1370旅港台童軍交流團2016
1370th Scout Taiwan Trip 2016



「YMCArts我愛我家城鄉共生探索展覽@油街實現」是一個結聚村民、北角街坊及YMCArts青年的藝術活動。
“YMCArts “I love my home” Sustainable Life Exploration Exhibition@Oil Street Artspace” was an art programme which brought villagers, residents of North Point and YMCArts youths together.



港青基信書院的「傑出運動員頒獎禮」肯定了學生在各運動項目的成就，並藉此感謝領隊老師和教練的奉獻和支持。
YMCA of Hong Kong Christian College Sports Night is a celebration of students' achievements in various sports activities and an opportunity to express deep gratitude to all sports teachers for their dedication and hard work throughout the year.



非洲鼓課程的學生於港青開放日演出。
Students of African Drum Course performed at the YMCA Open House Day 2015.



港青基信書院音樂比賽的參賽者表現出令人讚嘆的音樂才華和超級巨星風範，令觀眾留下深刻印象。
The contestants of YMCA of Hong Kong Christian College Music Contest demonstrated amazing musicianship and superstar-like stage presence.



農圃道幼兒學校探訪陽光笑容小樂園，學習口腔健康知識。
Farm Road Nursery School visited the Brighter Smiles Playland to learn about oral care.



新會商會港青基信學校閱讀之星派對：閱讀之星和校長分享閱讀的樂趣和慶祝他們的閱讀成果。
Super Reader Party of San Wui Commercial Society YMCA of Hong Kong Christian School: Super Readers shared the joy of reading with the Principal and celebrated for their reward from reading.



為慶祝第一百期咖啡調配師畢業生之誕生，港青專業進修書院舉辦了四場名為「咖啡·沙·劇場」的嶄新藝術表演。
To celebrate the 100th cohort of barista graduates, YMCA College of Continuing Education organised four sessions of drama and sand painting performance, namely "Coffee. Sand. Theater".



先進人士免費參加電腦應用及安全操作課程
Free computer application and safety course for masters



菲律賓宿霧是今年外展服務其中一個目的地，此行令學生大開眼界，並培養了回饋社會的公民使命。Cebu was one of the destinations of the overseas service outreach this year. The trip gave students an eyes-opening experience and helped develop a sense of dedication to fostering social welfare.



港青基信書院學生在週年運動會表現出良好的團隊及體育精神，在不同的項目爭取卓越成績。YHKCC students showed good team spirit and sportsmanship to strive for excellence in different events.



國際幼稚園及耀信國際幼稚園探訪童夢城通識學園，讓學生透過職業模擬遊戲體驗不同的工作。International Kindergarten and Beacon International Kindergarten visited the Dream Come True Education Park. Children had fun dressing up and learning skills about different occupations through mock career games.



新會商會港青基信學校合唱團在香港迪士尼樂園中表演。SWYHKCS School Choir performed at the Hong Kong Disneyland.



國際幼稚園學生在聖誕節前夕演出耶穌誕生的故事。International Kindergarten students took part in an ABC Nativity show to share the story of Jesus' birth.



款待學學生策劃的「暗自品嚐」籌款活動，參加者蒙着雙眼享用晚餐，體驗視障人士用膳可能遇到的困難，活動收益捐助予奧比斯。Students of Hospitality organised a charity event "Taste of Darkness". Participants experienced the difficulties that might be encountered by the visually impaired through a blindfolded dinner. Proceeds from the event were donated to Orbis.



耀信國際幼稚園學生捐贈食物予港青長沙灣中心舉辦的食物分享計劃。Beacon International Kindergarten students donated food to the Food Redistribution Programme organised by Cheung Sha Wan Centre.



農圃道幼兒學校聖誕報佳音。Farm Road Nursery School Christmas Carol.



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



員工週年晚會
Annual Staff Dinner



員工康樂委員會
Staff Social Committee

義工派米活動2016
Volunteer Free Rice Distribution Programme 2016



超級歌唱比賽2015
Super Singing Contest 2015



超級羽毛球比賽2016
Super Badminton Competition 2016



員工康樂委員會
Staff Social Committee

超級燒烤同樂日2015 Super BBQ Fun Day 2015





位置優越、鄰舍顯貴

*Our Location Is Excellent And
The Neighbourhood Could Not Be Better*

歡迎閣下蒞臨香港基督教青年會(港青)。

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

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- c. 家庭套房(廳)
Family Suite (Living Room)
- c. 家庭套房(睡房)
Family Suite (Bedroom)
- e. 再臨閣 Salisbury Dining Room
- f. 大堂咖啡座 Mall Café
- g. 髮型室 Hair Salon
- h. 商店 The Y Shop

a	b
c	d
e	f
g	h



客房

- ◆ 四個基督教福音電視頻道
- ◆ 免費房間Wi-Fi上網
- ◆ 免費房間供應自助茶及咖啡設施
- ◆ 房間設有電子私人保險箱
- ◆ 國際直撥電話及留言服務
- ◆ 洗熨衣物服務
- ◆ 迎賓新鮮水果籃
- ◆ 免費蒸餾水
- ◆ LCD 電視包括衛星及有線電視頻道

