

"Come after me, and I will make you fishers of men."

「耶穌對他們說:來跟從我,我要叫你們得人如得魚一樣。」

馬可福音 Mark 1:17

Sustainable Planet Community Meaningful st world







聖誕節是分享愛和祝福,是答謝家人及朋友的最佳時刻。港青酒店的再臨閣及港青咖啡座準備 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,讓您與摰愛親友更添喜悅!

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YMCA Vision 2030 青年會2030願景



港青之聲 Y's Voices

香港基督教青年會季刊
The Quarterly Newsletter of YMCA of Hong Kong







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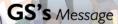


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總幹事的話



「耶穌對他們說:來跟從我, 我要叫你們得人如得魚一樣。」 "Come after me, and I will make you fishers of men."

(馬可福音Mark 1:17)

願各位蒙天父和主耶穌的恩典,主內平安!

我的[港青]旅程始於2011年1月10日,那時我在醫院剛從突發的手術後痊癒。當我在閱讀每日經文*馬可福音1:14-20*時,耶穌呼召他的第一批門徒。我彷如置身現場,耶穌對我説:「來跟從我,我要叫你得人如得魚一樣。」(馬可福音1:17)我淚如泉湧地問耶穌:「主啊,為甚麼欲要我留在這裡?為甚麼我不在辦公室?為甚麼祢呼召我跟隨祢?難道我不是已在跟隨祢了嗎?」兩年多後,我看到了一則招聘廣告,香港基督教青年會正尋找一位副總幹事,以接替即將退休的總幹事。2013年6月24日,我向港青提交了申請。回想我最初對港青產生興趣的,是招聘廣告中提到的幾個字——教育、幼稚園、幼兒園和中學。

遞交招聘申請那段時期,我正透過一個基督教教育基金會擔任香港多所大學的義務講師,教授《成功之道》的課程。當我看到招聘廣告時,我的心充滿喜樂:「香港基督教青年會是一個大型機構,為其會員及社區提供多元化服務,包括正規教育、體育、文娛、

健身、日營、青年領袖計劃,以及各種社區和基督教外展服務。我們還營運一間擁 363所客房的旅館(港青酒店),並提供餐飯服務……港青提供多元化的課程,包括:做新育(一所中學、一所專業進修書院、兩所幼兒園和一所發展學習中心)……」我情不自禁地問耶穌:「你是要我在幼稚園、初中和高中做我現在於大學中相同的事嗎?」 能夠成為港青總幹事是何等榮幸,因為這職位也,與學生傳揚天父上帝的愛。

畢業禮總是令人變得感性的時刻。我清楚地記得,2014年7月是我第一次參加港青基信幼兒學校(農圃道)的畢業典禮。每一刻都被聖靈充滿。當我聽到畢業班同學齊聲誦讀學校校訓時,再次確認天父呼召我加入港青:「教養孩童走當行的道,就是到老他也不偏離。」(箴言22:6)轉眼間,十年已過。今年八月,港青基信幼兒學校(農圃道)慶祝成立25周年。現已退休的創校校長區少群女士回顧了創校初期,

以及聖靈如何引領港青推出聖經課程作為教學基礎。校友們回來擔任典禮司儀、帶領崇拜,給現屆K3畢業生體現他們如何從小學所學到的在生活中應用出來。我看著那些已移居海外的校友的錄影片段,聽到崇拜中的真誠祈禱,讓我流下淚水,心中充滿喜樂,並堅信港青絕對孕育了孩童走當行的道。能夠見證他們在畢業十年後的信仰成長,倍感欣慰。

在剛過去的夏季,我們繼續在港青基信書院(YHKCC)、新會商會港青基信學校(SWYHKCS)、港青基信國際幼稚園(CIKG)、港青基信幼兒學校(農圃道)和港南信幼稚園(啟晴)慶祝畢業典禮。從K3到六年級東中六,我們在畢業生的經歷中體驗到主的仁愛和高等與一時,我們在畢業生的經歷中體驗到主的仁愛和託,與學年的結束,都在見證我們的學生在神的交流,反舉辦了校園之夜,以表彰學生的豐術成就。從學生所以表彰學生的學術成就,充分反映了他們的感激之情。最重要的是,我們感謝天父賜我們一切所需以及祂賜予學校的恩典。Felix是一名在港青



今年八月,港青基信幼兒學校 (農圃道) 慶祝成立25周年,現已退休的創校校長區少群女士 (左四) 及校友陳以淳 (左三) 和陳以澄 (右四) 均有出席。
This August, the YMCA of Hong Kong Christian Nursery School (Farm Road) celebrated its 25th anniversary, with retired founding principal Ms. Loretta Au (fourth from the left) and alumni Regan (third from the left) and Reina (fourth from the right) in attendance.

