

YVOICES

港青之聲

Dec 2024

"I, the Lord, your God, teach you
what is good for your good, and lead
you on the way you should go."

「我是耶和華——你的神，我教導你，
使你得益處，指引你當走的路。」

Isaiah 以賽亞書 48:17



LOVE IS ALL AROUND

愛在聖誕

聖誕節是分享愛和祝福，是答謝家人及朋友的最佳時刻。港青酒店準備了一系列特色佳餚，為這個全年最快樂的節日譜上炫美樂章，讓您與摯愛親友更添喜悅！

Dubbed the season of giving, Christmas is a wonderful time to share love and joy with your family and friends! The Salisbury is ready with an array of festive culinary delicacies for you to impress your loved ones!





Contents

- 2 總幹事的話 GS's Message
- 8 專題特寫 Feature
YMCA Accelerator Summit
世界各地基督教青年會代表齊聚肯亞蒙巴薩共同推動「青年會2030願景」
Global YMCA Leaders Unite in Mombasa, Kenya, to Propel YMCA Vision 2030
- 18 港青人·情·事 Y's Story
美孚有機農場最後營業 港青總部接棒新一周一會
Mei Foo Farm Fest Bids Farewell
New Weekly Gathering with Local Farmers to Begin at YMCAHK Headquarters
- 22 會牧園地 Chaplain's Corner
- 24 聖誕賀辭及港青周年大會 Christmas Greeting & YMCA's AGM
- 25 港青資訊 Y's News
- 44 最新動態 Announcement

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YMCA OF HONG KONG

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「我是耶和華 — 你的神，我教導你， 使你得益處，指引你當走的路。」

“I, the Lord, your God, teach you
what is good for your good, and
lead you on the way you should go.”

(以賽亞書Isaiah 48:17)

願各位蒙天父和主耶穌的恩典，主內平安！

當我的太太收到一個週末在曼谷舉行的區域聚會上發表演講的邀請時，她問我是否願意陪同參加。遺憾的是，我無法對她這個吸引的提議說「願意」，因為同一個週末，我的日曆上已標註了與港青同工進行「啟發課程聖靈之夜」。當我收到帶領港青代表團參加在肯亞蒙巴薩舉行的YMCA Accelerator Summit的邀請時，我立即查看日曆，發現那正是我們港青的周年大會（AGM）。當孟加拉國基督教青年會全國理事會（NCYB）的會長親自邀請我參加他們的金禧慶祝活動時，儘管該活動正好發生在我生日的那週末，我仍然答應了。然而，我在獲取前往該國的旅行簽證時遇到重大困難。最終，由於該國政局不穩，NCYB決定取消周年慶典並重新訂定日期。彷彿我們的生活都在依照日曆進行，不是嗎？有誰比那位創造時間以造福我們的上帝更了解我們的日曆呢？「我知道我向你們所懷的意念是賜平安的意念，不是降災禍的意念，要叫你們末後有指望。這是耶和華說的。」（耶利米書29:11）在行善與作惡之間做出選擇是一回事，但在如此多誘人且具競爭性的「好」機會中做出選擇則是另一回事。感謝天父上帝，聖經告訴我們，耶和華我們的神會教導我們何為有益，並引導我們走正確的道路。

充滿希望、平安、喜樂和愛的將臨期於12月1日開始。在過去的一年裡，我們在身、心、靈上有何成長？我們在基督教青年會及生活中是如何經歷上帝的同在？現在是反思的時刻，思考我們需要作出哪些改變，以更好地為聖誕節做準備。11月的最後一週發生了許多好事情，包括感恩節慶祝活動、the DOOOR的首家社會企業揭幕儀式、港青代表分享他們的蒙巴薩之旅、第40屆APAY青年會幹事高級培訓課程的畢業典禮、第9屆Boundless的開幕禮、啟發課程聖靈之夜等等，還沒有說起過去一年發生的其他事。然而，這些活動讓我們回顧港青過去經歷的點滴，並提醒我們需要從中汲取教訓，以決定未來一年在籌備慶祝港青於尖沙咀梳士巴利道總部的百年慶典時該走的道路。

在11月30日，即將進入將臨期的前夕，教會慶祝了聖安德烈節。安德烈是第一批被耶穌呼召成為祂門徒的人之一。耶穌轉過身來，看見他們跟著，就問他們說：「你們要甚麼？」他們說：「拉比，在哪裡住？」（拉比翻譯為夫子。）耶穌說：「你們來看。」他們就去看耶穌的住處，並和祂同住；那時約有申正了。（約翰福音1:35-39）當耶穌在加利利海邊行走時，看到兩兄弟，西門（稱為彼得）和他的兄弟安德烈。他們正在湖中撒網，因為他們是漁夫。耶穌對他們說：來跟從我，我要叫你們得人如得魚一樣。他們就立刻捨了網，跟從了祂。（太4:19-20）

正如耶穌呼召門徒，教導他們有益的事，引領他們走當行的路，祂也同樣地引導著我們。我們是否願意像安德烈一樣，應邀與耶穌共度一天？我們是否還記得第一次與基督相遇的時刻，就像約翰那樣？我們是否準備好放下自己的「漁網」，跟隨耶穌，像彼得和安德烈那樣？

在10月，美國YMCA基督教使命會議「基督在全球基督教青年會（Christ in the Global YMCA）」於紐約銀灣基督教青年會舉行。會議吸引了來自15個州和11個國家的基督教青年會和教會領袖，涵蓋了六大洲的基督教青年會使命網絡成員。主題演講集中於「基督教青年會歷史上的精神教訓（Spiritual Lessons from YMCA History）」以及建立在巴黎宗旨的四個「基督教青年會的基礎（Foundation of the YMCA）」：耶穌基督（上主的兒子）、聖經（上主的話語）、



世界基督教青年會使命會議成員聚會於10月10至12日在紐約銀灣基督教青年會舉行
World Mission Conference Network Gathering was held from October 10 to 12 in Silver Bay YMCA

門徒（上主的跟隨者）和天國（上主的使命）。我注意到教堂裡的一句話語：「無論你是誰，無論你處於人生旅程的哪個階段，歡迎你來到這裡。上帝仍在說話。」的確，上主透過主講者、基督教青年會和全球教會領袖的見證，還有我們的對話和禱告，向我們傳達祂的話語。在閉幕式上，港青分享了我們如何履行基督徒使命並在工作中經歷上主臨在的見證。其中一位銀灣基督教青年會的長期會員慷慨捐贈，以支付我們的食宿和會議費用，讓我深刻體會到慷慨的更深層意義。他不僅只幫助那些有經濟需要的人，還支持那些為推動基督教青年會使命而長途跋涉的人，因為他堅信基督教青年會的使命！我還在想，到訪銀灣是否上帝之意時，當我驚喜地發現他的兒子穿著一件與我相似的大學外衣，我的疑慮全都消失了。原來我們的女兒都是同一所大學的同屆畢業生。能在銀灣基督教青年會的旅程中相遇，實在是多麼的奇妙！

隨後，世界基督教青年會使命網絡的成員們繼續留下來，為2026年多倫多青年會世界大會祈禱。其中一位成員回憶起她在2014年於埃斯特斯公園的青年會世界大會祈禱的時刻，她收到了預言性的訊息，連結各國代表的報名國家；那個形象是一條大魚，象徵著為漁夫而設的大網。當我分享我們九月號《港青之聲》的封面也是一條大魚並用同一聖經金句時，這讓大家都感到嘩然驚訝：「來跟我，我要叫你們得人如得魚一樣。」（馬可福音1:17）。天父上帝確實仍然在說話，大聲而清晰，並指引我們連結起來，即使相隔十年。

港青與聖士提芬會於九月在港青酒店共同舉辦了一場研討會，題為「神在中東的心」（God's Heart in the Middle East）。來自黎巴嫩的THIMAR-LSESD的朋友們分享了他們在面對挑戰與奇蹟中的經歷，展示了上帝在黎巴嫩及中東的作為。THIMAR的總幹事Dr. Nabil Costa曾向上帝詢問何時才能看到隧道盡頭的曙光，而上帝告訴他：「成為隧道中的光！」研討會結束後，Nabil匆忙返回貝魯特，因為他國與以色列的衝突加劇；他告訴我們：「最安全的地方就是上帝讓你所在的地方。」在過去十週裡，THIMAR無疑是黑暗隧道中的光，直到以色列與黎巴嫩達成停火協議。我很高興收到Nabil的感恩視頻，THIMAR的同工在這段衝突升級期間，用阿拉伯語唱著「但非我，乃心中基督（Yet Not I But Through Christ In Me）」。「影片」的開頭展示了他們堅定的信念：在這次考驗中，當感到希望渺茫時，我們在耶穌裡找到了避難所、平安和喜樂，「我們生活、動作、存留，都在乎祂。」（使徒行傳17:28）。感謝我們的餐飲部團隊全心投入為是次盛會提供正宗的中東美食，使我們的賓客能夠體驗難忘的款待。正如Mall Café服務櫃檯上印有的聖經金句：「不可忘記用愛心接待客旅；因為曾有接待客旅的，不知不覺就接待了天使。」（希伯來書13:2）

烏克蘭基督教青年會於11月20日舉辦了一場鼓舞人心的線上研討會，題為「烏克蘭全面戰爭的1000天：基督教青年會堅持韌性」（1000 Days of Full-Scale War in Ukraine: YMCA Stands for Resilience）。研討會以一部名為「對和平的思考」的影片開場，由利維夫基督教青年會組織，向世界展示烏克蘭女性對和平的願景。影片中提到：「當我不再害怕戰爭奪走我所愛的人時，和平就會來臨。」和平是出路，基督教青年會代表著和平，因為其根基是和平

之君。我們祈禱所有遭受戰爭、暴力和衝突困擾的國家能夠重新獲得和平。我們祈求上主教導各國和各掌權者何為善良，引領他們走在應當行的道路上。我們能夠在過去兩個盛夏於港青接待來自烏克蘭的女青年人，何等幸福與榮幸。

港青於10月25日舉行了周年大會，委員們投票通過了2023-2024年報《承先啟後》。我們榮幸地邀請退任董事方麗麗（Lily）女士讀出周年大會的經文，以提醒我們堅定不移、緊守門徒所傳授給我們的教導，並受到神的恩典與鼓勵（帖撒羅尼迦後書2:15-17）。的確，2023-2024年是主恩典中的鼓勵之年。我們感謝Lily自2009年以來一直忠誠地於董事會服務。我們歡迎凌浩雲教授（Howard）加入董事會。Howard自2023年起在賓館服務委員會（HSC）和會員服務及活動委員會（MSPC）中貢獻心力。前任義務司庫莊太（Sheila）提名麥志偉先生（Trevor）接任義務司庫。我們感謝Sheila自2014年起在財務及稽核委員會（FAC）中作出的不懈貢獻。Trevor自2020年以來一直是FAC委員，並自2022年起擔任董事會董事。為確保無縫交接，Sheila將繼續在FAC中服務。願主繼續引領董事會走在應當行的道路上。

經過多年努力規劃及尋找合適人選，西九聯青社（YMWK）在港青西九龍耀信發展學習中心正式成立，而其就職典禮恰逢光榮十字聖架節舉行。由創社社長馮楚穎（Cynthia）帶領，她是一位Change Agent及YLD舊生，YMWK擁有21名創社成員，其中大部分是過去十年參加港青青年項目的青年，包括YLD、A-Life和Boundless，至今仍擔任港青義工。其他成員則包括我們的青年同工。感謝國際聯青社亞太洲域主席、國際聯青社香港地區的領導人及其他聯青社成員、我們的兄弟會—尖沙咀國際聯青社（YMTST）、港青董事會成員及領導團隊也親自前來見證西九聯青社的成立。我們祈求上主天父教導西九聯青社何為良善，並引領西九聯青社走在應當行的道路上，如同尖沙咀聯青社過去43年所做的一樣。

在過去的一箇月中，我參加了兩位基督教青年會朋友的葬禮。在他們的家人和摯愛深切懷念之際，我們從他們充實而豐盛的生命、包括歡樂與不可避免的悲傷中，找到了安慰。在聖斯提芬教堂，凝視著耶穌在十字架上張開雙臂的畫面，讓我感到慰藉。回想耶穌教導我們的良善以及祂的引領，讓感恩、喜樂和不配



的眼淚交織在一起。當我認識到耶穌基督復活已經赦免了我們所有人的過犯，這是一種無法用言語表達的感受。當我聽到「讓我們起來唱《奇妙恩典》」時，聖靈充滿了我的心，讓我意識到這聲音是多麼甜美，拯救了像我這樣的可憐人。我曾迷失，如今已被找回。曾經盲目，如今又能看見。神蹟教我心存敬畏，減輕我心中的恐懼。神蹟的出現何等珍貴，那是我第一次相信神的時刻！我在中學時學到的《朝聖者之歌》提醒我，人只不過是地球上的朝聖者……我們走著，卻一去不復返……人們都渴望有一個天上的家，每天都在愛中度過。

「來吧，我們登耶和華的山…祂必將祂的道教導我們，我們也要行祂的路…來吧！讓我們在耶和華的光明中行走。」（以賽亞書2:1-5）在將臨期第一主日的清晨，我踏單車到大帽山頂，感謝上主天父在過去一年中的引領和保守。2024年即將過去，但港青1月21日在梳士巴利道奠基百年慶典的美好回憶依然活現在我心中。「所以，凡聽見我這話就去行的，好比一個聰明人，把房子蓋在磐石上。」（馬太福音7:24）。基督教青年會應當走的道路，就是巴黎本旨。耶穌基督是我們的根基，無論是一百年前、現在或是一百年後，祂始終如一。然而，圍繞著這根基的基礎設施需要修復、重組和重建，為港青的下個一百年做好準備。

位於港青酒店中庭的聖誕樹上掛著伯利恆之星，提醒我們上主對我們永恆的愛。天父所賜予人類的第一份禮物是驅散黑暗的光明（創世紀1:3）。聖誕節最美好的禮物是耶穌，這世界的光（約翰福音8:12），以及成為肉身與我們同在的上帝之道（約翰福音1:14）。聖誕節是給予的時刻。我們能夠奉獻的最好禮物，就是無條件、無私和不怕犧牲地服務他人，如同耶穌服侍我們一樣。願主我們的天父上帝在這將臨期中加強我們的信心，使我們能夠警醒，並堅定地面對基督耶穌的來臨。願我們充滿來自和平之君的祝福、盼望與平安，體驗聖靈的喜樂，讓我們能如基督耶穌愛我們那樣去愛，完美地實現上主天父的旨意。願主我們的天父上帝繼續教導我們何為良善，引領我們走在應當行的道路上，照亮未來一百年及以後的道路。

S.D.G.（願榮耀單單歸於神）

何慶濂

總幹事／行政總裁

港青酒店中庭的聖誕樹上掛著伯利恆之星，提醒我們上帝對我們永恆的愛

The Christmas tree with the Star of Bethlehem in The Salisbury's atrium lobby reminds us of God's everlasting love



出席基督教青年會Mombasa Accelerator Summit 2024的港青代表
YMCAHK delegates at the Mombasa Accelerator Summit 2024



西九聯青社創社成員就職典禮 Charter members of Y's Men's Club of West Kowloon at the inauguration ceremony

Grace to you and peace from God our Father and the Lord Jesus Christ.