其他設施

- ◆ 大堂咖啡座
- ◆ 再臨閣
- ◆ 宴會及會議設施
- ◆ 設備完善的健身中心
- ◆ 室內游泳池及按摩池
- ◆ 商店
- ◆ 髮型室
- ◆ 靈修室

Guest Rooms

- ◆ 4 dedicated TV channels for Christian gospel
- ◆ Complimentary in-room Wi-Fi
- ◆ Complimentary in-room coffee and tea making facilities
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- ◆ Laundry and dry cleaning service
- ◆ Welcome fresh fruit basket
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- ◆ LCD TV with satellite and cable channels

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- ◆ Salisbury Dining Room
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- ◆ Well-equipped Fitness Centre
- ◆ Indoor Swimming Pools and Jacuzzi
- ◆ The Y Shop
- ◆ Hair Salon
- ◆ Chapel



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宴會及會議設施 Banquet and Conference Facilities

共有11宴會廳、平台花園及大禮堂，可容納22圍中西式宴會或450人會議講座。

With 11 function rooms, the Podium Garden and the Assembly Hall, our function venues are ideal for events up to 450 guests.



團體活動 Highlights of Banquet Functions



世界自然基金會香港分會
WWF-Hong Kong



國際獅子會腎病教育中心及研究基金
Lions Kidney Educational Centre
and Research Foundation



香港社會工作人員協會
Hong Kong Social Workers Association



基督教青年會運動在港開展115周年 115th Anniversary of the YMCA Movement in Hong Kong



你們的光也當這樣照在人前，叫他們看見你們的好行為，便將榮耀歸給你們在天上的父。
Let your light so shine before men,
that they may see your good works and glorify your Father in heaven.
(馬太福音 Matthew 5:16)

慶祝基督教青年會運動在港開展115周年開幕禮 Kick-off Ceremony of 115th Anniversary of the YMCA Movement in Hong Kong



員工為港青送上祝福
Staff presented their blessings to
the YMCA of Hong Kong



眾人齊聚為青年會運動盡一分力
We all contributed to the YMCA Movement



為115周年，1月15日，1:15倒數
Count down to 1:15pm, January 15, 2016

2016普世青年會行動 World Challenge 2016



今年普世青年會行動的主題是「讓青年人發聲」。
The theme for World Challenge 2016 is "Giving Young People a Voice".



活動攤位播放早前拍攝的片段及展示收集到115位青年的意見。
Event booth displayed the video being shot earlier and the opinions
collected from 115 young people.

祝賀基督教青年會運動在港開展115周年紀念 Celebrations of 115th Anniversary of the YMCA Movement in Hong Kong



耀信國際幼稚園的學生與教職員在結業禮上獻上歌曲及舞蹈祝賀
港青115周年紀念。
Beacon International Kindergarten Year End Performance –
students and teachers dedicated a song to the YMCA of Hong
Kong 115th Anniversary.



農圃道幼兒學校一眾學生於畢業禮獻唱歌曲榮耀神及祝賀港青115周年紀念
Farm Road Nursery School Graduation Ceremony - students dedicated a song to the YMCA of
Hong Kong 115th Anniversary and to glorify God.

115周年問答比賽 115th Anniversary Online Quiz

港青於4月至6月舉辦「115周年問答比賽」，讓大家更了解港青的歷史
及發展。恭喜簡先生(左二)在比賽中獲勝。
"Online Quiz" was held from April to June 2016 to let the public know
more about the history and development of the YMCA of Hong Kong.
Congratulations to the Grand Prize winner, Mr. Kan. (second from left)



綠「惜」Show Fun Environmental Show Fun



綠「惜」Show Fun活動大合照
Group photo of the Environmental Show Fun



港青董事葉頌文先生分享
自己在環保方面的心得。
Mr. Tony Ip, Director of
the YMCA of Hong Kong,
shared his views on
environmental protection.

參加者通過攤位遊戲學習環保知識。
Participants learned environmental friendly knowledge
through interesting booth games.



義工行動115 115 Volunteer Movement

為慶祝港青成立115周年及推動義工文化，港青鼓勵會員及其親友參與
「義工行動115」，將關愛傳遍社區。
To celebrate our 115th anniversary and cultivate a culture of volunteering
service, YMCA of Hong Kong has launched "115 Volunteer Movement"
to appeal our members and relatives to take volunteer actions and spread
love and care to the community.



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!