成長的中五學生,畢業於港青基信幼稚園(西九 龍)和SWYHKCS,獲得了中國香港學界體育聯 會頒發的葛量洪學界傑出運動員獎。在過去的一 年中,Felix克服了傷患,並在五月的最後一場 比賽中創下他本季的最佳跳遠成績。Felix成功的 秘訣之一是邀請耶穌參與他的比賽。YHKCC和 SWYHKCS都以感恩崇拜為本學年畫上句號,感激 我們在這學年實踐了學校經文: 「要常常喜樂,不 住地禱告,凡事謝恩;因為這是神在基督耶穌裡 向你們所定的旨意。」(帖撒羅尼迦前書5:16-18)

暑假結束後,教職員於八月中旬返校,為新學年做 準備。YHKCC和SWYHKCS選擇了 「你要專心仰賴 耶和華,不可倚靠自己的聰明,在你一切所行的事 上都要認定他,他必指引你的路。」(箴言3:5-6)

作為2024-2025學年的經文。在開學典禮上,我們反思了 這段經文,學校的教職員為新學年祈禱,並在開學第一天 的早會上分享。我們為甚麼要全心信靠主?天父上帝值得 信賴嗎?上主在我的生命中做了甚麼?不意外的是,舉手 回答這些問題的大多是一年級的學生。他們也能告訴你, 天父努力創造這個世界是因為祂愛我們。

今年夏季,日營部籌辦了110個營會,共接待了超過 1.600名營員,在20位統籌者、70位組長和7位國際同 工的全力支持下共同完成。今年,日營部首次為

展現12項基督徒價值觀的營隊領袖頒發獎牌, 當中包括關懷、尊重、誠實、責任、信念、 希望、和平、賦權、侍奉、寬恕、自我 控制和仁愛。其中一位統籌者Gretal在 夏天返港時,祈求上帝引領她找到合適 的工作。在祈禱中她想起了港青,並 憶起她在小學三年級時參加港青夏令 營的美好時光。她多年未曾接觸港青, 因此決定上網搜索相關的暑期職位空缺, 結果在面試時,與日營部負責人Esther重 遇。最震撼的是,當年還是小三的Gretal, 竟曾經是Esther組長的小營員。今天, 當Gretal的小營員們因為太興奮而在營會中 無法入睡時,她會和他們一起祈禱,幫助大 家安然入睡。Gretal在日營部感恩晚會上獲得 信念獎章,實在恰如其分。感謝所有日營部的 同工,你們在整個夏季辛勤付出,確保營會順 利進行。你們應當獲得侍奉獎章。

當耶穌呼召彼得和安德烈、雅各和約翰跟隨祂 時,祂將他們從普通漁夫轉化為「得人如得魚 的漁夫」。耶穌不僅只教導門徒如何捕捉更多

的魚以改善生活。同樣,當我們邀請來自烏克蘭的女青年 人在過去兩年到港青進行文化交流時,不僅是一次夏令營 經驗的分享,更是一個機會,讓我們在這個被戰火蹂躪的 世界中,以仁愛和勇氣結出永恆的果子。當我們收到Marta 以下的信息時,更是恩典。我在2022年透過由歐洲基督教 青年會主辦的Zoom會議認識了她,正值烏克蘭戰爭爆發



Felix獲中國香港學界體育聯會頒發葛量洪學界傑出運動員獎。 Felix received the Grantham Outstanding Student Athletes Award from the Hong Kong Schools Sports Federation.

後100天。她說:「我們真心感謝港青的邀請。在如此艱 難的時刻,能夠從遙遠的地方找到支持烏克蘭的方法,實 在令人難以置信。面對戰爭帶來的日常挑戰—不確定性、 流離失所和恐懼—這些都為我們的[營會]項目帶來諸多 困難。然而,這並沒有阻礙我們的前進步伐。我們繼續為 社區服務。今天,營會比以往任何時候都更能為兒童、青 少年、家庭、流離失所的人、退伍軍人及其親人提供安全 的空間。在營會中,他們可以放鬆心情、稍作休息,讓身 心獲得療癒。港青與烏克蘭基督教青年會之間能夠順利進

行文化交流,確實見證了團結和擁有共同價值觀的 力量,並讓我們對未來充滿希望……我衷心感謝港青 給予的美好時光,並保持開放的心態。」港青感恩

能成為鼓勵的源泉,並作為療癒、團結與希望的 **橋樑,特別是對那些身處戰亂中的女青年人。** 我們因祂先愛我們而去愛,並回想起主耶穌所 説的: 「我實實在在告訴你們,凡你們為我這 些最小的弟兄所做的,就是為我做的。/

我們能夠鼓勵他人,因為我們首先得到了鼓勵。 儘管酒店業面臨諸多挑戰,港青酒店的同工每 天都積極投入工作。我們竭盡所能,卻仍未能 達成七月份的預算目標,並且只差0.3%未能實 現90%的入住率。儘管八月又因缺少了7間房 間的入住,而預計再次未能達標,但總經理和 市場銷售部主管在八月三十一日仍然在辦公室 籌謀,尋求解決方案。在再次全力以赴之後, 他們祈禱並將一切交給天主。就在晚上11時到 午夜之間的最後一刻,我們竟然超出預算30港 元!這相當於耶穌30年隱秘生活中的每一年一 元。這30元是多麼珍貴而富意義。