When my wife received an invitation to give a talk at the regional offsite gathering on a weekend in Bangkok, she asked if I would join her there. What stopped me from saying “yes” to her tempting proposal was “Alpha Night of Holy Spirit” already on my calendar for our staff on the same weekend. When I received an invitation to lead the YMCAHK delegation to the World YMCA Leadership Accelerator Summit in Mombasa, Kenya, I immediately checked my calendar, and it was the week of our Annual General Meeting (AGM). When the President of the National Council of YMCAs of Bangladesh (NCYB) personally invited me for their Golden Anniversary celebration, I said “yes” even though it fell on the weekend of my birthday. However, I had much difficulty in obtaining a travel visa to the country. In the end, NCYB cancelled the anniversary celebration and rescheduled it due to political instability in the country. We live by our calendar, do we not? Who knows our calendar better than the One who created time for our benefit? *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” (Jeremiah 29:11)* It is one thing to choose between doing good and doing evil. It is another to make our choices with so many enticing but competing “good” opportunities available to us. Thanks be to God that the Bible tells us *the Lord, our God, would teach us what is good for our good, and lead us on the way we should go.*

The Advent season of hope, peace, joy and love began on December 1. How have we grown in body, mind and spirit in the past year? How have we experienced the presence of God

in the YMCA and in our lives in the past year? This is a time to pause and reflect on what we need to change to better prepare for Christmas. So much good happened just the last week of November – Thanksgiving celebrations, inauguration ceremony of the first social enterprise at the DOOOR, YMCAHK delegates sharing their experiences at the Mombasa Leadership Summit, graduation ceremony of the Asia and Pacific Alliance of YMCAs 40th Advanced Studies Program, opening ceremony of the 9th cohort of Boundless and the Alpha Holy Spirit weekend etc., let alone in the past year. We need to take stock of what we learned from our experiences and decide on the way we should go in the coming year when we will celebrate the Centennial Grand Opening of the YMCA on Salisbury Road.

On November 30, the eve of Advent this year, churches celebrated the Feast of St Andrew. Andrew was among the first called by Jesus to be his apostle. *Jesus saw them following and asked, “What do you want?” They said, “Rabbi” (which means “Teacher”), “where are you staying?” “Come,” he replied, “and you will see.” So they went and saw where he was staying, and they spent that day with him. It was about four in the afternoon. (John 1:35-39)* As Jesus was walking by the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew, casting a net into the sea; they were fishermen. Jesus said to them, *“Come after me and I will make you fishers of men.” At once they left their nets and followed him. (Matthew 4:18-20)* Just as Jesus called His disciples, taught them what is good for their good, and led them on the way they should go, He does the same for us. Are we willing to spend the day with Jesus at his invitation as Andrew? Do we remember the time when we first encountered Christ as John? Are we ready to leave behind our “nets” and followed Jesus as Peter and Andrew?

In October, USA YMCA Christian Mission Conference "Christ in the Global YMCA" was held in Silver Bay YMCA, New York with YMCA and church leaders participating from 15 states and 11 countries in 6 continents including members of the World YMCA Mission Network. Keynote addresses focused on the "Spiritual Lessons from YMCA History" and the "Foundation of the YMCA" built on the Four Corners of the Paris Basis – Jesus Christ (God's Son), the Bible (God's Word), Disciples (God's Followers) and the Kingdom (God's Mission). I noticed this greeting in the chapel, "No matter who you are, and where you are on life's journey, you are welcome here. God is still speaking." God indeed

spoke through the keynote speakers, testimonies from YMCA and church leaders around the world, our conversations hiking up to Inspiration Point and our prayers. At the closing session, YMCAHK shared stories on how we carried out the Christian mission and experienced the presence of God in our work. I learned a deeper meaning of generosity when a long time Silver Bay YMCA member made a generous donation to cover our room & board and conference fee. He did not just cover the costs for those with financial needs; he covered those who traveled long and far for the Mission of the YMCA because he believes in the YMCA Christian Mission! If there were any doubt that God led me to Silver Bay, I was pleasantly surprised to see his son wearing a similar college jacket that I had. It turned out both our daughters graduated in the same class from the same university. What are the odds that we encounter each other at Silver Bay YMCA each on our own YMCA journey!

Members of the World YMCA Mission Network stayed behind to pray for the 2026 World YMCA Council in Toronto. One of the members recalled the moment when she was praying for the 2014 World YMCA Council in Estes Park, she received a prophetic message to connect-the-dots of the countries from where the delegates had registered; and it was the image of a large fish symbolizing a large net for the fishers of men. It was a "wow" moment when I shared the cover of our September Y's Voices that depicted the same fish and message: "Come after me, and I will make you fishers of men." (Mark 1:17). God indeed is still speaking, loud and clear today, and teaching us to connect these dots 10 years apart.

YMCAHK co-hosted a seminar "God's Heart in the Middle East" with St Stephen's Society in September at The Salisbury. Our friends from THIMAR-LSESD in Lebanon came to share their hearts and minds on the profound ways God is at work in Lebanon and the Middle East through their personal stories



在基督教青年會使命大會分享港青經歷上帝臨在的見證
Sharing YMCAHK testimonies at the US Mission Conference

of challenges and miracles. THIMAR CEO Dr. Nabil Costa once asked God when they would see the light at the end of the tunnel; and the Lord said to him, "be the light in the tunnel"! Nabil rushed back to Beirut after the seminar as his country's conflict with Israel escalated; and he told us "the safest place is where God places you". THIMAR has certainly been the light in the dark tunnel of the past 10 weeks until Israel and Lebanon reached a ceasefire agreement. I am pleased to receive the Thanksgiving video from Nabil, reflecting the work of THIMAR during this time of escalated conflicts, with THIMAR staff singing "Yet not I but Through Christ in Me" in Arabic. The opening of the video sums up the faith of their

people – In the midst of this trial, when hope feels dim, we find our refuge, our peace, and our joy in Jesus, "for in Him we live, and move, and have our being" (Acts 17:28). Thanks to our Food & Beverage team who poured their hearts into serving an authentic Middle East cuisine for the occasion that our guests had a memorable experience of our hospitality. As the scripture inscribed above the service counter in Mall Café says, "Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it." (Hebrews 13:2)

YMCA Ukraine hosted an inspiring webinar "1000 Days of Full-Scale War in Ukraine: YMCA Stands for Resilience" on November 20. The webinar opened with a video "Thoughts on Peace", organized by YMCA Lviv, telling the world about Ukrainian women's vision for peace, among them: 'peace will come when I stop being afraid that the war will take away those I love'. Peace is the way; and YMCA stands for peace because the foundation of YMCA is the Prince of Peace. We pray that peace would reign again in all nations that are plagued by wars, violence and conflicts. We pray that the Lord would teach nations and authorities what is good for their good, and lead them on the way they should go. How blessed we are to have the opportunity to host the Ukrainian women in YMCAHK in the past 2 summers.

YMCAHK held its AGM on Oct 25. Voting Members accepted the Annual Report 2023-2024 "Inherit the Past, to Shape the Future". We had the honor of having retiring Board Director Ms. Lily Fong read the AGM scripture, reminding us to stand firm and hold fast to the teachings passed on to us by the apostles, and to be encouraged by the grace of God (2 Thessalonians 2:15-17). Indeed, the year 2023-2024 was a year of encouragement in the grace of the Lord. We thanked Lily who had faithfully served on the Board since 2009. We welcomed Professor Howard Ling to the Board. Howard has been serving on the Hostel Services

Committee and Member Service & Program Committee since 2023. Former Hon. Treasurer Mrs. Sheila Chuang nominated Mr. Trevor Mak to succeed her as Hon. Treasurer. We thank Sheila for her tireless contribution to lead the Finance & Audit Committee (FAC) since assuming the role in 2014. Trevor has been a member of FAC since 2020 and a Board Director since 2022. Sheila will continue to serve on FAC to ensure a seamless transition. May the Lord continue to lead the Board on the way they should go.

After years of effort planning and identifying the right people to start a Y's Men's Club in Beacon Center, the Y's Men's Club of West Kowloon (YMWK) was established, and the inauguration ceremony "happened" to be on the Feast of Exaltation of the Holy Cross. Led by Club Charter President Ms. Cynthia Fung, a Change Agent and YLD alumni, YMWK has 21 charter members, most of whom were participants of our youth programs YLD, A-Life and Boundless in the past 10 years now serving as volunteers of these programs. Other members include our youth staff. Y's Men International Asia Pacific Area President, leaders from Y's Men Hong Kong District and other Y's Men's Clubs in Hong Kong including our brother club Tsim Sha Tsui (YMTST), Directors of YMCAHK Board and the Leadership Team graced the occasion with their presence. We pray that the Lord would teach YMWK what is good for our good and lead YMWK on the way we should go, just like YMTST in the past 43 years.

In the past month, I went to the funeral services of two friends of YMCA. While their families and loved ones deeply loved and missed them, we found comfort from their full and abundant life filled with joy and inevitable sorrows. Gazing at Jesus on the cross with His arms wide open inside St Stephen's Church brought consolation. Remembering the good that Jesus taught us and the way He led us brought a mix of tears of thanksgiving, joy and unworthiness. Recognizing the risen Christ, who have overcome death has forgiven all of us, was beyond what words could express. The moment I heard 'Let us rise and sing Amazing Grace', the Holy Spirit filled my heart and helped me to realize how sweet the sound that saved a wretched like me. I too once was lost, but now am found; was blind, but now I hope I see. It was grace that taught my heart to fear, and grace my fears relieved. How precious did that grace appear at the hour I first believed! The Pilgrim's Song that I learned from secondary school reminded me that man is only a pilgrim on earth... we walk but once there's no return... man is longing for a home up above where everyday is lived in love.

"Come, let us climb the Lord's mountain... that he may instruct us in his way and we may walk in his paths... come, let us walk in the light of the Lord!" (Isaiah 2:1-5) Rising early on Advent Sunday, I cycled to Tai Mo Shan giving thanks to God for His guidance and protection in the past year. Year 2024 will soon be past but the memories of the centennial celebration of laying the foundation stone on Salisbury Road on January 21 live vividly in my heart. *"Therefore everyone who hears these words of mine and put them into practice is like a wise man who built his house on the rock" (Matthew 7:24).* The way YMCA should go is the way of the Paris Basis. Jesus Christ is our foundation and he is the same 100 years ago, today and 100 years from now. However, the infrastructure around the foundation need to be repaired, restored and rebuilt to prepare YMCAHK for the next 100 years.

The Christmas tree with the Star of Bethlehem in the atrium lobby of The Salisbury reminds us of God's everlasting love for us. Father God's first gift for humanity was light (*Genesis 1:3*) that cast out darkness. The best gift of Christmas is Jesus, the Light of the world (*John 8:12*) and God's Word made flesh to live among us (*John 1:14*). Christmas is a time of giving. The best



與葉偉文會長（左）出席港青周年會員大會2024

Attending the Annual General Meeting of YMCA of Hong Kong 2024 with Mr. Patrick Yip (left), President of YMCAHK

gift we can give is ourselves to serve unconditionally, selflessly and sacrificially as Jesus serves us. May the Lord, our God, strengthen us in faith during this Advent season that we may stay vigilant and stand erect for the coming of Christ Jesus. May we be filled with the blessed hope and shalom from the Prince of Peace to experience the joy of the Spirit in our heart that we may love as Christ Jesus loves us to fulfill perfectly the will of our Father God. May the Lord, our God, continue to teach us what is good for us, and lead us on the way and light up the path we should go in the next 100 years and beyond.

S.D.G. (Glory to God alone)

Peter Ho

General Secretary / Chief Executive Officer



Feature

專題特寫



YMCA Accelerator Summit 世界各地基督教青年會代表齊聚肯亞蒙巴薩 共同推動「青年會2030願景」 Global YMCA Leaders Unite in Mombasa, Kenya, to Propel YMCA Vision 2030

來自60多個國家超過450名參加者於10月下旬齊聚肯亞蒙巴薩 (Mombasa)，參加由世界基督教青年會協會主辦的YMCA Accelerator Summit。香港基督教青年會 (港青) 的Vivian Shan、Crystal Fong、Ryan Kwong、Debbie Wong及兩位Change Agent：Wilson Li和Cynthia Fung代表本會出席，透過參與一系列精彩活動：包括專題討論、主題演講和工作坊，與來自世界各地的基督教青年會代表交流及分享，以「青年會2030願景」(YMCA Vision 2030) 四大支柱為藍圖：促進社區全人健康、締造豐盛生涯歷程、推動可持續發展，及提倡和平共融世界，一同推動「青年會2030願景」，為社區帶來正面影響。

In late October, over 450 participants from more than 60 countries gathered in Mombasa, Kenya, for the YMCA Accelerator Summit, organised by the World Alliance of YMCAs. Representatives from the YMCA of Hong Kong (YMCAHK) — Vivian Shan, Crystal Fong, Ryan Kwong, Debbie Wong, and two Change Agents, Wilson Li and Cynthia Fung — attended the summit. Through participating in a series of engaging activities, including panel discussions, seminars, and workshops — they exchanged insights and shared experiences with YMCA representatives from around the world. The summit focused on the four pillars of the YMCA Vision 2030: Community Wellbeing, Meaningful Work, Sustainable Planet, and Just World, all aimed at driving forward the YMCA Vision 2030 and making positive impact to the community.



畢芷筠女士 Ms Vivian Shan

會員及社區服務部高級總監

Senior Director of Member and Community Services



鼓勵同工打開心扉 享受團隊精神

當Vivian得知將帶領同工參加在蒙巴薩舉行的YMCA Accelerator Summit時，她毫不猶豫地答應了。「神指派你去，必定會讓你安全回來，這也是我對機構的信任。」Vivian深知同工們在出發前可能會感到憂慮，因此努力讓他們以放鬆的心情迎接這次旅程。她強調：「最重要的是願意打開心扉去感受。」在出發前，她告訴團隊：「U Jump, I Jump」，並在出發前的準備過程中，無論是接種疫苗還是採購物資，都共同進退，讓大家意識到我們是一個團隊，感受團隊精神的重要性。

Embracing Team Spirit with an Open Heart

When Vivian learned that she would lead a team to participate in the YMCA Accelerator Summit in Mombasa, she immediately agreed. "God has appointed you for this; He will ensure your safe return. This also reflects my trust in the YMCAHK," she stated. Recognising that the colleagues might feel anxious before the trip, Vivian made a concerted effort to help them approach the journey with a sense of calm. She emphasised, "The most important thing is to be open-minded." Prior to departure, she told the colleagues, "U Jump, I Jump". Throughout the preparation process — whether it involved getting vaccinations or procuring supplies — she fostered a spirit of teamwork, reinforcing the idea that they were all in this together.



VISION 2030

深化同工理解基督教青年會使命

在Vivian而言，帶領團隊參加YMCA Accelerator Summit是一項重大使命，這不僅是責任，更是讓青年人理解基督教青年會運動與文化的機會。她希望透過這次旅程，讓團隊拓展世界觀，親身經歷和理解全球基督教青年會所面臨的挑戰與變遷。「這不僅是了解全球基督教青年會的工作，關鍵在於傳承基督教青年會的文化。」她形容：「這次旅程如同播下種子，我們提供良好的土壤和養分，至於種子何時發芽，則由神帶領。」Vivian堅信，神會在適當的時候安排一切，幫助同工們開拓眼界。

「他們在旅程中的收穫與反思、建立的人脈和領悟的道理，都是屬於他們的，沒有人可以奪走。」

旅程中讓她印象深刻的事件之一，是一位來自秘魯的年青全職義工，她不惜用自己的時間和精力推動青年會運動。那位義

工說：「因為這裡是YMCA，我才願意在這裡。」Vivian期望團隊不要視所作的一切為一份工作，而是因為認同YMCA的理念與使命，所以服務。

根據巴黎本旨 (Paris Basis)，基督教青年會致力於團結那些視耶穌基督為上帝和救世主的青年。Vivian謹記這一點，她表示：「我不會要求同工務必在短時間內完全理解基督教青年會的歷史、理念及使命，我更重視培育他們的成長與發展，認識信仰，幫助他們與神建立關係。」對Vivian而言，理解基督教青年會使命只是第一步，接下來更需付諸實行，而這實踐需要持久的努力，這才是她最希望見到的——承傳。

建立友誼、學習在愛中合作

這次旅程的另一重點是促進團隊之間的友誼。Vivian指出：「YMCA的正徽有雙環，內環象徵著信誓和無盡的友誼與愛心。」在團隊中，必定存在不同的意見和聲音，但希望大家能在工作中找到友誼，彼此相愛，學習在愛中合作，這也是僕人領導的重要基礎。旅程過後，聽到團隊們由衷地向她道謝，讓她深受感動，也使這次旅程變得圓滿。

「YMCA是一個能讓人認識基督教信仰，從而改變生命、轉化心靈的地方。」

Vivian認為，「YMCA是一個能讓人認識基督教信仰，從而改變生命、轉化心靈的地方，因為我真正經歷過YMCA讓我改變。」她的信念和見證皆基於真實經歷。回想從前代表港青參加青年會幹事高級培訓課程 (ASP) 的經歷，讓她再次感受到神的呼召，並體會真正的平安喜樂。「我實在告訴你們，這些事你們做在我弟兄中最小的身上，就是做在我身上了。」(馬太福音25:40) 參加ASP之後，她對基督教青年會有了更深刻的理解。

Fostering a Deeper Understanding of the YMCA Mission Among Colleagues

For Vivian, leading colleagues to the YMCA Accelerator Summit represented not just a responsibility, but an opportunity to deepen their understanding of the YMCA movement and culture. She aimed to broaden their perspectives, allowing them to personally experience and understand the challenges and changes faced by the global YMCA. "It is not merely about grasping the work of the YMCA worldwide; the key lies in passing on the YMCA culture." She described the journey as sowing seeds, providing fertile soil and nutrients, while the timing of germination is guided solely by God. Vivian firmly believes that God will arrange everything at the right time, helping her colleagues expand their horizons. "The insights, reflections, connections, and lessons learned during the journey, no one can take them away."

Among the notable experiences during the trip was meeting a young full-time volunteer from Peru YMCA, who willingly dedicated her time and energy to promote the YMCA movement. She said, "I am here because this is the YMCA." Vivian hopes that in the future, everyone will see the YMCA not just as a job, but as a place that inspires continued service.

According to the Paris Basis, the YMCA is committed to uniting young people who see Jesus Christ as God and Savior. Vivian keeps this in mind, stating, "I do not expect my colleagues to fully understand the YMCA in a short time; I value their growth, including their understanding of faith and helping them build a relationship with God." For Vivian, understanding the YMCA movement is just the first step; the subsequent challenge is to put that understanding into practice, which requires sustained effort — this is her ultimate goal.

Building Friendships and Learning to Work Together in Love

Another key focus of the journey is to foster friendships among colleagues. Vivian pointed out, "The YMCA emblem features a double circle; the inner ring symbolises faith, endless friendship and love." Within a team, there may be differing opinions, but she hopes everyone can find friendship in their work, love one another, and learn to cooperate in love — this is a crucial foundation of servant leadership. Hearing her colleagues express their heartfelt gratitude deeply moved her and made the journey even more fulfilling.

"YMCA: A Place for Individuals to Learn About the Christian faith, Leading to Personal Transformation"

Vivian firmly believes that "YMCA serves as a place for individuals to learn about the Christian faith, leading to



Vivian期望團隊能夠珍惜這份友誼
Vivian hopes the team can cherish this friendship



最後，Vivian用以賽亞書40:29-31來勉勵港青同工，特別是與她共赴蒙巴薩之旅的團隊：「疲乏的，他賜能力；軟弱的，他加力量。即使少年人也要疲乏困倦；強壯的也必全然跌倒。但那些等候耶和華的必從新得力；他們必如鷹展翅上騰；他們奔跑卻不困倦，行走卻不疲乏。」

這段經文提醒我們，無論面對任何挑戰，只要我們堅持信仰與努力，必將得到神的加力和引導。我們不應低估自己的工作，也不應忽視自己所邁出的每一小步。最重要的是

為港青全力以赴，並在每一次的努力中，找尋成長與改變的機會。



來自秘魯基督教青年會的年輕義工
Young Volunteer from
Peru YMCA

personal transformation and spiritual revitalisation." Her faith and testimony are grounded in real experiences. She recalls her time representing YMCAHK at the Advanced Studies Programme (ASP), which she felt a renewed sense of God's calling and discovered true peace and joy. "I assure you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." (Matthew 25:40) After participating in the ASP, she gained a deeper understanding of the YMCA.

In conclusion, Vivian seeks to inspire her colleagues with the words of *Isaiah 40:29-31*, particularly those who traveled alongside her: "He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."

This scripture serves as a powerful reminder that, regardless of the challenges we encounter, as long as we hold on to our faith and put in the effort, we will receive God's guidance. We should not underestimate our work or overlook the significance of each small step we take. The most important thing is to give our all for the Association and seek opportunities for growth and change in every effort we undertake.

Crystal Fong

Assistant Human Resources Manager
Representative of Meaningful Work

港青入圍世界基督教青年會影響力獎

首屆世界基督教青年會影響力獎於2024年10月25日在蒙巴薩舉行的YMCA Accelerator Summit上揭曉。港青的締造豐盛生涯歷程小組與提倡和平共融世界小組在今年初首次合作，向世界基督教青年會提交議案。在60份議案共12名決賽入圍者中，港青有幸被選為提倡和平共融世界決賽入圍者之一，表彰港青的兩項舉措：「另類勞動力」和「為流離失所家庭傭工提供客房」項目，建立多元化和包容性的工作場所，展現我們對正義、和平與平等的堅定承諾。



與Mr. Carlos Sanvee合照
Photo with Mr. Carlos Sanvee,
Secretary General of World
YMCA

一同推動締造豐盛生涯歷程

參加「青年有意義的工作調查」計畫是一項充實的體驗。在過去一年中，我們與全球青年會同工討論，推動基督教青年會發展，這次有幸能在蒙巴薩會面讓我興奮不已。工作坊展示了我們的共同影響力。透過分享各自面對的挑戰，增進彼此理解。與會者討論有關青年人對有意義工作的需求，可惜許多僱主未能為他們提供有意義的工作。與香港相比，不少地方，特別是一些發展中國家，因缺乏政府、僱主和財政資源的支持，他們的青年失業率相對

YMCAHK Nominated for the World YMCA Impact Awards

The inaugural World YMCA Impact Awards were announced on 25 October 2024 at the YMCA Accelerator Summit in Mombasa. This year, the task force of Meaningful Work and Just World of YMCAHK collaborated for the first time to submit proposal to the World YMCA. Out of 60 submissions, the judges selected three finalists in each pillars of YMCA Vision 2030, totaling 12 finalists. YMCAHK was honored to be selected as one of the finalists in the Just World category. This Impact Award recognised the YMCAHK effort in building a diverse and inclusive workplace through two initiatives: "Alternative Workforce" and "Guestrooms for Displaced Domestic Helpers", exemplifying our strong commitment to justice, peace, and equity.

Journey Together to Advance Meaningful Life

Participating in the "Youth Meaningful Work Survey" project has been a fulfilling experience. Over the past year, we have discussed the development of the YMCA with colleagues from around the world, and I was thrilled to meet them in Mombasa. The workshop showcased our collective impact. By sharing the challenges we face, we enhanced our mutual understanding. Participants discussed the demand for meaningful work among youth, unfortunately, many employers fail to provide such opportunities. Compared to Hong Kong, many places,

較高，而當地青年亦因交通問題而妨礙就業。在討論結束前，APAY總幹事Nam Boo-won先生引領我們反思南北半球所提供的有意義工作。我感謝港青管理層的支持，提供資源，透過外部和內部計劃，為香港的青年人提供有意義工作，我感恩我在港青的角色與崗位，並更珍惜港青給予的一切。

增進友誼的旅程

儘管這次旅程行程緊湊，我仍然珍惜與大家共聚一堂的用餐時刻。在Vivian指導下，我們彼此分享經歷，深化友誼，共同建立更廣闊的世界觀！作為外向的人，我很高興能與世界各地的基督教青年會總幹事、Change Agents、董事會成員、義工和同工交流，了解不同青年會的經歷。看到他們對推動青年會運動的忠誠和熱情，讓我重新認識基督教青年會使命及其真正意義。

與神同行 聽祂的呼召

這是我第一次去非洲參加會議，起初充滿不確定性，我一直向上帝祈禱，出發前兩天，經文「在神凡事都能」（太19:26）給了我很大的鼓勵，讓我不再擔憂、內心充滿平靜。聖靈提醒我：「來跟從我、我要叫你們得人如得魚一樣」（可1:17）。行程結束前，我在東察沃國家公園拍了一張帶有光十字架的照片，我確切感受到上帝聽到了我的禱告，並正看顧我們，讓我感到真正的幸福。



與APAY總幹事Nam Boo-won參與締造豐盛生涯歷程工作坊小組討論
Group discussion in the meaningful work lab with Mr. Nam Boo-won, General Secretary of APAY



我與締造豐盛生涯歷程小組召集人Ms. Rehana Merali Merchant (中) 及Wilson Li (右)
Photo with Ms. Rehana Merali Merchant (center), Pillar Lead, Meaningful Work, and Mr. Wilson Li (right)

especially developing countries, lack support from governments, employers, and financial resources, leading to relatively high youth unemployment rates, compounded by transportation issues that hinder local youth from landing jobs. At the end of the discussion, Mr. Nam Boo-won, General Secretary of APAY, facilitated a comparison of decent jobs in the Global North and Global South. I am grateful for YMCAHK Leadership Team's provision of resources and support in offering decent and meaningful jobs to Hong Kong youth through external and internal programmes, reminding us to value the roles we play within YMCAHK.

Journey of Fostering Friendship

Despite the packed schedule of this trip, I cherished the moments enjoying dining together. Under Vivian's guidance, we shared our stories and experiences, deepening friendships and collectively broadening our worldviews! As an extroverted person, I was delighted to interact with YMCA General Secretaries, Change Agents, board members, volunteers, and colleagues from around the world, gaining insights into their experiences with different YMCAs. Witnessing their dedication and passion for advancing the YMCA movement allowed me to gain a renewed understanding of the mission and true significance of the YMCA.

Walking with God and Heeding His Call

This was my first time attending a conference in Africa, and initially I felt a sense of uncertainty. I continuously prayed to God, and two days before my departure, the scripture "With God, all things are possible" (Matthew 19:26) gave me great encouragement, calming my worries and filling me with peace. The Holy Spirit reminded me, "Come, follow me, and I will make you fishers of men" (Mark 1:17). At the end of the trip, I took a photo in Tsavo East National Park with the sun glows in a cross-shaped light, symbolising that God had heard my prayer and was watching over us, filling me with true happiness.



港青入圍世界基督教青年會影響力獎
(提倡和平共融世界)
YMCAHK selected as a Finalist for the
World YMCA Impact Awards (Just World)

首次與來自不同國家的Change Agents進行面對面工作坊
First face-to-face training workshop with other Change Agents from different countries

Cynthia Fung

Change Agent Cohort 5

Charter President of Y's Men's Club of West Kowloon

疫情後Change Agent首次聚會

“Jambo! Sijambo!”是非洲斯瓦希里語的「你好嗎？」和「我很好。」的意思。作為第五屆Change Agent，我有幸參加在肯亞蒙巴薩舉行的基督教青年會全球性聚會，這是我第一次參加基督教青年會全球性聚會，對我來說特殊而深刻。同時，能夠參加自疫情以來首次的Change Agent訓練和聚會，我感到無比興奮。當中的團隊合作活動、工作坊和研討會等行程安排緊湊，更與其他國家的Change Agent代表討論並反思我們的角色，充滿活力。

在Accelerator Summit期間，我最印象深刻的工作坊是由基督教青年會與聯合國教科文組織聯合設計的。在工作坊裡，我們分成小組，為一項即將進行有關於青年人心理健康議題的國際普查設計了五個問題，這項全球性調查的目標是在2025年間訪問全球100萬名青年人，以便收集青年人心理健康議題的重要數據。我們還提出了能夠有效吸引青年人參與的工作坊和工具的建議，以全面了解青年人的心理健康及經歷。

一起創造有意義的影響

與APAY亞太地區的聚會相比，這次蒙巴薩全球聚會讓我有機會與來自世界各地的基督教青年會建立聯繫。儘管我們擁有不同背景和文化，但我們共同的價值觀和目標將我們團結在一起。聽到YMCAers分享的故事，讓我明瞭：無論我們的貢獻看起來有多微小，我們都是為了青年會2030願景而努力；為我們生活的地球，每個人都應作出改變。

這趟旅程不但加深了我對基督教青年會使命的理解；也激發了我作為Change Agent帶動改變的決心。我亦期待在未來的日子，能與更多港青的青年人一起創造有意義的影響，是任重道遠的工作。



（從左至右）與來自哥倫比亞YMCA的Sebastian、來自蘇格蘭YMCA的Nathan和來自英格蘭及威爾士YMCA的Kyle一同參觀蒙巴薩當地的YMCA Photos with (from left to right) Sebastian (Change Agent from YMCA of Colombia), Nathan (Change Agent from YMCA of Scotland), and Kyle (Change Agent from YMCA of England and Wales) during visit to the local YMCA in Mombasa

在Change Agents畢業禮上與世界青年會總幹事Carlos Sanvee的合影
Change Agent graduation photo with Carlos Sanvee, Secretary General of the World Alliance of YMCAs



First Face-to-face Change Agent Gathering After the Pandemic

“Jambo! Sijambo!” is Swahili for “How are you?” and “I am fine.” It was a special experience to start my journey as part of Change Agent Cohort 5, and to attend my first global YMCA gathering in

Mombasa, Kenya, which has been a profound learning experience. Upon my arrival, I was excited to participate in the first face-to-face global training and gathering for Change Agents since COVID-19. The atmosphere was charged with energy as we engaged in team-building activities, skill workshops, and discussions that challenged our thinking, and encouraged us to reflect on our roles as Change Agents. This sense of unity reminded me of my first encounter with the YMCA during the YLD youth programme, a moment I now recognise as the beginning of a meaningful journey.

Following the Accelerator Summit, the co-design workshop was a highlight of my experience. Led by Higher Education for Good, UNESCO, and the YMCA, we participated in a global consultation on young people and wellbeing. In the workshop, we were divided into small groups, we crafted five relevant questions for an upcoming international survey aimed at reaching one million young minds in 2025. We also discussed questions selection and suggested workshops and tools to engage young people on the critical topic of mental health. I am excited to see the launch of this survey, which aims to collect both quantitative and qualitative data for a comprehensive understanding of youth experiences.

Looking Forward to Making a Meaningful Impact

Comparing to the APAY Asia-Pacific regional gathering that I joined before, the global gathering in Mombasa offered a unique opportunity to connect with the broader YMCA community. Despite our diverse backgrounds and cultures, our shared values and goals unite us. Hearing the inspiring stories of YMCAers—individuals who have initiated projects ranging from youth mentorship to environmental sustainability—reinforced my belief that change is possible. Each of us has the potential to make a difference, regardless of how small our contributions may seem.

Reflecting on my role within my local YMCA, I understand that my efforts are part of a larger mission in YMCA Vision 2030. Participating in the Change Agent training and attending the global gathering in Mombasa has significantly impacted my perspective on leadership, community engagement, and personal growth. This journey has deepened my understanding of the YMCA's mission and ignited my passion to become an effective change-maker. Together with friends in YMCA, I look forward to making a meaningful impact in the future.



Ryan Kwong

Senior Manager, Accounting
Representative of Community Wellbeing

從未想過，加入港青能讓我踏足非洲。經歷十多小時飛行，最終抵達肯亞第二大城市蒙巴薩，展開為期五天的YMCA Accelerator Summit。四大支柱當中，作為港青促進社區全人健康（Community Wellbeing）小組一員，我有幸參與相關工作坊。

Community Wellbeing提倡「以人為本」

這是一個跨領域概念，涵蓋經濟、環境、文化、社會條件等，並回應聯合國於2015年提出的可持續發展目標。當中探討人與環境及社會關係建立的方式和素質，提出系統性的問題及處理方案，提倡社區實現「以人為本」精神。此外，過程中亦有機會思考生命的意義等較抽象概念。

各地同行 加強社區關係

工作坊特別提及一個重要概念——Relational Wellbeing，這是以人與周遭人、事、物連結的質素為切入點。透過不同的工具及方法，為他人的身心帶來正面影響，從而提升整體社區的滿意度。因此，能夠表達出「同行」的意願，展示對他人的「同理心」，達至對社區產生「歸屬感」是極其重要的。

與會中，各地青年會同工分享了一個又一個活生生的真實例子，協助更多青年人活出自我價值：有在非洲的義工克服文化差異，教導青年人正確的性觀念及提供緊急協助，避免他們獨自面對恐懼；亦有歐洲義工每家每戶尋找當地「隱青」，透過電子遊戲方式幫助需要協助的青年人重新融入社區，與人建立更緊密的關係；更有例子是教授肯亞婦女專業技能，協助她脫貧，建立自己的業務，並將部分所得回饋社會。

不僅在港青聽到的故事，或是世界另一端的分享，讓我深刻感受到，無論在何時何地，即使在危難當中，也無阻基督教青年會成為漆黑中的燈塔，為社區及有需要的人指引方向。

重拾「初心」

回首這八天之旅程，在這遙遠的國度裡，我感恩一切都能順利進行。希望憑藉是次行程的所見所聞，能為大家帶來更多有關青年會2030願景的訊息，以推動未來的活動。

此外，從各地同工的分享中，我能充分感受到他們對社區的熱誠和奉獻，這也讓我回想自己的「初心」，更加堅定日後在不同崗位上的義務工作。



Introduction to Business Model by Africa Alliance of YMCAs — Osborne Wanyama (Business Development Executive)

I never imagined that I would have the opportunity to visit Africa when I joined YMCA of Hong Kong. This journey, from Asia to Africa – Mombasa, the second-largest city in Kenya, has been truly remarkable. It is an honor to participate in the YMCA Accelerator Summit and to attend the workshops as the representative of Community Wellbeing Task Force.