Appreciation Evening. 今年夏天,港青酒店迎來了一位特別的客人。 她上一次入住港青酒店是在2012年,當時是與已故丈夫慶 祝周年紀念。今年七月,她在澳洲探望兒孫後返回英國的 途中,在港青酒店度過了一周,探訪在港的親朋好友。當 我們了解到她的故事和處境後,我們查閱了紀錄,將房間 升級到她與已故丈夫最後一次入住港青酒店時,相類似的 海景房。這不僅僅是升級海景房、達到90%入住率或在最



上獲得信念獎章。 Gretal received the Medal of Faith at the Camp Leaders

後一刻多賣7間房來達到預算;所有的這些感動時刻都讓 我們體會上主與我們同在。

本月初,當颱風摩羯襲港時,32位同工(主要來自酒店服務,包括一半的酒店服務管理團隊)在港青酒店留宿,以確保我們的客人在港青酒店享受的服務不受影響。設施管理和公眾地方的同工在場以確保港青酒店的安全最終。廚房同工則在大多數市民仍在熟睡時就已準備好早餐,讓客人一覺醒來便能享用美味餐點。房務員隨時行命,滿足和處理房客的各種需求。會員服務部的同工和救生員則負責游泳池的開放與運作。到了上午9時15分,總經理如常主持每日的上午會議,而所有直屬下屬均有出席。雖然這是港青酒店在遇到八號烈風或暴風信號時的常規操作程序,但我們往往忽視了這些無名英雄。特此向他們對港青酒店客人所展現的愛與關懷的侍奉精神致以感謝。

占士·納史密夫(James Naismith)於1891年在美國麻省的基督教青年會訓練學院(現為春田學院)擔任體育教師時發明了籃球,他形容自己的工作是希望「通過體育讓人們歸向主」。基督教青年會創始人佐治衛良(George Williams)曾說過:「我們是更多的,我們可以成為更多的。」無論我們是一名教師、社工、運動教練的人類更多的。」無論我們是一名教師、社工、運動教練的自己,我們都能成為更多,成為「得人如得魚」的漁夫,將人們帶向主。彼得在夜間勞力卻一無所獲,最終卻滿載而歸,連網也撕裂了(路加福音5:1-11)。單靠勤勞和對自身的理解來克服挑戰、失望、不確定性、恐懼、懷疑以及各種障礙是遠遠不夠的,我們需要在回應恩典和依靠耶穌的過程中努力奮鬥。天父上主允許我們在生活中面對挑戰和失望,讓我們能在困境中經歷祂的大能。

在港青於梳士巴利道奠基百周年的慶典時刻,我們回顧基督教青年會的起源,始於一位年輕人,他蒙上帝之福,肩負明確使命,這一使命演變為全球最大且歷史悠久的基督教青年會運動。我們必須防止自己淪為一部僅專注於項目和出產的機器,成為一座冰冷寂寥的紀念碑。自2011年起,我清楚感受到上主呼召我成為得人如得魚的漁夫;我經歷了一次又一次的祝福,見證祂臨在基督教青年會。讓我們堅守使命,將目光投向耶穌,全心信靠主,專心依賴祂,而非僅依賴個人見解。讓我們在一切事上順服於祂,因為祂必會指引我們的道路。願我們成為得人如得魚的漁夫,將人們帶到耶穌面前。

S.D.G. (願榮耀單單歸於神)

何慶濂

總幹事/行政總裁

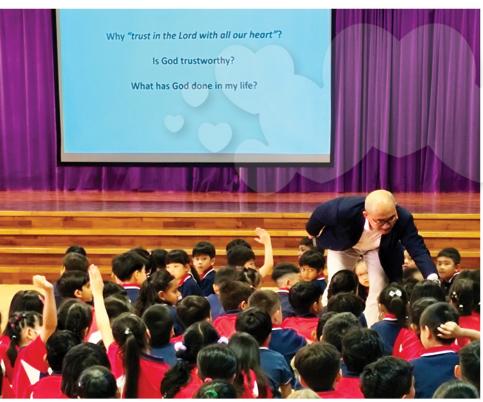
Grace to you and peace from God our Father and the Lord Jesus Christ.

My journey began on January 10, 2011 while I was recovering in the hospital after an unexpected operation. I was reading the daily scripture, Mark 1:14-20, where Jesus called his first apostles. I felt like I was there and Jesus was saying to me personally, "Come after me, and I will make you fishers of men." (Mark 1:17) I asked Jesus with tears running down my face, "Lord, why are you keeping me here? Why am I not in the office? Why are you calling me to follow you? Am I not already following you?" More than two years later, I saw a recruitment advertisement that YMCA of Hong Kong was looking for a Deputy General Secretary/Deputy Chief Executive Officer to succeed the retiring General Secretary/Chief Executive Officer. On June 24, 2013, I submitted my application to YMCA for the position. What prompted my initial interest in the YMCA position were these words in the advertisement: education, kindergartens, nursery school, and secondary school.