Community Wellbeing: Cultivating a People-Oriented Environment

Community wellbeing is a cross-disciplinary concept that encompasses economic, environmental, cultural, and social conditions. It aligns with the Sustainable Development Goals (SDGs) proposed by the United Nations (UN) in 2015. This concept explores how individuals establish relationships with their environment and society within a community, while also addressing systemic issues and promoting a people-oriented environment. Furthermore, the workshops provided opportunities to engage in discussions on abstract concepts, such as the meaning of life.

Enhancing Relationships Between People and Their Surroundings

In the workshop, an important concept was highlighted: Relational Wellbeing. It emphasises the quality of connections between individuals and their surroundings, utilising various tools and methods (a people-centered approach) to positively influence others' mental and physical health, thereby enhancing overall community satisfaction. It is of utmost importance to express a willingness to engage with others and demonstrating empathy to foster a sense of belonging within the community.

Participants from around the world shared numerous experiences, each representing an opportunity for revival. Volunteers in Africa overcome cultural differences to work on sex education for teenagers while providing emergency assistance to those in need. In Europe, volunteers engaged with "Hidden Youth" through gaming, helping those in need to reintegrate into the community and rebuild their connections to the society. Furthermore, an underprivileged woman in Kenya escaped poverty through vocational training supported by the local YMCA. She ultimately established her own business, dedicating herself to helping more underprivileged youth.

The stories told at the YMCA of Hong Kong, along with those from around the globe, deeply illustrated that regardless of time and place, even in times of crisis, the YMCA serves as a beacon of hope, guiding communities and those in need.

Rekindling My Heart

In summarising the eight-day journey, I am grateful that everything has progressed smoothly and successfully. I hope to apply what I have learned from the summit to assist in accelerating the YMCA Vision 2030. The passion and dedication of YMCA members from various regions are truly inspiring, providing me with the opportunity to reflect on my own YMCA journey. Furthermore, this experience motivates me to strengthen my commitment to volunteer work from different perspectives moving forward.



Wilson Li

Principal Programme Officer, YMCA
College of Continuing Education
Change Agent Cohort 5
Representative of Just World

今年10月，我有幸參加由世界基督教青年會協會主辦的 YMCA Accelerator Summit 全球聚會，活動涵蓋多個議題的會議和工作坊，對我影響最深的是有機會學習其他基督教青年會推動「青年會2030願景」的工作。

深刻理解基督教青年會使命 重新評估自身角色

為實現「青年會2030願景」，各地青年會積極回應社區需求，深刻影響我在協調「提倡和平共融世界（Just World）」小組的視角。在會議期間，我有幸聽取來自多哥基督教青年會的分享，他們致力於幫助被拘留和監禁的青年人。面對那些被社會「遺棄」的青年人，多哥青年會為監獄中的他們提供了巨大支持，幫助他們獲得公正審判的機會，而青年會同工對他們的心靈支持尤其關鍵，這些努力已使數千名青年人獲得幫助，最重要的是為他們帶來了希望。

多哥基督教青年會努力改變青年人生命、協助他們建立希望的工作，讓我明瞭作為基督教青年會同工的重要性，並促使我重新評估自己在支柱小組及港青中的角色，使我以更開放的態度面對在港青的工作，更好地運用所學所得服務社區。

一連數日的會議，各地基督教青年會展示了如何切實滿足社區需求。而我們港青也因僱用來自不同背景的人士，並於疫情期間為流離失所的外傭提供住所，榮幸地被選為「青年會2030願景」中「提倡和平共融世界」的嘉許項目之一。這不僅是對我們推動包容性和公平工作的認可，也顯示了港青對推動「青年會2030願景」的決心。

期望以Change Agent身份建立更緊密合作橋樑

作為港青的Change Agent，我有幸出席在蒙巴薩舉行的畢業禮，結識了來自世界各地的同伴。我希望能與我們之間建立一個更具凝聚力的網絡，建立更緊密的橋樑，以促進各地青年會之間的合作，進一步推進基督教青年會運動的發展。

In October 2024, I had the privilege of attending the global gathering organised by World YMCA in Mombasa, Kenya. Among the seminars and workshops, one of the most impactful takeaways for me was learning about the remarkable work being done by other YMCAs to advance the YMCA Vision 2030.

Understanding the YMCA Mission and Reassessing My Role

The passion and commitment demonstrated in pursuit of YMCA Vision 2030 influenced my perspective as a leader of the Just World pillar in YMCAHK. I was particularly moved by the powerful sharing from YMCA Togo, which focuses on supporting youth who are unjustly imprisoned. They provide crucial assistance to the young detainees, who are abandoned by society, offering them a chance for justice and dignity. This moral support has helped thousands regained hope, a fundamental human desire.

Inspiring by their commitment to addressing the challenges faced by youth, I have reevaluated my approach within the Just World pillar. This experience has motivated me to think critically about our current programmes and how we might adapt them to better serve our community.

The summit showcased successful initiatives from different YMCAs, illustrating effective responses to diverse community needs. YMCAHK, through embracing diversity and inclusivity in our hiring practices, and assisting displaced domestic helpers during COVID-19, was honored to be the finalist for the Impact Awards in the Just World Pillar. This recognition highlights our commitment to promoting inclusiveness and equity by meaningful and dignified work, as we strive to achieve YMCA Vision 2030 together.

Looking Forward: Creating Stronger Bridges for Collaboration

As a Change Agent, I also had the opportunity to attend the graduation ceremony in Mombasa, where I connected with peers from around the world. I aspire to create a more cohesive network among Change Agents, creating stronger bridges for collaboration between YMCAs, and we can enhance the contributions to the YMCA movement and strengthen our collective impact.



與斯里蘭卡YMCA Change Agent Harsha (中) 和孟加拉YMCA Change Agent Ringku (右) 合影
Photo with Harsha (center), the Change Agent from Sri-Lanka YMCA, and Ringku (right), the Change Agent from Bangladesh YMCA



來自不同基督教青年會的Change Agents
Change Agents from different YMCAs

Debbie Wong

Front Office Manager, Hostel Services
Representative of Sustainable Planet

加入港青23年 首次參與全球基督教青年會活動

YMCA Accelerator Summit讓我深感感激與啟發。這是我首次代表港青以「青年會2030願景」的「推動可持續發展 (Sustainable Planet)」一員的身份，參加全球基督教青年會活動。我很高興能在活動中分享港青於推動可持續發展的舉措和見解，尤其是4月發布的《港青綠色手冊》，同時向各地基督教青年會學習。

從各地青年會體現基督教價值

最令我感動的是全球青年會的同工和義工的熱情與奉獻，特別是來自貧乏地區的友好，在有限資源下創造改變，真正體現了基督教價值中的侍奉精神、仁愛與責任。在一次海灘的靈修會上，演講者問：「你與基督教青年會是怎樣開始的？」這讓我回憶起，當我還是酒店訓練學校的學生時，首次參觀的酒店正是港青酒店。這一刻加深了我對港青的感激，並促使我反思我的港青旅程，一個我成長的地方。

另一個感人環節是來自烏克蘭青年會的Victoria Trofimov分享。她講述了在戰爭挑戰中，青年會如何提供心理健康支持。她的故事令人心碎又振奮，展示了如何將基督教價值觀的尊重、關懷、希望、和平與仁愛擴展到需要幫助的人身上。在她演講前播放的紀錄片雖然令人難過，但突顯了支持流離失所者的重要性。我為能成為一個對社會產生有意義及正面影響的機構的一員而感到自豪。

推動可持續發展 (Sustainable Planet) 強調社區參與

在可持續發展的培訓課程中，來自泰國清邁Sao Hin YMCA的Narupacha Muang-in分享了他們的社區項目。他強調氣候教育和促進綠色生活的重要性，激勵我們提升對社區的貢獻，組織互動工作坊和活動，如綠色博覽會，以提高社區對可持續發展的認識，為未來創造一個更健康的地球。

旅程中探索新視野

我非常感恩這次旅程使我擴寬視野，讓我學習及成長。是次峰會不僅讓我認識來自不同背景的人，更讓我了解「青年會2030願景」的最新發展。團隊合作的經歷讓我更期待未來能分享想法並促進多方面合作。我期待將我所學到的應用於未來的工作中。最後，感謝是次蒙巴薩之旅的隊友，他們各有長處，互相幫助，讓這趟旅程融洽圓滿。



與來自世界各地的基督教青年會代表交流及討論
Engaging in dialogue and discussion with representatives from YMCAs around the world

23 Years with YMCAHK: My First Participation in a Global YMCA Event

Reflecting on my time at the YMCA Accelerator Summit in Mombasa, I feel grateful and inspired. After serving the YMCA of Hong Kong for 23 years, as a member of the Sustainable Planet pillar under YMCA Vision 2030, this was my first opportunity to represent our association on a global stage. I was excited to share insights from our initiatives, particularly our recently released Green Manual, while also learning from fellow YMCA members worldwide.

Living Out Christian Values Across YMCA Worldwide

One of the most moving experience was seeing the enthusiasm and dedication of YMCA staff and volunteers, especially those from poverty-stricken areas. Their ability to create changes despite limited resources truly embodies the Christian values of servanthood, love, and responsibility, reminding us of the impact we can make. During a devotional session at the beach, the speaker asked, "What was your beginning with the YMCA?" This question prompted me to recall my first visit to a hotel, as a hospitality student, at the YMCA of Hong Kong. This moment deepened my appreciation for the enduring bond I have with the YMCA and led me reflect on my journey, having grown within this supportive community.

A particular touching session featured Victoria Trofimova from YMCA Ukraine. She shared how the YMCA provides mental health support amid the challenges of war. Her story was both heartbreaking and uplifting, showing how we can extend Christian values of respect, care, hope, peace, and love to those in need. The documentary shown before her talk, although sad to watch, highlighted the importance of supporting displaced individuals. I felt proud to be part of such a meaningful association.

Promoting Sustainable Planet: The Importance of Community Participation

In a training session on Sustainable Planet, Narupacha Muang-in from Sao Hin YMCA, Chiang Mai, Thailand, inspired us with their community projects. Their commitment to strengthening the green movement through climate education and promoting a green lifestyle among youth and community leaders, resonated with me. I envision organising interactive workshops and events, like Green Fairs, to engage community and raise awareness about sustainable practices. Together, we can inspire meaningful action and contribute to a healthier planet for future generations.

New Insights Throughout the Journey

The trip broadened my horizons and deepened my gratitude for working at the YMCA, where the culture and values fosters learning and growth. This summit allowed me to connect with people from different backgrounds and gain new perspectives on 'YMCA Vision 2030'. The teamwork during the trip motivated me to share ideas and collaborate more in the future. Last but not least, a shoutout to my Mombasa teammates: your support made this journey truly enjoyable!









美孚有機農墟最後營業 港青總部接棒新一周一會

Mei Foo Farm Fest Bids Farewell New Weekly Gathering with Local Farmers to Begin at YMCAHK Headquarters

美孚有機農墟自2012年起每周日營業，這裡的農戶對有機耕作的熱誠始終如一，讓這個每周一次的約會風雨不改。然而，萬物有時，美孚有機農墟於2024年10月27日迎來最後一次營業。

Operating since 2012, the Mei Foo Farm Fest has been a vibrant weekly event every Sunday, showcasing the unwavering passion of local farmers for organic cultivation. Against all odds, this meaningful gathering continued to serve the community every week for 12 years – on October 27, 2024, the Mei Foo Farm Fest held its final session.



自2023年9月接手管理美孚有機農墟的同工Sam，坦言自己是一位「農業小白」。他表示：「我對種植和耕作等沒有深入認識，美孚農墟讓我對本地農業有了全新的理解，感謝農戶們經常和我分享耕作知識。」Sam於2021年加入港青，負責海外家務助理組的課程設計與編製，一直希望能接觸不同的社區服務。機緣巧合下，Vivian（會員及社區服務部高級總監）給予他管理美孚有機農墟的機會。「在這一年多，我接觸了更廣泛的服務對象，深深體會到港青服務的多樣性。光是在農墟這個地方，我的服務對象就包括農戶、社區人士、街坊，以及一些支持農業、環保和可持續發展的朋友，讓我對港青的歸屬感大大增加。」

談及在農墟的深刻經歷，Sam認為最後一天營業日最為難忘：「美孚有機農墟是九龍區唯一一個能讓農戶聚在一起，向大眾推介及售賣有機農作物的地方。那天，甚至有一些已移居加拿大的支持者親自來到現場，與美孚農墟道別，這充分體現了這個地方多年來不乏忠誠支持者。」

對於Sam來說，隨著美孚農墟的結束，並不等於為這裡的一切畫上句號。為繼續支持農戶，港青於2024年11月起，將這個重要的聚會遷移到尖沙咀的港青總部，並已安排其中三檔落戶，以延續推動有機耕作的道路。

總幹事何先生（右）亦於最後一天親臨美孚有機農墟支持農戶
Mr. Ho (right) also visited the Mei Foo Farm Fest on the final day of operations to support the farmers

Sam Leung, who took over the management of the Mei Foo Farm Fest in September 2023, admits to being a 'novice in agriculture'. He expressed, 'I didn't have a deep understanding of planting and farming before. The farm fest has given me a new perspective on local agriculture, and I'm grateful to the farmers for sharing their cultivation knowledge with me.' Since joining YMCAHK in 2021, when he was responsible for developing and running courses for overseas domestic helpers, Sam has always sought to engage in diverse community services. An opportunity arose when Vivian, the Senior Director of Membership and Community Services at YMCAHK, offered him the chance to manage the Mei Foo Farm Fest. 'Over the past year, I've interacted with a wider range of service users, and have come to appreciate the diversity of those we serve. At the farm fest, the service users included farmers, community members, neighbors, and supporters of agriculture, environmentalism, and sustainability, which has greatly enhanced my sense of belonging to YMCAHK.'



Reflecting on his experiences at the farm fest, Sam finds the last day of operation particularly memorable: 'The Mei Foo Farm Fest was the only place in Kowloon where farmers could gather to promote and sell organic produce to the public. On that day, even some supporters who had relocated to Canada came back

to bid farewell, which truly highlights the loyalty this place has garnered over the years.'

For Sam, the closing of the Mei Foo Farm Fest does not signify a full stop. YMCAHK is committed to continuing support for farmers by relocating this important gathering to the YMCAHK Headquarters in Tsim Sha Tsui starting in November 2024, with three vendors already set to continue promoting organic farming.

豬君農園 Pig Kun Farm

豬君農園自2018年開始種菜，並於2024年2月踏入美孚農墟。在這八個月，美孚農墟成為了豬君農園主要的農作物銷售渠道，更讓他們體驗到這裡帶來的社區溫暖。

「每逢周日，美孚農墟的大門一開，即迎來一班固定的支持者。這裡吸引了一群熱愛有機農業的顧客。他們對農作物的期待，讓我感到欣慰。不少客人買菜後，還會主動WhatsApp我們，與我們交流有機菜的心得。」豬君農園分享。這種互動不僅拉近了豬君農園與顧客的距離，也讓農戶能夠更深入了解顧客需要。

在這裡，除了豬君農園，還有多家專售有機菜的農戶。「這樣的多樣性促成了良性競爭，我們不僅分享自己的農作經驗，也從其他農戶汲取靈感，使農墟更茁壯。」道別之際，豬君農園想對美孚農墟致謝：「謝謝美孚農墟成就了一個充滿活力的『墟』。這裡讓志同道合之士聚在一起，使我們的農業之路更具意義。」

Pig Kun Farm has been farming since 2018 and joined the Mei Foo Farm Fest in February 2024. Over the past eight months, the farm fest has become a primary sales channel for their produce, allowing them to experience the warmth of the community.

'Every Sunday, when the farm fest opens, a group of loyal customers arrives. This place attracts customers who love organic farming, and their support bring me joy. Many customers follow up on WhatsApp after purchasing, sharing their thoughts on the organic vegetables.' Pig Kun Farm shared. This interaction not only strengthens the bond between Pig Kun Farm and its customers but also helps farmers better understand customer needs.



In addition to Pig Kun Farm, several other vendors sell organic vegetables at the Mei Foo Farm Fest. 'This diversity fosters healthy competition; we not only share our farming experiences but also draw inspiration from each other, helping the farm fest thrive.' As they bid farewell, Pig Kun Farm wants to say, 'Thank you! The Mei Foo Farm Fest created a vibrant marketplace that brought like-minded individuals together, making our journey in agriculture more meaningful.'

有華有機農場 (李小姐和梁先生) Yau Wah Organic Farm, Miss Lee & Mr. Leung

「我們曾見證美孚農墟最繁華的景象，感謝港青支持，使我們能堅持理想。」有華有機農場由李小姐主力經營，她親力親為，致力為顧客提供最新鮮的有機蔬菜。雖然在經營農場上，家人之間偶爾也會有些分歧，但這並未影響她多年來對有機耕作的熱情。

為確保菜品新鮮，李小姐清晨四、五時便開始割菜，隨即將菜品分裝，再運送到美孚農墟。與一般農作物相比，有機菜的種植週期更長，且必須確保水質和土壤達到標準，這樣的投入使得每一片菜葉都充滿心血，所以定價也會比一般蔬菜昂貴。「我們自十年前便未曾外出旅遊，所有的心力都投注在農場的經營上。」

在此，有華有機農場想對所有顧客說：「多謝大家多年來的支持！不少顧客已經支持我們超過七至八年，感激在美孚農墟認識你們。」

'We have witnessed the Mei Foo Farm Fest at its peak, and we are grateful to YMCAHK for supporting us over the years.' Yau Wah Organic Farm is primarily run by Miss Lee, who dedicates herself to providing customers with the freshest organic vegetables. While there are occasional disagreements within the family regarding farm management, her passion for organic cultivation remains unwavering.

To ensure freshness, Miss Lee rises at 4 or 5 a.m. to harvest vegetables, which are then packaged and transported to the Mei Foo Farm Fest. The production times for organic vegetables are longer and require more artisanal labor, which slightly increases the price of the product. Additionally, strict standards for water and soil quality ensure that every leaf is the result of hard work. 'We haven't traveled for many years; all our



effort has gone into running the farm.'

Yau Wah Organic Farm wishes to extend their heartfelt thanks to all customers: 'Thank you for your years of support! Many customers have been with us for over seven or eight years, and I'm grateful to have met you at the Mei Foo Farm Fest.'

俊龍有機農場 (王小姐和Ming) Chun Lung Organic Farm, Ms. Wong & Ming

俊龍有機農場強調有機耕作的嚴謹性，而美孚農墟內售賣有機蔬菜的農戶均取得有機認證。「我們每年都要續牌，所有農產品都具備綠標認證。」正因為品質有保證，王小姐提到，不乏來自其他地區支持的顧客。「雖然區內的街坊較多，但也有不少支持者特意從青衣、沙田和屯門過來，每周光顧一次。」俊龍有機農場對於美孚農墟的結業感到不捨和可惜。「美孚農墟為我們農戶帶來了生存機會，希望有機耕作文化能夠延續下去。」

Ms. Wong and Ming point out that the standards for organic farming are very strict, and all farmers selling organic vegetables at the Mei Foo Farm Fest hold organic certification. 'We need to renew our licenses annually, and all our products are certified organic.' Thanks to this quality assurance, they have attracted supporters from various regions. 'While we have many local customers, we also see supporters coming from Tsing Yi, Sha Tin, and Tuen Mun every week.' Chun Lung Organic Farm expresses sadness

over the closure of the Mei Foo Farm Fest: 'The fest provided farmers with a chance to sustain, and we hope the culture of organic farming continues.'

健康桃源有機農場 (倪伯伯) Health Fruit Garden, Uncle Ngai

90多歲的倪伯伯與他的家人在健康桃源有機農場和美孚農墟堅守多年、默默付出，全因「健康」兩字。倪伯伯認為：「要吃好的蔬菜，才能擁有健康的身體。」每當顧客購買蔬菜時，他們也會耐心推介，讓更多人認識有機農產品。倪伯伯希望可讓更多人了解有機耕作的重要性，尤其是青年人。「有機耕作需要付出很多努力，最基本的要求是沒有農藥、良好的水質，不受污染。」

Over 90 years old, Uncle Ngai and his family have been dedicated participants at the Mei Foo Farm Fest for many years, driven by their belief in 'health'. He emphasises, 'Consuming fresh vegetables is vital for maintaining a healthy body.' Whenever customers purchase vegetables, he patiently shares insights to help more people understand the benefits of organic products. Uncle Ngai hopes to raise awareness about the importance of organic farming, especially among young people. 'Organic farming requires a lot of effort; the basic requirements include no pesticides, good water quality, and no pollution. It's an essential element for living a long and healthy life.'



美孚有機農墟過往曾舉辦不同主題活動及工作坊。
Mei Foo Farm Fest has organised various campaigns and workshops previously.





雞肉壽喜燒 \$158
Chicken Sukiyaki



豚肉壽喜燒 \$158
Pork Sukiyaki

Mall Café
壽喜燒
Sukiyaki




和牛壽喜燒 \$178
Wagyu Beef Sukiyaki



野菜壽喜燒 \$148
Vegetables Sukiyaki

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另收加一服務費 A 10% service charge is required



「我是耶和華——你的神，我教導你，
使你得益處，指引你當走的路。」
“I, the Lord, your God, teach you what is good for
your good, and lead you on the way you should go.”
以賽亞書 Isaiah 48:17

又到了一年的尾聲，大家都在思考明年（2025年）以及之後的一年。的確，我們生活在一個日益對未來感到不確定的世界中。在我撰寫這篇文章時，世界許多地方正發生重大衝突，幾乎每個政府都面對著令人棘手的挑戰。

在這樣的背景下，全球基督教青年會運動已製定了「青年會2030願景」，在這些挑戰時期作為一個藍圖，為我們提供方向。

當我偶爾進行長途駕駛旅行，例如穿越英國或北美時——我非常感激有路標幫助我找到方向。即使是谷歌地圖，有時也會讓我失望！（也許我只是太老派了！？）

在以賽亞書48:17中，神對以色列人說話，並給予他們指示。祂今天也透過這節經文與我們說話。

祂在告訴我們，如果我們傾聽神的聲音，救贖的道路其實已經為我們指明了。只要我們願意服從祂，祂就準備好成為我們一生的嚮導。

神應許要教導以色列人那些能使他們受益的事物，無論是今生還是未來。祂就是那位承諾引導我們走向真理的主，指引我們穿越漆黑的深谷，並在我們攀登艱難的山丘時扶持我們。

引導以色列子民穿越沙漠的聖靈，就是引導我們步向最適合我們每一個人的道路的神的聖靈——即使這條路有時不太舒適或艱難。

以賽亞受聖靈啟發的話語，曾鼓勵那些在巴比倫囚禁中受苦的以色列人民；那位對我們說話並溫柔地引導我們的，也是同一位，如果我們是基督的跟隨者，祂會帶領我們跨過這個世俗體系的高峰低谷。

那位使人懺悔的聖靈，也是拯救和聖化我們靈魂的聖靈，引導我們走上應盡本分的道路；指出公義之路；教導我們走在聖潔的高速公路上；並在疲憊的時候如鷹翅膀般支持我們。祂在艱難中保護我們，將我們指向基督，在通往天堂的快車上穩固我們的腳步。

祂透過聖經對我們說話，引導我們明白所有真理，並揭示神的真實特質，教導我們過一種取悅祂的生活，通過祂智慧而溫柔的引導，指引我們走上最有益的道路。

祂是那位將我們引向基督，是我們信仰的創始者和成全者，祂死而復活，為了使我們能夠活著並將永恆不朽的生命帶給我們，祂是賜予我們靈性恩典和恩賜的那位。

那麼我們呢？

擁有受教精神的信徒，才是主可以引導和帶領進入真理之路的人。

當神說話的時候，我們是否應該傾聽祂的聲音？

當我寫這篇文章時，我為你祈禱，我們在這個慶祝耶穌誕生的繁忙季節中，希望我們都能花點時間、靜心聆聽聖靈的呼喚。

祝你聖誕快樂，並願你在2025年充滿信心！



施力高牧師
Rev. Dr John Snelgrove
港青董事局義務會牧
Founding Pastor, The Vine Church
Hon. Chaplain to the Board of Directors,
YMCA of Hong Kong

We reach the end of another year, and we are all wondering about next year (2025) and the year after. Indeed, we live in a world that increasingly seems uncertain about its future. As I write this article, there are major conflicts in many parts of the world, and it seems that almost every government has unenviable challenges to wrestle with.

In that vein, the YMCA Movement globally has been led to develop Vision 2030, a blueprint giving us, as an organisation, directions in these challenging times.

When I occasionally go on a long trip that involves driving, say across the UK or North American - I am so grateful for signposts to help find my way. Even Google Maps seems to let me down at times! (Maybe I'm just old school!?)

In *Isaiah 48:17*, God is speaking to the Israelites and giving them signposts. He is also speaking to us today through this verse.

He is saying that the way of salvation is actually pointed out to us, signposted, if we turn our ears to God when He speaks; for He is ready to become our guide during the whole course of our life, if we will only obey Him.

God promised to teach Israel those things that would benefit them, both in this life and in the world to come. And He is the same Lord who has promised to guide us into the way of truth, direct us through deep valleys of darkness, and uphold us as we climb the hills of difficulty that pepper our earthly path.

The Holy Spirit who guided the children of Israel through the desert is the same Spirit of God who guides us along the path that is best for each one of us - even if it is sometimes uncomfortable or difficult.

The Spirit-inspired words of Isaiah were an encouragement to the people of Israel, who were suffering affliction during their Babylonian captivity, and He is the same Holy Spirit that speaks to us and gently leads us, if we are Christ-followers, through the peaks and pitfalls of this worldly system.

The One who convicts of sin is also the same Holy Spirit who saves and sanctifies our souls, guiding us along the path of duty, pointing out the road of righteousness, instructing us on the highway of holiness, and bearing us up on eagle's wings through times of exhaustion. He is the One who protects us in the way of affliction, by pointing us to Christ as He plants our feet on the expressway to heaven.

He guides us into all truth, by speaking to us through the Bible, and He is the One that unveils the true character of God, teaching us to live a life that's pleasing to Him, by directing us along the most beneficial way, through His wise and gentle leading.

He is the One who points us to Christ, the Author and Finisher of our faith, who died and rose again so that we might live and be raised into life immortal, and He is the one that bestows spiritual graces and gifts on us.

What about us?

The believer that has a teachable spirit is the one that the Lord can lead and guide into the way of truth.

When God speaks, should we not listen to His voice?

I am praying for you as I write this that, in this busy season where we celebrate the birth of Jesus, we will take time, be still, and hear the Spirit calling us.

A blessed Christmas and a faith-filled 2025!

神與我們同在 God with Us

本會謹以此段文字，代替傳統的紙製賀卡，在萬眾歡騰的聖誕節，向大家友好致意。

「凡事謝恩，因為這是 神在基督耶穌裏向你們所定的旨意。」（帖前5:18）

在福音的照引下，願 神與我們同在，福杯滿溢，平安喜樂。

This Christmas greeting is intended to express our sincere best wishes to all people for this joyous Christmas season.

“Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” (1 Thessalonians 5:18)

May God be with each of us and may we be blessed with joy and peace.



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葉偉文先生
會長



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Mr. L.N. Shun
Director
沈樂年先生
董事



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

Our YMCA's AGM

The Annual General Meeting is a significant yearly event in the life of our YMCA. This is a time when voting members, staff, and friends come together for worship, fellowship, and the receipt of various reports. It is an enjoyable event and a blessing when like-minded individuals gather to reflect on our YMCA's progress and to recommit our efforts to its work. We are pleased to report the results of the election of directors by presenting a pictorial overview of our Board of Directors for 2024-2025.

世界基督教青年會／女青年會公禱週聯合崇拜暨普世團契2024 World YMCA / YWCA Week of Prayer Joint Service and World Fellowship 2024

香港基督教青年會、香港基督教女青年會和香港中華基督教青年會於11月15日假香港基督教女青年會九龍會所紹邦堂舉行一年一度聯合崇拜，同心為香港和三個青年會的事工發展而祈禱。今年公禱週的主題「憑信而行」，設有詩歌敬拜、三會領袖宣召及公禱等環節。

中國基督教播道會雅斤堂創堂牧師及義務顧問牧師陳傳華牧師以「人人受託，憑信而行」的講道來勉勵三會同工一切都在神掌握之中，不要驚慌，要忍耐到底，願三會繼續透過不同的服務，把福音傳遍天下，對萬民作見證。

YMCA of Hong Kong, Hong Kong YWCA and Chinese YMCA of Hong Kong held the annual joint service at HKYWCA Jockey Club Social Service Building, Shiu Pong Hall on November 15, to jointly pray for Hong Kong and our ministry development. The theme of this year's Week

of Prayer is "Moving with Faith". The service featured worship, a call to worship, and prayer led by leaders of the three associations. Rev. Dr. John Tran, the Founding Pastor and Consulting Pastor Volunteer of E.F.C.C Jachin Church, delivered a powerful sermon titled "Everyone is entrusted to act by faith" to encourage the ministry of the three associations that everything is under God's control. Do not be alarmed, endure to the end. May the three associations continue to spread the Gospel throughout the world through various services and bear witness to all nations.



西九聯青社就職典禮

Y's Men's Club of West Kowloon Inauguration Ceremony

21位創社的西九聯青社成員於9月14日在港青西九龍耀信發展學習中心舉行就職典禮。當日活動由一眾港青董事、管理層、國際聯青社亞太洲域主席、國際聯青社香港地區的領導人、輔導社尖沙咀國際聯青社以及各友好聯青社等超過30位來賓共同見證下正式成立。西九聯青社將在一眾青年社友帶領下服務社區、回饋社會及支持港青的未來發展。

The Y's Men's Club of West Kowloon was inaugurated by 21 charter members on September 14 at the YMCA of Hong Kong Beacon Centre. The inauguration ceremony was witnessed by over 30 guests, including the YMCAHK Board of Directors and Leadership Team, Y's Men International Asia Pacific Area President, Leaders from Y's Men Hong Kong District, Y's Men's Club of Tsim Sha Tsui (Sponsor Club) and other Y's Men's Club members. The Y's Men's Club of West Kowloon will serve the community, give back to society, and support the development of the YMCA of Hong Kong.



香港基督教青年會東涌中心：愛心福袋迎中秋

YMCA of Hong Kong Tung Chung Centre: Caring Gift Bags for the Mid-Autumn Festival

為促進社區內長者之間的互動，為他們增添生活喜悅和支持，港青東涌中心於9月14日舉辦了「愛心福袋迎中秋」活動，得到了尖沙咀（國際）聯青社的贊助和義工們的全力支持。義工們親自將70份福袋送到長者手中，讓他們感受社區關懷與溫暖，亦探訪了數位長者，分享彼此生活故事，傳遞愛與關心。

With an aim of enhancing interaction among the elderly in the community and bringing them greater joy and support, the YMCA of Hong Kong Tung Chung Centre hosted "Caring Gift Bags for the Mid-

Autumn Festival" on September 14. This event was generously sponsored by the Y's Men's Club of Tsim Sha Tsui and supported by our dedicated volunteers. Volunteers delivered 70 gift bags to the elderly, allowing them to experience the community's care and warmth. In addition to distributing the gift bags, the volunteers visited several elderly, engaging in friendly conversations, sharing their life stories, and conveying sincere caring.