At the time of my application, I was volunteering as a guest speaker at several universities in Hong Kong through a Christian education foundation, teaching a course entitled "The Way to Success". My heart overflowed with joy as I read the advertisement: "The YMCA is a large organization with diversified services for its members and the community at large, including formal education, sports, recreation, fitness, camping, youth leadership development, and a host of social and Christian outreach services. We also operate a 363-room hostel (The Salisbury) with food and beverage outlets... The YMCA of HK offers diversified programmes, including



YHKCC和SWYHKCS在 2024-2025學年的聖經經文。 The scripture for the 2024-2025 school year at YHKCC and SWYHKCS.



一年級的學生舉手回答:上帝努力創造這個世界是因為祂愛我們。
The Year 1 students raised their hands and answered, God worked hard to create the world for us because He loves us.

formal education (1 secondary school, 1 continuing education college, 2 kindergartens, 1 nursery school and 1 lifelong learning institute) ..." Spontaneously, I asked Jesus, "Are you calling me to do the same in kindergartens and primary and secondary schools as you called me to do at universities?" What a privilege it is to be the General Secretary of YMCAHK because the role also calls me to be the School Supervisor of our kindergartens, primary and secondary schools to share the love of God with our students.

Graduation is always an emotional time. I vividly recall attending my first YMCA graduation on my first visit to Christian Nursery School (Farm Road) in July 2014. Every moment was filled with the presence of the Holy Spirit. It was also a moment of confirmation that God called me to the YMCA when I heard the graduation class reciting the School Scripture in unison: "Train up a child in the way he should go, and when he is old he will not depart from it." (Proverbs 22:6) In the blink of an eye, 10 years have passed. This August, Farm Road celebrated its 25th anniversary. Retired Founding Principal Ms. Loretta Au recalled the early days of the nursery school and how God directed YMCAHK to launch the Bible Curriculum as the foundation of our teaching and learning. Alumni returned to serve as the masters of ceremony, lead worship, and act out their primary school life experiences for the benefit of the recent K3 graduates. Watching

the recorded videos of alumni who have moved overseas and listening to the authentic prayers offered by the alumni during worship brought tears and joy and assurance that YMCA has trained its students up well in the way they should go. It was gratifying to witness their growth in faith 10 years after graduation.

This past summer, we continued to celebrate graduations at our other schools: YMCA of Hong Kong Christian College (YHKCC), SWCS YMCA of Hong Kong Christian School (SWYHKCS), Christian International Kindergarten (CIKG), Farm Road and Christian Kindergarten (Kai Ching). From K3 to Year 6 to Form 6, each ceremony was filled with love and joy from the Lord among the graduates. End of every school year is a special time to witness the growth and development of our students whom God has entrusted to our care. YHKCC held a Sports Night to celebrate the sports achievements of our student athletes, and a College Night to celebrate our students' academic

achievements. The Vote of Thanks expressed by individual students to their teachers, coaches, parents and teammates fully reflected their gratitude. Most of all, we thank God for all His provision and the grace He bestowed on the school. Felix, a F5 student brought up in YMCA after graduating from CIKG (West Kowloon) and SWYHKCS, received the Grantham Outstanding Student Athletes Award from the Hong Kong Schools Sports Federation. Among his achievements in this past year, Felix overcame injuries and recorded his seasonal best long jump performance in the last competition in May. One of Felix's secret to success is inviting Jesus to his competitions. Both YHKCC and SWYHKCS completed the school year with Thanksgiving Services, grateful that we have lived out the school year scripture: "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." (1 Thessalonians 5:16-18)

After the summer holiday, teaching staff returned in mid-August to prepare for the new school year. Both YHKCC and SWYHKCS chose "Trust in the Lord with all your heart, and lean not on your own understanding. In all your ways submit to him, and he will make your paths straight." (Proverbs 3:5-6) as the scripture for the 2024-2025 school year. We reflected on this scripture at Commencement Service as school staff offered their prayers for the new school year and on the first day of school at the all-

school assembly. Why do we trust in the Lord with all our heart? Is God trustworthy? What has God done in my life? It was not surprising that most of the students who raised their hands to answer these questions were the Year 1 students. They could also tell you that the reason God worked so hard to create the world for us because He loves us.

During the summer, the Camping Unit organized 110 camps for over 1,600 campers with the support of 20 coordinators, 70 counsellors and 7 international staff. This is the first year Camping Unit offered award medals to camp leaders exhibiting the 12 YMCA Christian values: caring, respect, honesty, responsibility, faith, hope, peace, empowerment, servanthood, forgiveness, self-control and love. One of our camp coordinators, Gretal, returned to Hong Kong for the summer and prayed that God

Marta Huretska

Peter Ho

Wictoria Trofimova

Juan Simoes (glesias)

Wolha Krus, Y Belarus

Tatiana Kotnieva

Paniel Holking, YWCA-Y...

Wolha Krus, Y Belarus

Tatiana Kotnieva

Paniel Holking, YWCA-Y...

Wolha Krus, Y Belarus

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Tatiana Kotnieva

Paniel Holking, YWCA-Y...

Wolha

我是在2022年烏克蘭戰爭爆發後的100天,通過歐洲基督教青年會舉辦的Zoom會議認識Marta (左一)。

I met Marta (first from the left) through a Zoom meeting hosted by YMCA Europe 100 days after the war broke out in Ukraine in 2022.

would lead her to the right job. YMCA came to mind in her prayer, and she recalled her summer camp at the YMCA when she was in Primary 3. She had not been in touch with YMCA for years. She googled summer job vacancies at the YMCA, and was interviewed by our Camping-in-charge, Esther. What are the odds that Gretal was once a little camper in Esther's camp in Primary 3? When Gretal's little campers were too excited to sleep at night, she would pray with them and all would sleep through the night peacefully. It was fitting that Gretal received the Medal of Faith at the Camp Leaders Appreciation Evening. Thank you to all the camping staff for running around all summer, ensuring the camps went as smoothly as they could. You deserve receiving the Medal of Servanthood.

When Jesus called Peter and Andrew, James and John to come after Him, He transformed them from ordinary fishermen to be fishers of men. Jesus' focus was not about teaching his disciples how to catch more fish in order to live a better life. Likewise, when we invited the young women from Ukraine to come to Hong Kong for a cultural exchange program in the past two summers, it was more than another cultural exchange to share our camping experience. It was an opportunity for us to love and bear eternal fruit in a war-torn world. It was a moment of grace when we received this message from Marta whom I first met in a zoom meeting hosted by YMCA Europe 100 days after the war broke out in Ukraine in 2022: "We are genuinely thankful to YMCA Hong Kong for the invitation. It's incredible that you found a way to support Ukraine from so far away in such difficult times. Facing the everyday challenges of war – uncertainty, displacement, fear – has brought many complications to our [camping] programs. Yet it did not discourage us from our

mission. We tirelessly keep working for our communities. Now more than ever, camps can provide a safe space for children, teenagers, and young adults, as well as families, displaced communities, veterans, and their loved ones. It's at camp that they can relax, recharge, and focus on healing. The success of the intercultural exchange of YMCA Hong Kong and YMCA Ukraine is truly a testament to the power of unity and shared values, and it fills us with hopes for the future... From the bottom of my heart, thank you for the amazing time we spent with the YMCA Hong Kong, and for your big and open hearts." YMCAHK is thankful that we can be a source of encouragement and an instrument of peace that brings forth healing, unity and hope for a group of young women whose country is at war. We love because He first loved us, and we

recalled the words of the Lord Jesus, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

We can encourage because we were first encouraged. Despite the challenges in the hotel industry, our staff in The Salisbury brought with them a can-do spirit to the YMCA every day. We did our best but still missed the July budget target. We also missed the magic 90% occupancy mark by 0.3%. Even though it appeared we were short 7 rooms and would miss budget again in August, the General Manager and the Head of Sales & Marketing were in the office on August 31 to brainstorm what else they could do. After they put forth their utmost efforts again, they prayed and let God do the rest. Literally at the 11th hour between 11pm and midnight, we beat budget by \$30! That is a dollar a year for Jesus' 30 years of hidden life. How precious and meaningful this \$30 is.



當颱風摩羯襲港時,這些無名英雄仍堅守崗位,確保港青酒店服務及運作不受影響。 When Typhoon Yagi hit Hong Kong, these unsung heroes stayed at The Salisbury to ensure that services and operations remained unchanged.

We welcomed a special guest to The Salisbury this summer. Her last stay at The Salisbury was in 2012 with her late husband to celebrate their anniversary. On her way back to the U.K after visiting her grandchildren in Australia this July, she spent a week at The Salisbury, visiting family and friends in Hong Kong. When we became aware of her story and circumstance, we checked our record and upgraded her to a harbor view room similar to the one she had stayed in with her late husband during their last visit. It was not about the harbor view room upgrade nor the 90% occupancy rate nor selling 7 extra rooms to meet the budget in the last hour that matters. All these instances are touching moments for us to experience the presence of God.

When typhoon Yagi passed by Hong Kong earlier this month, 32 staff mostly from hostel (including half of the hostel management team) stayed overnight at The Salisbury to ensure uninterrupted services were available to our hotel guests. Facilities Management and Public Area staff were there to ensure The Salisbury was safe and secure. Kitchen staff were there to ensure breakfast would be ready when most of Hong Kong was still asleep. Room attendants were constantly available to attend to the needs of room guests. Members Service staff and lifeguards were there to open and monitor the swimming pool. By 9:15am, the General Manager presided the daily hostel briefing, just like any other day, with all her direct reports present. While this is standard operating procedure for the YMCA whenever there is a typhoon signal T8 hoisted in Hong Kong, we often take these unsung heroes for granted. Here is a shout out for their commitment to serving The Salisbury guests with love and care.