2024港青水運會 2024 YMCA Swimming Gala

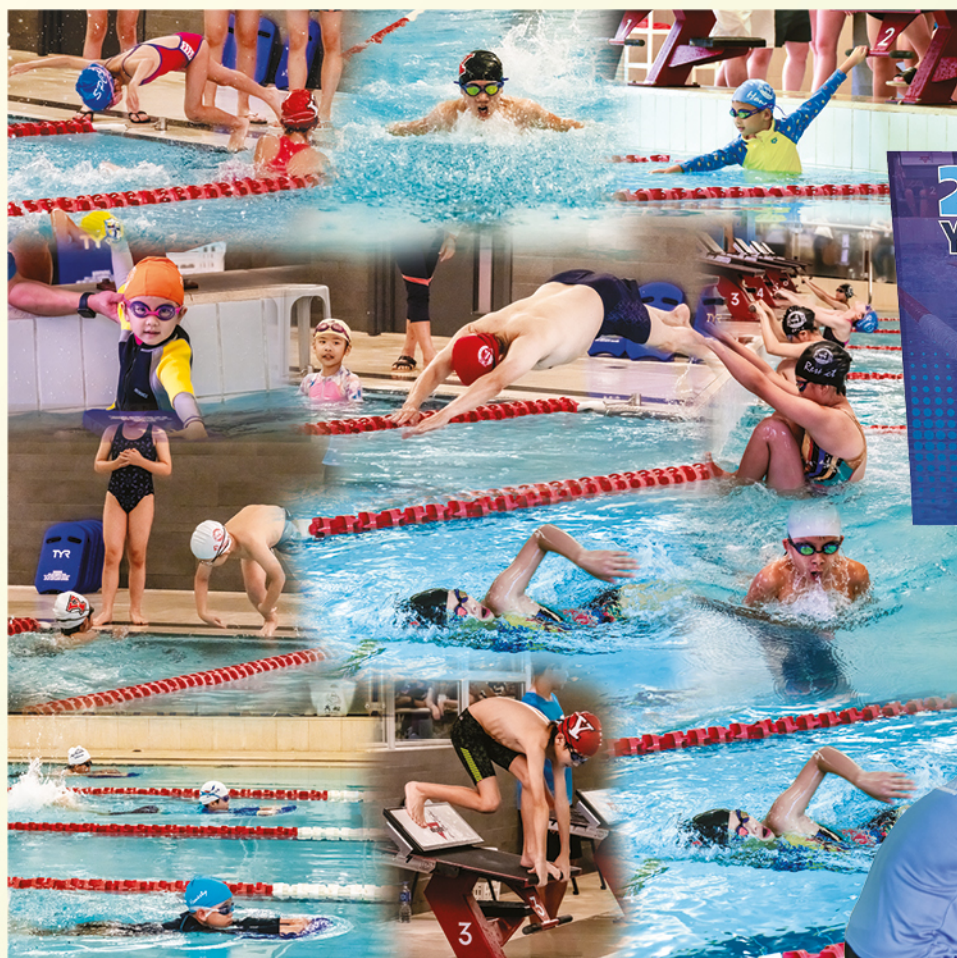
港青游泳學院於10月1日成功舉辦2024港青水運會，共吸引超過400人次參與，參賽者年齡介乎5至13歲。活動共有39位熱心義工參與協助，包括港青泳隊成員、教練和同工。不同年齡層的水中健兒齊聚一堂，切磋技藝，展現他們對游泳的熱情及堅毅不屈的體育精神。今年新增的「2 x 25米祖孫接力賽」不僅讓祖父母與孫輩展示技能，亦彰顯了隔代之間的深厚聯繫，鼓勵跨越年齡限制，積極參與運動，為活動增添獨特且感人的元素。

比賽現場充滿活力，家人和朋友們的熱烈支持更提升了活動氣氛。是次活動不只是一場比賽，游泳選手們也體現五大基督教價值觀——信念、尊重、愛、關懷和責任。

The YMCA Swimming Academy successfully held the 2024 YMCA Swimming Gala on October 1, with over 400 participants aged 5 to 13. A total of 39 enthusiastic volunteers supported the event, including YMCA Swimming Team members, instructors and staff. Swimmers from various age groups and skill levels

came together to compete and showcase their dedication and passion towards swimming. A special addition this year was the heartwarming "2x25m Grandparent & Grandchild Relay", where grandparents teamed up with their grandchildren to demonstrate not only their swimming skills but also their intergenerational bonds. This relay brought families closer together and inspired everyone to actively engage in sports, transcending age barriers and adding a unique and touching element to the gala.

The gala was filled with a vibrant atmosphere, and the enthusiastic support from families and friends made the day even more exciting. The event went beyond mere competition, allowing swimmers to embody five Christian values — Faith, Respect, Love, Caring and Responsibility.



港青羽毛球公開賽2024 YMCA Badminton Tournament Open 2024

多年來，羽毛球分齡系列賽一直深受選手歡迎。於9月18日，本會特別舉辦了首屆港青羽毛球公開賽，吸引了數十位不同年齡層的羽毛球愛好者參加。

我們希望是次比賽能提升選手們的技術水平，並讓他們在競賽中獲得喜悅與滿足。未來，港青將繼續努力推廣羽毛球運動，讓更多羽毛球愛好者展現才華，切磋技藝。

Building on our long standing age-group badminton tournament series, the first YMCA Badminton Tournament took place on September 18, creating a vibrant atmosphere and attracting participation from many badminton enthusiasts of all ages.

We hope that this competition not only enhances players' skills but also bring them joy and fulfilment. Moving forward, we are committed to promoting badminton and providing a platform for more enthusiasts to showcase their talents.



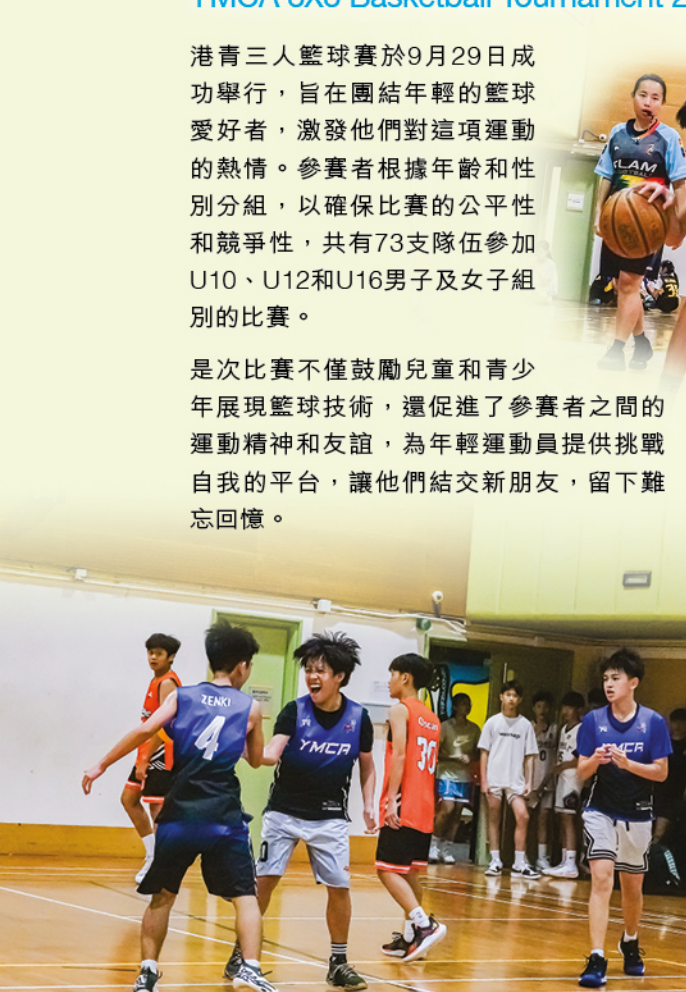
港青三人籃球賽2024 YMCA 3X3 Basketball Tournament 2024

港青三人籃球賽於9月29日成功舉行，旨在團結年輕的籃球愛好者，激發他們對這項運動的熱情。參賽者根據年齡和性別分組，以確保比賽的公平性和競爭性，共有73支隊伍參加U10、U12和U16男子及女子組別的比賽。

是次比賽不僅鼓勵兒童和青少年展現籃球技術，還促進了參賽者之間的運動精神和友誼，為年輕運動員提供挑戰自我的平台，讓他們結交新朋友，留下難忘回憶。

The YMCA 3X3 Basketball Tournament was successfully held on September 29, aiming to unite young basketball enthusiasts and ignite their passion for the sport. Participants were grouped by age and gender to ensure fairness and competitiveness, with a total of 73 teams competing across the U10, U12, and U16 boys' and girls' categories.

This tournament not only encouraged children and teenagers to showcase their basketball skills, but also fostered sportsmanship and friendship among participants. It provided young athletes with a platform to challenge themselves, make new friends, and create lasting memories.



再生玩具畫工作坊 TOYPAINT Workshop

再生玩具畫工作坊是港青「惜玩文化」計劃的一個重點特色活動，以回收的玩具進行創作。多年來，「惜玩文化」一直與學校和機構合作推廣環保理念。今年夏天，香港都會大學、九龍倉置業地產投資有限公司和Pet Space Group分別參與再生玩具畫工作坊，創作獨特的作品。

香港都會大學的教師們合作創作了一幅大學標誌的藝術畫、九龍倉置業地產投資有限公司設計了一幅大型玩具畫藝術作品，並邀請員工和香港基督教女青年會的孩子們用回收玩具繪畫地球。Pet Space Group在位於白石角的新診所與來自長沙灣中心的孩子和當地社區共同創作了三幅玩具畫藝術作品。

透過再生玩具畫工作坊，參加者可以了解環境問題，提高對玩具棄置問題的關注，更親身體驗回收玩具的升級再造，從而延長玩具的生命，轉化成藝術品。展示再生玩具畫藝術品可以提升項目的曝光度，並更廣泛向觀眾宣揚環保理念。



As part of the Toy Reborn Project, the ToyPaint Workshop features painting with recycled toys. Over the years, the Project has collaborated with various schools and organisations to promote environmental awareness within the community. During the summer, participants from Hong Kong Metropolitan University, Wharf Real Estate Investment Company Limited and Pet Space Group joined various workshops respectively to create unique art pieces.

At Hong Kong Metropolitan University, teachers created their logo art piece, while Wharf Real Estate Investment Company Limited designed a large Earth artwork involving staff and children from HKYWCA. Lastly, Pet Space Group hosted a workshop at their new clinic in Pak Shek Kok, where 3 art pieces were collaboratively created with children from the Cheung Sha Wan Centre and the local community.

Through the workshops, participants learnt about the environmental issues, raised awareness about toy disposal problems, engaged in upcycling with recycled toys, thereby extending the lifespan of the toys, and transforming them into incredible artwork. Showcasing ToyPaint art pieces also enhances the project's exposure and promotes the importance of environment protection to a wider audience.



香港童軍九龍第1357旅 — 油尖區公園定向比賽 (公開組) KG1357 Cub Scouts — Yau Tsim District Park Orienteering Competition (Open Category)

於9月15日，香港童軍九龍第1357旅5名幼童軍參加由油尖區在九龍公園舉辦的公園定向比賽（公開組）。比賽要求參賽者展現智力和體能，挑戰個人極限。他們憑著定向技巧、地圖閱讀能力和批判性思考，在40多名選手中脫穎而出，奪得冠軍及亞軍。

On September 15, a total of 5 Cub Scouts from Scout Group 1357th participated in the Park Orienteering Competition

(Open Category) held by Yau Tsim District at Kowloon Park. The competition required participants to demonstrate their intelligence and physical abilities, pushing them to their limits. Utilising their orienteering skills, map-reading skills, and critical thinking, they distinguished themselves among nearly 40 competitors, claiming both the championship and runner-up honours.



「傲翔新世代」全方位青年領袖訓練計劃 — 第24屆畢業禮暨第25屆啟動禮 Youth Leadership Development Scheme (YLD) — 24th Closing and 25th Opening Ceremony

115名學生出席於9月28日舉行的「傲翔新世代」全方位青年領袖訓練計劃第24屆畢業禮暨第25屆啟動禮。在典禮中，學生代表分享了他們整年體驗式學習的經驗，包括戶外領袖培訓營、專題研習和海外服務與文化交流之旅。整年的活動中，他們遵循著基督精神，包括仁愛、關懷、信念、尊重、寬恕和責任。學生們也談及過去一年中所面對的挑戰，如學業與計劃之間的平衡，以及如何培養韌性和解決問題的能力。這些經歷顯著促進了他們的個人發展，並培養其領導能力和自信心。

115 students participated in the YLD 24th closing and 25th opening ceremonies on September 28. Student representatives shared their experiential learning experiences throughout the year, including the adventure-based counselling training, project studies, overseas service and cultural exchange trips. The year-round activities were grounded in the Christian principles of Love, Caring, Faith, Respect, Forgiveness and Responsibility. Students also discussed the challenges they faced over the past year, such as balancing academic responsibilities with programme commitments, and how they developed resilience and problem-solving skills. These learning experiences significantly impacted participants' personal development, particularly in enhancing their leadership skills and confidence.



《百衣織被》：舊衣回收再造工作坊

Upcycling Textiles: Crocheted Patchwork Quilt from One Hundred Recycled Garments

《百衣織被》是the DOOOR聯同ARTHOOOD本地藝術家Aki及Rita於十月推動的環保藝術活動。透過將舊衣物轉化為生活藝術品，將可持續發展理念融入日常生活，並推廣至社區。

是次活動共召集了100名港青同工、服務使用者及公眾人士參與，先後舉辦了8場舊衣回收再造工作坊，利用舊衣製作鉤織拼布，通過藝術創作體驗反思生活模式，讓參加者感受藝術的療癒力量，為舊物賦予新生命，並鼓勵珍惜資源及做到源頭減廢。

參加者完成的鉤織拼布作品會拼接成一幅百家被，於2025感恩節為港青總部開幕一百周年送上百家的祝福，邁向青年會2030願景，致力推動可持續發展，促進社區全人健康。百家被於12月3至27日於尖沙咀港青總部大堂the DOOOR藝術空間展出，將可持續發展理念推廣至社區。

Partnered with local artists from ARTHOOD – Aki Tsang and Rita Au, “Upcycling Textiles: Crocheted Patchwork Quilt from One Hundred Recycled Garments”, an eco-friendly art programme was launched by the DOOOR in October. The aim of this initiative is to promote sustainable development within the community by transforming old garments into creative materials that can be crocheted into new items through upcycling, thereby integrating sustainability into our daily lives.

Eight workshops were held, attended by 100 participants including staff, service users, and members of the public, who worked together to create crocheted patchwork. Through the artistic process, participants not only transformed old items, and reshaped public perceptions of environmental sustainability, but also experienced the therapeutic benefits of art. This meaningful experience inspired reflection on their lifestyles, encouraged appreciation of existing resources, and emphasised the importance of source reduction.

The patchwork quilt, a collective creation by all participants, symbolises blessings from 100 families in celebration of the YMCAHK centenary in 2025. It envisions a vibrant future aligned with the YMCA Vision 2030, promoting a sustainable planet and community wellbeing. The art piece would be showcased at the Window Exhibition of the DOOOR arts space from December 3 to 27.



A-Life Academy年度聚會暨畢業典禮2024 A-Life Academy Annual Celebration 2024

A-Life Academy於10月5日舉行年度聚會暨畢業典禮，慶祝第12屆同學順利完成兩年計劃，同時頒發年度獎項予第13屆同學。同學在聚會中分享他們在不同項目的成果和得著，以勉勵現屆同學積極參與。新一屆同學亦藉此加強對計劃的了解，為未來的活動作準備。今年，舊生會加入了A-Life Academy文化祭的元素，舊生們以數月時間復刻過往的經典開幕儀式裝置，並展示於場地中。最後，舊生們更於典禮中表演音樂及舞蹈，展現青年人的多元天賦。



cohort students. Former students shared their achievements and experiences from various projects to encourage active participation of this year's students. Members of the new cohort were also invited to strengthen their understanding of the programme, and be prepared for upcoming activities. Through the collaborative efforts of alumni and months of planning, elements from the A-Life Academy Cultural Festival were incorporated, along with installations from past opening events, to create a unique display for the ceremony. The event also featured music and dance performances, showcasing the diverse talents of young people.