James Naismith, who invented basketball in 1891 while he was the Physical Education Director at the YMCA Training School Springfield College) Massachusetts, described his work as seeking to "win men to the Master through the gym". George Williams, the YMCA Founder, once said, "We are more; we can be more". Whether we are a teacher, a social worker, a sports instructor, a hotelier, a banker, a lawyer, or a consultant, we are more, we can be more when we allow Jesus to transform us to be fishers of men winning people to the Master. St. Peter worked all night and caught nothing but finished with a boat full of fish and torn nets (Luke 5:1-11). It is not just our hard work or our own understanding that would help us overcome challenges, disappointments.

uncertainties, fear, doubts and insurmountable obstacles, but hard work in response to grace and submission to Jesus. God allows challenges and disappointments in our lives that we may experience His power in difficult circumstances.

During this centennial season of YMCA laying the foundation stone on Salisbury Road, we remember the YMCA began with a young man who was bestowed with the grace of God with a clear mission that has evolved into the largest and oldest global Christian youth movement. We must work against becoming another machine focusing only on programs and output, and thus marching towards the inevitable path of becoming a monument. Since that day in 2011 when I felt so clearly God's call to be a fisher of men, I have experienced blessing upon blessing to see this call lived out at the YMCA. Let us remain true to our mission and keep our eyes firmly on Jesus, trusting in the Lord with all our heart and leaning not on our own understanding. Let us submit to Him in all our ways and He will make our paths straight. May we be fishers of men bringing people to Jesus.

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

Peter Ho

General Secretary / Chief Executive Officer





青年會2030願景 YMCA Vision 2030

六月份我們介紹了青年會2030願景的發展進程、成立目的,及港青如何推動其中兩大支柱:推動可持續發展及締造豐盛生涯歷程。今期則解説青年會2030願景與聯合國永續發展目標(SDGs);及邀請另外兩大支柱的小組代表:促進社區全人健康和提倡和平共融世界,分享他們在港青如何推動相關工作。

青年會2030願景的四大支柱: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,均與 聯合國永續發展目標直接相關。以下是四大支柱與其相對應的可持續發展目標:

In the June issue, we introduced the development and purpose of YMCA Vision 2030, as well as how YMCAHK implemented the two pillars: Sustainable Planet and Meaningful Work. In this issue, we will provide an overview of the connection between the YMCA Vision 2030 and the United Nations Sustainable Development Goals (SDGs), and invite representatives from the other two pillars – Community Wellbeing and Just World – to share how they are driving these initiatives among YMCAHK and the community.

The four pillars of the YMCA Vision 2030 - Community Wellbeing, Sustainable Planet, Meaningful Work and Just World — are all directly aligned with the SDGs. The following outlines how each of the four pillars correspond to the relevant SDGs:













































促進社區全人健康小組 Community Wellbeing Task Force members

促進社區全人健康(Community Wellbeing)

促進社區全人健康小組於2023年5月成立,旨在推動個人和社區全人的身、心、靈健康。小組由港青人力資源委員會成員簡金港生女士擔任顧問,日營及社區服務部許芷諾(Esther)出任主席。

配合青年會2030願景,該支柱的工作涵蓋兩大範疇:內部層面 — 培養同工的身、心、靈健康文化;外部層面 — 將全人健康推廣至社區。

正如Esther所述,現階段小組將重點放在內部層面的發展。「我們在工作和生活中或多或少都會面對壓力,因此特別著重同工身、心、靈方面的成長和健康。」小組成員會定期以義工身份協助組織各類康體活動,如籃球比賽和羽毛球比賽等,鼓勵同工在工餘時一同參與,藉此鍛煉身、心、靈健康,在實踐基督教原則的同時,造福服務對象。「未來,我們希望能夠在港青成立籃球隊,招募熱愛籃球的同工參與。在適當的培訓下,期望他們日後能夠把所學教導資源缺乏的青少年,使更多人受惠。」

為響應6月24日至30日的世界身心靈健康週,小組更為所有合資格的港青同工提供各種免費康體活動。同工可網上報名,於午飯時段參與羽毛球、乒乓球、健身中心的各項設施、游泳和運動攀登。「無論你是想在羽毛球或乒乓球球場上挑戰協調性和敏捷性;在健身中心突破體能極限;或是體驗游泳或運動攀登,總有一項運動適合你。」是次

活動反應熱烈,吸引約百位同工參與,

透過運動聯誼又可促進身心靈健康。

Esther曾於2021年參與世界青年會的工作實習,協助世界青年會的工作實習,協助世界青年會2030願景的籌備工作。「儘管受疫情影響我未能親赴日內瓦,但仍積極參與青年會2030願景的準備工作。」隨著疫情緩和,Esther最終也能把握機會於2022年親訪青年會日內瓦總會之2022年和訪青年會日內瓦總會之2022年7月,青年會2030願景正式通過,這些經歷讓她對青年會的使命和願景有更深的體會及認識。

邀請了港青基信書院的 學生與我們一起擔任義 工宣揚身心靈健康。 We also invited students from YHKCC to join us as volunteers in promoting wellbeing.