第8屆Boundless畢業晚宴 8th Boundless Graduation Dinner

為慶祝第8屆Boundless同學順利畢業，本年度畢業典禮以晚宴形式於10月24日進行。典禮邀請了本年度曾與Boundless合作的機構、講者以及師友共同見證同學的成長。19位成功畢業的同學逐一領取畢業證書，並由代表向所有嘉賓致謝，分享全年計劃的經歷及個人成長。

To celebrate the successful completion of Boundless'8th cohort and to provide students with an opportunity to experience proper etiquette, a formal graduation dinner was held on October 24. The event invited partner organisations and mentors to witness the students' growth and development

over the past year. 19 graduates received their individual certificates. Representatives expressed gratitude to all the guests while sharing experiences and personal stories from the year-long programme.



港青長沙灣中心EMSS精神健康講座 — 認識抑鬱症 Cheung Sha Wan Centre Mental Health Talk on Depression

長沙灣中心就業支援服務於12月13日邀請了新生精神康復會舉辦了一場關注抑鬱症的講座。講者介紹了抑鬱症的徵狀，包括長期情緒低落、對日常活動失去興趣、睡眠問題與食慾變化等。講者還探討了抑鬱症的成因及其對個人生活的影響，並分享了應對抑鬱症的具體方法。通過講座，參加者對抑鬱症加深了認識，並學習如何在求職路上或日常生活中協助自己或他人應對這項挑戰。

On December 13, the Employment Support Service in Cheung Sha Wan Centre hosted a mental health talk on depression, inviting the New Life Psychiatric Rehabilitation Association to present. The speaker introduced the symptoms of depression,

including persistent low mood, loss of interest in daily activities, sleep disturbances, and changes in appetite. They also explored the causes of depression and its impact on individuals, sharing practical methods and strategies for coping with the condition. Through the talk, participants gained a deeper understanding of depression and learned how to support themselves or others in managing this challenge, whether in their job search or daily life.



關愛基金在校課後託管服務計劃（擴展計劃）

Community Care Fund “School-based After School Care Service Scheme (Expanded Programme)”

60名來自深水埗區的學生報名參加於2024/25學年開展的關愛基金在校課後託管服務計劃（擴展計劃）。此計劃旨在為來自低收入家庭的小一至小六學生，在一個安全和熟悉的環境下進行課後託管服務及學習支援，讓參加計劃的家長能夠重返職場，提高生活水平，減輕家庭照顧的壓力。

上學年參加試行計劃的36位學生已於9月中開展本學年的服務，而新加入擴展計劃的24位學生亦於10月起正式開始接受服務。除了在上課日提供功課輔導和溫習外，我們還會在週末和學校假期舉辦多元化活動，發掘學生內在潛能及實現全人發展目標。

除港青長沙灣中心外，本年度港青東涌中心亦有參與此計劃，為區內有需要的家庭提供在校課後託管服務。

Launched at the beginning of the 2024/25 school year, 60 students from Sham Shui Po district have enrolled in the Community Care Fund “School-based After School Care Service Scheme (Expanded Programme)”. The scheme aims to provide daily

childcare and learning support for primary school students from low-income families in a safe and familiar environment, enabling parents to return to work, improve their livelihoods and alleviate family care pressures.

36 students who participated in the pilot programme have started the services since mid-September, while 24 newly enrolled students began their services in October. In addition to providing homework guidance and revision services on weekdays, we also organise a variety of activities on weekends and school holidays, offering students opportunities to explore their potential and achieve holistic personal development.

The YMCA of Hong Kong Tung Chung Centre also provides the expanded programme, offering after school care service for the low-income families in the community.



港青西九龍耀信發展學習中心「社區免費剪髮日」 YMCA of Hong Kong Beacon Centre Community Free Haircut Day

港青西九龍耀信發展學習中心於9月28日舉辦了「社區免費剪髮日」，為65歲長沙灣居民及綜援家庭提供實際幫助及支持，為社區帶來關懷與溫暖。

活動團隊與「跑去你屋企」義工隊緊密合作，在短短兩小時內，為32位居民提供免費義剪。參與的義剪師經驗豐富，不僅技術熟練，更懷著服務社區的熱情，協力為有需要的地區人士提供專業理髮服務。

「社區免費剪髮日」不僅提供實質的理髮服務，還為居民與義工之間搭建互動橋樑，促進人與人之間的溝通與關懷，亦提升社區凝聚力，為社區和諧發展帶來正面影響。團隊希望能夠繼續推動社區互助精神，讓更多居民感受社區溫暖與關懷。

On September 28, the YMCA of Hong Kong Beacon Centre hosted its "Community Free Haircut Day", aimed at serving the residents of Cheung Sha Wan. This initiative primarily targeted beneficiaries aged 65 and above, as well as families receiving Comprehensive Social Security Assistance.



Upholding the YMCA's mission to support vulnerable groups within the community, we collaborated with the volunteer team from "Run to Your Home" to provide complimentary haircut services for approximately 32 residents in two hours.

To ensure high-quality service, our volunteer team consisted of experienced hairdressers dedicated to offering personalised assistance to those in need. Their passion and expertise were crucial in making the event a success.

The "Community Free Haircut Day" not only provided practical help but also fostered valuable interactions between residents and volunteers. This event exemplified the Centre's commitment to promoting inclusivity and support within the Cheung Sha Wan community, making a positive impact on the lives of its residents. We look forward to continuing this initiative to strengthen community bonds and enhance the wellbeing of those we serve.

港青西九龍耀信發展學習中心營廚健康講座 YMCA of Hong Kong Beacon Centre Chef Marco X Health Seminar

9月14日，港青西九龍耀信發展學習中心舉辦了第三場健康講座「瘦身減脂篇」——「減少體脂和維持體重」，旨在提高社區對健康飲食生活的意識。講座吸引了32位參與者一起了解營養飲食的重要性。

營廚盧思偉介紹了地中海飲食對維持健康生活方式的好處。他分享了使用新鮮本地食材和天然調味品的做法，以及減少進食不健康脂肪的見解。他的實用烹飪技巧，包括低溫烹調方法，鼓勵市民建立更健康的飲食習慣。

On September 14, the YMCA of Hong Kong Beacon Centre hosted its monthly health seminar to raise the community awareness about nutrition and healthy living, focusing on reducing fat and maintaining a healthy body weight, successfully attracted 32 participants who were interested to learn about healthy eating.

Marco Lo, an experienced chef and qualified nutritionist, introduced the benefits of Mediterranean cuisine in promoting a healthy lifestyle. He provided insights on reducing unhealthy fats by utilising fresh, local ingredients and natural seasonings. He also shared practical cooking tips, including low-temperature techniques, and inspired attendees to adopt healthier eating habits.



港青 x 香港都會大學李嘉誠專業進修學院學生迎新日營 YMCA of Hong Kong x HKMU-LiPACE — Orientation Day Camp

香港都會大學李嘉誠專業進修學院學生的迎新日營已於9月21日在港青京士柏百周年紀念中心成功舉辦。活動除了歡迎22位在2024/25學年於港青專業進修書院上課的應用教育文憑學生外，亦幫助他們融入港青，展開新校園生活。是次日營進行了多項活動，包括互相認識環節及團隊挑戰，讓學生有機會結識其他同學和港青同工，同時給予學生支持和鼓勵，使他們能夠建立友誼，自信地展開新旅程。

The orientation day camp for HKMU-LiPACE students at YMCA King's Park Centenary Centre was successfully held on September 21. A total of 22 young participants studying for the Diploma of Applied Education programme in the campus of College of Continuing Education in year 2024/25, received a warm welcome at the camp, which aimed at engaging them in beginning a flourishing school life at YMCAHK. The camp featured a variety of activities, including ice-breaking exercises



and team building challenges, allowing students to meet their peers and young leaders from YMCAHK. This provided a supportive environment where they could interact, build friendships, and embark on their journey with confidence.



海外家務助理部 — 大棠有機生態園及香港濕地公園自然遊 Domestic Helper Unit — Nature Tour to Tai Tong Organic EcoPark and Wetland Park

海外家務助理部於10月1日舉辦了大自然一日遊活動，前往大棠有機生態園及香港濕地公園，讓海外家務助理們探索香港的自然美景。40名參加者在享用了一頓愉快的田園自助午餐後，便繼續前往香港濕地公園，沉浸於多樣的自然生態系統中。

是次旅程讓海外家務助理們有機會遊覽這個城市的自然生態面貌，體驗不一樣的香港。

On October 1, the Domestic Helper Unit organised an enriching Nature Tour to Tai Tong Organic EcoPark and Wetland Park, providing domestic helpers with an opportunity to explore the natural beauty of Hong Kong. A group of 40 participants enjoyed a delightful village-style lunch buffet, the tour continued in the afternoon by visiting the Wetland Park, immersing themselves in the diverse natural ecosystems of Hong Kong.

This tour offered a refreshing change of scenery for many domestic helpers in Hong Kong, giving

them a rare chance to connect with the city's natural side. It was a day filled with new experiences and perspectives, providing a unique glimpse of Hong Kong that is often overlooked.



港青基信國際幼稚園中秋節慶祝活動

YMCA of Hong Kong Christian International Kindergarten Mid-Autumn Celebration

為慶祝中秋佳節，港青基信國際幼稚園的孩子們在當日穿上五彩繽紛、亮片閃閃的衣服，帶著燈籠回校。為了讓孩子體驗晚上賞月，活動室的燈關上了，放置了特別的夜光燈和閃燈，營造可愛又歡樂的中秋氣氛。

此外，我們還一起製作傳統月餅。孩子們親手將食材混合、搓揉麵團、倒模成月餅的形狀、最後送到焗爐烘烤。這種親身體驗不僅讓他們了解中秋節意義，更讓孩子與家人分享月餅。另外，高班學生將月餅送給港青訪客和不同部門的同事，藉此表達感恩之意。

To celebrate the Mid-Autumn Festival, CIKG's children enthusiastically engaged in traditional activities. Each child brought their own lantern, created a delightful atmosphere as they played together in their shiny, glittery costumes. The teacher set up special decorations and lights in the Activity Room to fully immerse the children in the festive ambiance of the Mid-Autumn Festival.

Children also made mooncakes, participating in every step from mixing ingredients, rolling the doughs, and filling the moulds to baking the delicious treats. This hands-on experience not only taught them about the significance of the festival, but also allowed them to share the hand-made mooncakes with their families. Finally, some of our K3 students took the initiative to present mooncakes to the staff and guests at the YMCAHK Headquarters, expressing their gratitude for their care and support.



港青基信國際幼稚園 2024年開放日

YMCA of Hong Kong Christian International Kindergarten Open Day 2024

港青基信國際幼稚園在9月28日舉行了以「小小科學家」為主題的學校開放日，為所有訪客和家庭提供趣味十足的活動體驗。小朋友與爸爸媽媽忙碌地探索靜電實驗；既沉醉在光影遊戲體驗；又在昆蟲搜索活動中尋找出不同的昆蟲，透過小小眼睛觀察昆蟲標本在顯微鏡上的微小世界。每個活動都以小朋友探索世界為出發點，旨在激發他們的好奇心，培養對科學的興趣。是次開放日充滿了探索、學習和歡樂！

On September 8, CIKG held the Open Day themed "Little Scientist", offering a variety of engaging activities for all visitors. Guests had the chance to explore static energy experiments, play with light and shadow, study insects through our insect spy activity, and use microscopes to examine small specimens. Each activity was thoughtfully designed to spark curiosity and inspire a love for science among our young learners. It was a fantastic day filled with exploration, learning, and fun!



港青基信幼稚園（啟晴）國際和平日

YMCA of Hong Kong Christian Kindergarten (Kai Ching) International Day of Peace

每年的9月21日是國際和平日，世界各地都會舉行慶祝和平活動。每個人都是平等的，透過短片及新聞，學生明白到每個人都應該撤除歧視，避免戰爭發生。學生們以自己的手掌印創作和平鴿子，宣揚「人人平等、善待他人」的訊息，並為世界各地受戰火禍害的人禱告。期望此活動讓孩童學習互相尊重，致力實現一個彼此尊重、和平友愛的世界。



The International Day of Peace is celebrated globally on September 21 every year. Everyone is equal. After watching the videos and news about wars, students understand that everyone should eliminate discrimination in order to avoid wars. Students made peace doves with their palms, to promote the message of "Everyone is equal and we treat everyone with respect and dignity."

Through this activity, we hope that students will learn to respect others and strive to achieve a world of mutual respect, peace and friendship.

《融——和平天使全球計劃之國際和平日——百位校長共創奇蹟》

Harmony: Peace Angel Global Project by Psycho-Art Therapy Association

港青基信幼稚園（啟晴）的黃校長參與了由心靈藝術治療學會及敘事繪畫治療國際學會主辦的《融——和平天使全球計劃之國際和平日——百位校長共創奇蹟》活動。黃校長與來自不同教育機構的99位校長，同心協力完成一幅「蝸牛化身和平鴿」的作品，希望通過這項別具意義的合作性藝術創作，為宣揚世界和平貢獻一份力量。

Principal Wong of YMCA of Hong Kong Christian Kindergarten (Kai Ching) participated in The Harmony: Peace Angel Global Project organised by Psycho-Art Therapy Association and Narrative Drawing Intervention Institute. She joined the other 99 principals from various educational institutions, worked together to complete a piece titled "Snail Transformed into a Dove of Peace", aiming to contribute to the promotion of world peace through this meaningful collaborative art creation.





新會商會港青基信學校學生領袖就職典禮 SWYHKCS Student Leader Inauguration Ceremony

今天的小領袖將成為明天的領導者。學生領袖在新會商會港青基信學校發揮着重要的作用。他們年紀雖小，卻肩負着不同的崗位和任務。今年，新會商會港青基信學校於10月7日舉行了學生領袖就職典禮。

學生領袖來自一至六年級。我們的風紀隊長和首席學生大使由老師提名，並經校長面試而選出。至於四社社長則由社員投票選出。得票最多的前兩名候選人則成為社長。風紀、學生大使、環保大使和圖書館風紀則由班主任挑選。



The young leaders of today will be the leaders of tomorrow. Student leaders play an important role in SWYHKCS. Even though they are young, they are responsible for different tasks and events. This year, the Student Leadership Inauguration Ceremony was held on October 7.

Student leaders are selected from Year 1 to Year 6. For Head Prefects and Head Ambassadors, they are nominated by our teachers and interviewed and selected by our principal. For House Captains, they are elected by their House members. The top two candidates who received the most votes became our House Captains. Prefects, Ambassadors, Green Ambassadors and Library Prefects are selected by class teachers.

新會商會港青基信學校：返校夜暨中秋節食物捐贈行動 SWYHKCS: "Back to School" Night x Mid-Autumn Food Drive

9月13日是新會商會港青基信學校的「返校夜」，家長們被邀在當晚回到學校，認識孩子們的老師，並學習如何在家支持孩子。家長們還準備了捐贈食物，支持港青長沙灣中心的中秋節食物募捐活動。當晚的捐贈物資裝滿了三個大箱。我們很高興看到家長們與我們合作支持這有意義的活動。

On September 13, parents were invited to come back to school on "Back to School" Night to get to know their children's teachers and to learn ways to support their children at home. Parents were invited to donate food items for the YMCAHK Cheung Sha Wan Centre Mid-Autumn Festival food drive. 3 big boxes were filled with donations. We are thrilled to see our parents partnering with us in this meaningful initiative.





新會商會港青基信學校：世界微笑日暨「有意義聖誕樹100」行動 SWYHKCS: World Smile Day x Fundraiser for Meaningful Christmas Tree 100 Action

於10月4日，新會商會港青基信學校慶祝了世界微笑日暨「有意義聖誕樹100」行動！每年，新會商會港青基信學校都會選擇一個有意義的活動來籌款，今年選擇了由港青舉辦的「有意義聖誕樹100」行動，並籌得超過港幣6,000元！所籌得的善款將用於在這個聖誕節鼓勵香港一些有需要援助的兒童。除了慶祝聖誕派對和禮物外，孩子們還可以帶一棵特別設計的玩具重生環保聖誕樹回家！

On October 4, SWYHKCS celebrated World Smile Day! Each year SWYHKCS chooses a worthy cause to raise funds for, and this year, it is the "Meaningful Christmas Tree 100

Action" organised by the YMCAHK, raising over HK\$6,000! The funds raised will be used to support children from less fortunate families in Hong Kong. In addition to celebrating with a Christmas party and gifts, the children will also bring home a specially designed Toy Reborn Christmas tree!