Esther感謝機構賦權,讓她可發揮 所長,帶領同工將服務層面擴大。

「小組成員來自不同部門及工作崗位,困難之處在於溝通 與協調。我會學習聆聽不同意見,在處理事情上盡量達成 共識。」她相信在小組的共同努力下,能夠為港青同工、 青年人,及整個社區帶來積極影響。



The Community Wellbeing task force was established in May 2023, with the aim of promoting the wellbeing of individuals and communities, encompassing the realms of body, mind, and spirit. Member of YMCAHK Human Resources Committee Mrs. Mimi Cunningham serves as the advisor, while Ms. Esther Hui from Camping Unit is the Head of the pillar.

Aligned with the YMCA Vision 2030, the task force comprises two primary components: the internal aspect, which seeks to focus on the growth and health of body, mind, and spirit among YMCAHK staff; and the external aspect, which aspires to extend this holistic wellbeing approach to the broader community.

As mentioned by Esther, the task force currently emphasises on the internal aspect. 'We recognise that everyone navigates varying degrees of stress and pressure in both professional and daily life. As such, we are committed to enhancing the growth and flourishing of our colleagues' body, mind, and spirit.' To this end, the task force members will regularly organise and facilitate a diverse array of sports and recreational activities, such as basketball and badminton tournaments. Colleagues are encouraged to participate in these extracurricular initiatives during their off-duty hours, with the aim of strengthening their physical vitality, while also putting Christian principles into practice, and extending these initiatives to the target beneficiaries. 'In the future, we hope to form a YMCAHK staff basketball team by recruiting colleagues who are passionate about playing basketball. The plan is to provide them with appropriate training, with a long-term vision of empowering them to share their basketball expertise and mentor underprivileged youth, thereby expanding the positive impact to a wider segment of the community.'

In response to World Wellbeing Week from June 24 to 30, the task force arranged a variety of sports activities for all YMCAHK staff. Colleagues can sign up online and participate in badminton, table tennis, fitness centre facilities, swimming, and sports climbing during lunch breaks. 'Whether you're looking to test your skill on the

小組成員會主動擔任其他部門的活動義工, 以鼓勵更多員工積極參與運動。

Team members serve as event volunteers in other departments to encourage more employees to participate in sports.

badminton or table tennis court, push your physical limits in the fitness centre, or experience the thrill of swimming or scaling the climbing wall, there's an activity here to suit every fitness level and interest!'

The activity received an enthusiastic response, attracting around a hundred colleagues participated. Through these sports activities, not only can colleagues from different departments strengthen their relationships, but it also promotes wellbeing.

In 2021, Esther had the opportunity to take part in a work placement at the World YMCA, where she assisted Răzvan-Victor Sassu, the Head of Policy and Strategy, in the preparation work for the YMCA's Vision 2030. 'Although I was unable to travel to Geneva due to the pandemic,

I still actively contributed in the planning of the YMCA Vision 2030.' As the pandemic eased, Esther was able to visit the YMCA's headquarters in Geneva in 2022 for a week. In July 2022, the YMCA Vision 2030 was officially adopted, and these experiences have deepened Esther's understanding of the YMCA's mission and vision.

Esther is grateful to the association for empowering her to fully utilise her abilities and lead colleagues to expand the scope of service. 'I recognise that I may face challenges at times, as the team members come from different departments and positions. However, I am committed to learning how to listen to different opinions and strive to

reach a consensus.' She is confident that the task force's joint efforts will create a meaningful and far-reaching impact on the association and the community.

青年會日內瓦總部 The YMCA Headquarters in Geneva.





小組於世界身心靈健康週為港青同工提供各種免費體育活動。 Community Wellbeing task force has provided a variety of sports activities for YMCAHK staffs during World Wellbeing Week. 今年,港青提供的相宜價格游泳課程, 有百多名有需要兒童及青少年受惠。 This year, the affordable swimming classes provided by YMCAHK have benefited over a hundred children and youth from underresourced background.



提倡和平共融世界(Just World)

提倡和平共融世界(Just World)小組於2023年5月成立,由何慶濂總幹事出任顧問,教育及文娛服務部李文信(Wilson)擔任小組主席。小組成員除了來自不同部門和國籍;更邀請了第5屆Change Agent馮楚穎。

小組的宗旨是為青年人和社區提倡和平、共融和公平的世界;期望消除歧視、不平等、不公義和種族偏見。目前,小組的重點工作是在港青內部促進種族共融文化,喚起同工、青年人和合作伙伴的相關意識,學習相互尊重與彼此接納;並致力讓社區上的每一位也能有公平及平等學習機會。「我希望小組能讓整個青年會連結在一起、團結合一。」小組主席Wilson説。

小組透過不同部門的協作,舉辦體驗活動,包括曾與日營 及社區服務部舉辦文化交流活動,邀請來自白俄羅斯及烏 克蘭的青年與本地參加者分享飲食文化,促進種族融和; 亦與海外家務助理組的義工導師合作,教導來自長沙灣中 心的少數族裔服務使用者製作港式小吃,如蛋撻等。「有 不少參與者是一家人報名,一起學習製作風味小吃,從中 了解香港飲食文化,如茶餐廳美食和『一盅兩件』等。」 未來,小組還計劃舉辦其他地區美食的烹飪課程,如馬來 西亞和印尼等,以美食為媒介促進文化交流。