新會商會港青基信學校：世界郵政日2024 SWYHKCS World Post Day 2024

每年十月初，新會商會港青基信學校都會慶祝世界郵政日。今年，一年級的學生寫信給他們的幼稚園，告訴他們在基信學校的小學生活有多愉快。二至六班的學生則寫信給未來的自己，這些信件將在今年稍後寄給他們。

Each year at the beginning of October, SWYHKCS celebrates World Post Day. This year, Year 1 students wrote letters to their kindergartens to share how much they have enjoyed their primary school life at Christian School. While the Year 2 to Year 6 students wrote letters to their future selves, which will be posted to them later in the year.



港青基信書院全方位學習週 YHKCC Life-wide Learning Week

10月中旬，港青基信書院為各年級學生籌辦了一連串全方位學習活動和宿營。這些活動能讓學生走出課室，在體驗中學習，有助學生全人發展，並培養他們終身學習的能力。

中一和中二學生參與了不同的運動項目，包括冰壺、划艇、射箭、曲棍球，還有龍舟競技；其中更有舊生們的參與及協助！中三學生體驗露營、營火會及戶外活動。中四學生則參與室內攀石活動，考驗毅力和體力。

中五學生則有機會參觀不同機構，了解各機構的工作環境，如參觀國泰城，讓學生了解航空公司運作。學生亦參

觀香港迪士尼樂園，了解演藝人員的日常工作。而在香港迪卡儂的探訪中，學生得以體驗一個充滿運動器材和戶外挑戰的工作環境。他們亦參觀了DLN建築公司、香港港安醫院、香港大學、香港理工大學等機構。而在活動的第三天，中五學生更展開了「高中文憑試公民與社會發展科——廣東省深圳市創意文化內地考察」，為充實的活動周劃上完美句號。

中六學生亦參加了促進學生成長的退修營、到海洋公園舉行畢業旅行及體會減壓日。通過閱讀環節和提昇學習技能的過程中，學生跟學科主任一起探討如何訂立溫習計劃，為公開試作準備。





In mid-October, the YHKCC organised a series of Life-Wide Learning Camps and activities for students in each form. The activities were designed to enable students to extend their learning in real contexts and authentic settings outside the classroom. This approach facilitates whole-person development and nurtures their capability for lifelong learning.

Students in Forms 1 and 2 had the chance to participate in various sports activities, including curling, rowing, archery, hockey and dragon boat riding, with the help of some YHKCC alumni. Form 3 students experienced camping with a campfire and outdoor activities. Students in Form 4 participated in bouldering activities in an indoor environment, challenging themselves both mentally and physically.

Form 5 students were engaged in workplace visits to destinations including Cathay Pacific City, allowing them

to explore the heart of one of the world's leading airlines. They also visited Hong Kong Disneyland to get a closer look at the daily operation of cast members; visited Decathlon Hong Kong to learn about a working environment packed with fitness gear and outdoor adventures. There were also visits to DLN Architects Limited, the Hong Kong Adventist Hospital, The University of Hong Kong, The Hong Kong Polytechnic University and a Form 5 DSE Citizenship & Social Development Field Trip to Shenzhen, Guangdong.

To enhance students' wellbeing, the school organised a Retreat for Form 6 students. They also had the opportunity to participate in a Graduation Trip to Ocean Park and a Mind Over Stress Day, which included mindfulness reading and a session on effective learning strategies, ending in an action planning session with Heads of Department.

港青基信書院2025/26學年中一入學簡介會 YHKCC Form 1 Admission Briefing for 2025/26

港青基信書院於10月12日在校園舉行的2025/26學年中一入學簡介會圓滿舉行，當天有接近900位來賓，包括家長和學生。簡介會環節全面而豐富，包括講座（設英語和普通話場次）、學生分享、互動遊戲、校園參觀，及問答環節。這些活動讓所有參加者對學校之背景、課程和學科、學生成長、課外活動及入學流程有深入了解。我們熱切期待於2025年8月迎接中一新生，歡迎他們加入港青基信書院大家庭！

The Form 1 Admission Briefing for the 2025/26 school year was successfully held on the YHKCC campus on October 12, with nearly 900 participants, including parents and students, in attendance. This comprehensive event encompassed a briefing session (both English and Mandarin sessions were offered), students' sharing, an interactive activity, a school tour and a Q&A corner. The Admission Briefing provided attendees with a thorough understanding of the school background, the curriculum, subjects offered, the pastoral system, extra-curricular activities and application procedures. The YHKCC is looking forward to welcoming a new batch of Form 1 students to join our school in August 2025.



港青基信書院英國及紐西蘭遊學團 United Kingdom & New Zealand Educational Tours

在10月10至19日及13至22日，港青基信書院分別籌辦了「英國遊學團」及「紐西蘭遊學團」，啟發學生的想像力與好奇心；並讓他們探索海外升學機會，為將來升讀大學作充足準備。

英國遊學團的學生有機會於劍橋大學上課，又參與航空工作坊、更到訪牛津大學、華威大學、諾定咸大學、曼徹斯特大學、倫敦帝國學院等著名學府。此外，學生們又遊覽自然史博物館、大英博物館、曼徹斯特城球場、海德公園等，亦參加了不同的步行導賞團。

紐西蘭遊學團的學生則有機會參觀奧克蘭大學。他們在旅程中到訪了不同的農場，更深入感受大自然，包括前往懷曼古火山谷、奇妙的哈比村，了解保育生態環境的重要性和實踐方法；亦探索紐西蘭的原始森林，並了解當地的環境保護部如何維持其國家的大自然美景。此外，學生亦參觀了懷基特谷學校，體會一個全面而平衡的獨特教育課程——這所學校既著重學術，同時亦教授生活上的重要技能，例如如何養育農場上的動物，既有意義又有趣！

The YHKCC organised a "United Kingdom Study Tour" and a "New Zealand Study Tour" for students from October 10 to 19 and October 13 to 22 respectively. Both tours were unforgettable experiences, filled with inspiration and adventure!

During the trip to the United Kingdom, students attended a lecture at the University of Cambridge, participated in an aeronautics workshop, visited the University of Oxford, the University of Warwick, the University of Nottingham, the University of Manchester, Imperial College, the Natural History Museum, British Museum, Etihad Stadium, Hyde Park and walking tours in different locations.

While in New Zealand, YHKCC students had the opportunity to visit the University of Auckland and spent time on farm visits and excursions to appreciate the natural beauty of the country, including a trip to the Waimangu Volcanic Valley. Students also travelled to the Magical Hobbiton Town to learn more about the importance and practicality of preserving natural habitats; explored the Native Forest of New Zealand and experienced how the Department of Conservation maintains the natural beauty of the country. They also gained a holistic and balanced learning experience by visiting the Waikite Valley School, which offers a unique educational programme emphasising academic progress while teaching crucial life skills, such as raising farm animals!





Announcement

最新動態

基督教外展 — 啟發課程

Christian Outreach — Alpha Course

港青基督教外展在9月至12月舉行第三次為期10週的員工啟發聚會。來自11個部門的同工在輕鬆愉快的環境下一起探索信仰和人生意義。

啟發課程在薪火匯事工的傳道及義工支持下順利展開。他們與基督徒同工一同帶領小組討論及分享。是次課程除結合各主題活動及詩歌分享外，還有個人見證分享。港青將繼續舉行不同類型的基督教活動，讓更多同工認識基督教信仰。

Christian Outreach held the third series of 10-week Alpha course from September to December. Colleagues from 11 departments came together in a relaxed and enjoyable environment to explore faith and life.

The successful launch of the third series was supported by pastor and volunteers from Burning Bush Connect Ministries, who collaborated with Christian staff to facilitate group discussions and

sharing. The Alpha Course also included hymn sharing and personal testimonies. YMCA of Hong Kong will continue to organise a variety of Christian activities for colleagues to learn more about the Christian faith.



夜間健體班通行證

Evening Wellness Pass

港青健身中心將於2025年1月1日起，推出全新的夜間健體班通行證，旨在幫助忙碌的都市人在工餘時間提升身心靈健康。持有此通行證的參加者可在晚上6時後自由參加多種熱門健身課程，包括瑜伽、Zumba、普拉提及高強度間歇訓練 (HIIT) 等。

港青多樣化的課程專為希望改善身體狀態或緩解生活壓力的人士設計，確保每位參加者都能找到最適合自己的活動。無論你是健身新手還是有經驗的運動者，我們的課程都能支持你在繁忙的工作後實現更健康、更平衡的生活方式。



Starting January 1, 2025, the YMCAHK Fitness Centre will launch an Evening Wellness Class Pass, designed for participants who are seeking physical, mental, and spiritual health after work. Holders of this pass can participate in a variety of popular fitness classes after 6 PM, including Yoga, Zumba, Pilates, and High Intensity Interval Training (HIIT).

These diverse classes are tailored for individuals looking to improve their fitness or relieve daily stress, ensuring that every participant can find the most suitable activities. Whether you're a fitness beginner or an experienced athlete, our classes will support you in achieving a healthier and more balanced lifestyle after a busy workday.

如需了解有關夜間健體班通行證及相關課程時間表，請致電2268 7055向健身中心職員查詢。

For more details on the Evening Wellness Pass and the class schedule, please contact fitness centre at 2268 7055.

一樓泳池年度維修 Annual Maintenance of 1/F Swimming Pool

位於港青尖沙咀總部一樓的泳池，將於**2024年12月19日**至**2025年1月5日**進行年度維修工程。屆時以下設施將分階段關閉：

The Swimming Pool at 1/F of YMCA Tsimshatsui Headquarters will be closed from **December 19, 2024** to **January 5, 2025**, for annual maintenance. The following facilities will be closed in several stages:

	訓練池 Training Pool	副池 Secondary Pool	按摩池 Jacuzzi	男更衣室 Male Changing Room	女更衣室 Female Changing Room
維修時段 Maintenance Period	19/12/2024 ~ 31/12/2024	27/12/2024 ~ 5/1/2025	27/12/2024 ~ 1/1/2025	21/12/2024 ~ 25/12/2024	26/12/2024 ~ 30/12/2024
重開日期 Re-open Date	1/1/2025	6/1/2025	2/1/2025	26/12/2024	31/12/2024

港青將繼續為各會員和賓客提供安全舒適的環境。

We will continue to provide a safe and comfortable environment for our members and guests.



海外家務助理部 — 低鹽低糖烹飪比賽

Domestic Helper Unit — Low-Salt Low-Sugar Cooking Competition

為推廣低鹽低糖健康飲食方式，海外家務助理部與環境及生態局共同舉辦了低鹽低糖烹飪比賽，讓海外家務助理們發揮創意和烹飪知識，創作屬於自己的低鹽低糖菜式。初賽於11月24日進行，而決賽則於12月1日舉行。

共16名海外家務助理參賽，其中8位成功晉級決賽。比賽中，參賽者即場烹飪了她們創作的低鹽低糖菜式，展現了她們對食材使用的理解，以及在減鹽減糖的基礎上，如何使用蒜頭、洋蔥及香料添加額外風味。

To promote a healthy cooking habit that emphasise low salt and low sugar, Domestic Helper Unit, in collaboration with the Environment and Ecology Bureau, hosted a Low-Salt Low-Sugar Cooking Competition. This competition allowed domestic helpers to showcase their creativity and culinary knowledge by creating their own low-salt low-sugar dishes. The preliminary round took place on November 24, and the final took place on December 1.

A total of 16 domestic helpers participated, with 8 successfully advancing to the final round. During the competition,

participants prepared their original low-salt, low-sugar dishes, demonstrating their understanding of ingredient usage and how to enhance flavors using garlic, onion, and spices while minimising salt and sugar.

Low-Salt Low-Sugar Cooking Competition
for Foreign Domestic Helpers

Schedule of Competition:
Preliminary contest: 14:00-18:00, 24th November 2024;
Final competition: 14:00-18:00, 1st December 2024

JOIN
Upon enrollment, please submit a **low-salt, low-sugar recipe** with detailed ingredients and measurements (grams/ml) using the blank recipe form. Refer to "Less Salt and Sugar Recipes" by the Environment and Ecology Bureau for guidance.

NOW!
All necessary ingredients and tools will be supplied during the competition. Scan the QR code for "Less Salt and Sugar Recipes" from Environment and Ecology Bureau.

Enrollment Fee: FREE
(Note: Please submit your own recipe)
Enrollment Deadline: November 3, 2024
Prize: Special prizes for top 3 winners, with souvenirs for all participants

Inquiries: 2268 7736 or WA 6114 6440
Enrollment: G/F, Member Services Counter, YMCA of Hong Kong 41 Salisbury Road, Tsim Sha Tsui, Kowloon, Hong Kong

YMCA MEMBERS

SPRING DINNER PACKAGE EXTEND 1 HOUR OF BEVERAGE PACKAGE



Tel: 2268 7880

Email : banquet@ymcahk.org.hk

Terms and conditions apply

EVENTS



Asia Safety Management Summit
ESG Award Ceremony 2024



Job Market Publishing Limited



Greenpeace



BNI - Hong Kong



Anglican Health & Community Network



National Day Fireworks Display

JUL - Oct 2024



港青基信幼稚園 (啟晴)
YMCA of Hong Kong
Christian Kindergarten (Kai Ching)

課程特色 Curriculum Features

- *校本幼兒聖經基礎課程，配合幼稚園教育課程指引
Curriculum-based Biblical Curriculum Align with Kindergarten Education Curriculum Guide
- *豐富粵語、英語及普通話學習環境
Rich in Cantonese, English and Putonghua languages setting
- *不同的學習經驗
Other learning experiences
- *照顧學生多樣性
Cater for learner diversity
- *家校合作及社區參與
Home-school co-operation and community participation

**K1 TO K3
SCHOOL
ADMISSION
現正招生**



#本校已參加教育局免費優質幼稚園教育計劃
Our school has joined the Education
Bureau- Kindergarten Education Scheme

地址：九龍城沐虹街12號啟晴邨賞晴樓地下
電話：2341 5262 WhatsApp: 9323 9002 電郵：ckkc@ymcahk.org.hk

SAN WUI COMMERCIAL SOCIETY YMCA OF HONG KONG CHRISTIAN SCHOOL

新會商會港青基信學校



SWYHKCS



@2013SWYHKCS



BUILD A COMMUNITY THAT CARES

- ▶ Offering a balanced combination of the English National Curriculum, and Hong Kong Curriculum in Chinese Language and Mathematics
- ▶ A multi-cultural community with around 45% international students
- ▶ Strong Christian faith with CARES principles and values
- ▶ Using both inquiry-based and skill-based learning approaches
- ▶ A caring and positive school learning environment
- ▶ Close connection with YMCA of Hong Kong Christian College which is a DSS School that offers an international style education with both UK GCE A-level and DSE Curricula

**Admissions
for Year 1
2025-2026
are now open**

英式教育 愉快學習 配合本地中文及數學科

本校採用混合學制，糅合英國國家課程及香港本地中文及數學科的優勢，給學生創造一個既輕鬆愉快又有意義的學習環境，有助學生在本地及海外輕鬆升學。

**Accepting Year 1 to Year 5
Applications for
2024-2025**

For application details please go to our school website:

www.cs.edu.hk



Prospectus



Address : 5 Kwong Lee Road, Sham Shui Po, Kowloon

Tel : 2361 3383

Email : info@cs.edu.hk



Go Green Room Package

Stay with us and create a greener future together. Our Go Green Room Package includes:

- Complimentary eco-friendly souvenir
- Room temperature will be set at 25.5 degree celsius
- Bulk size 3 in 1 body wash, shampoo & hair conditioner
- Instant Heating Filtration Water Dispenser
- In room lighting is halogen, compact fluorescent or LED

Contact us at:
Email: room@ymcahk.org.hk
Tel: 2268 7888