港青一直關注社會需要,並明瞭平等學習機會的重要性。 為讓不同背景、不同階層的兒童及青少年擁有平等學習 機會,港青各部門亦推出費用相宜的課程予缺乏資源的 兒童,包括游泳課程、學前教育課程、體育課程、及日營 體驗等,2024年至今,受惠兒童及青少年已達百多人。 「Game On Hong Kong早前來到港青教授籃球,我們更 在參加者中發掘了兩位很有潛質的學員,已邀請他們加入 港青籃球隊,培育新一代籃球員。」

來自白俄羅斯及烏克蘭的青年分享飲食文化,促進種族融和。 Young people from Belarus and Ukraine were invited to share their culinary cultures with participants, promoting inclusiveness and racial harmony.

推行平等學習一方面除了讓缺乏資源的兒童及青少年接觸 更多不同範疇、發掘潛能外,更期望在社區推行資源共享 理念。「既然已有資源,那我們更應好好善用,包括加強 部門與地區服務中心的聯繫,讓更多人受惠。」

明年是港青座落在梳士巴利道的百年慶典,也是海外家務助理組成立30周年,小組將積極參與相關活動的籌備工作。身為第5屆Chan Agent的Wilson表示,他會繼續秉持Change Agent的理念,培育更多有志服務社區的青年,一同為社區帶來正面影響。「我期望與小組成員一同推動種族共融文化,並加強同工、青年和義工之間的連結,共創美好社區。」

The Just World Task Force was established in May 2023, with General Secretary Mr. Ho serving as an advisor, and Wilson Li from the Education Services and Leisure Programmes Unit as the Head of the pillar. This diverse task force includes members from various departments and nationalities, and has specially invited Ms. Cynthia Fung, the 5th cohort of the Change Agent, to join their efforts.

The mission of the task force is to advocate for a Just World for young people and communities. They are committed to combating discrimination, inequality, injustice, and racial bias. Currently, their primary focus is to cultivate a culture of inclusiveness within the YMCA of Hong Kong (YMCAHK). This involves raising awareness among colleagues, young people, and partner organisations about the importance of mutual respect and inclusiveness. Furthermore, the task force is dedicated to ensuring that every child and

teenager in the community has access to equal and fair learning opportunities, regardless of their background or circumstances. 'I hope this task force can bring the YMCAHK teams together and fosters unity.' said Wilson.

The task force has organised cultural exchange activities in collaboration with the Camping Unit and Community Service Unit of YMCAHK, lately young people from Belarus and Ukraine were invited to share their culinary cultures with local participants, promoting inclusiveness and racial harmony. Additionally, the task force worked with Domestic Helper (DH) Unit



第5屆Change Agent — Wilson (左二)與Cynthia (左一),期望一同為社區帶來正面影響。

The 5th cohort of Change Agent - Wilson (2nd from left) and Cynthia (1st from left), hoping to bring positive impact to the community.

volunteers to teach ethnic minority participants from the Cheung Sha Wan Centre how to make local food, such as egg tarts. Through cross-departmental collaboration, they have been able to host more activities to benefit a wider audience. 'Many families signed up to learn how to make delicious food together, gaining an understanding of famous Hong Kong-style food culture, like cha chaan teng cuisine and dim sum.' Wilson shared. In the future, the task force plans to offer cooking classes featuring

cuisines from other regions, such as Malaysia and Indonesia, using food and cookery as a medium to facilitate cultural exchange.

Having recognised the importance of equal learning opportunities, YMCAHK has long been attentive to social needs. To ensure children and youth from diverse backgrounds having equitable access to enriching experiences to those from under-resourced families, affordable programmes, which include

swimming, pre-school education, sports, and day camps were offered. Beginning 2024,

over a hundred participants have benefited from these inclusive initiatives. 'Recently, YMCAHK collaborated with Game On Hong Kong to offer basketball

training, during which we

identified two exceptionally talented participants, whom were invited to join the YMCAHK basketball team, with the aim of nurturing the next generation of basketball talent within our community.'

Promoting equal learning opportunities empowers underresourced children and youth to explore diverse areas and uncover their full potential. Just as importantly, it aims to cultivate a culture of resource sharing within the community. 'We should maximise utilisation of the resources made available to us, by strengthening connections between YMCAHK departments and local service centres. This will expand our beneficiaries.'

Next year marks the YMCAHK's centennial celebration at the Salisbury Road, as well as the 30th anniversary of the DH Unit. The task force will actively participate in the preparation of these commemorative events.

As a 5th cohort Change Agent, Wilson remains deeply committed to furthering the Change Agent's vision. By nurturing more young people to dedicate themselves to community service and create positive impact, Wilson

aims to raise awareness and strengthen connections among colleagues, youth, and volunteers. 'We, the Just World task force, hope to promote a culture of inclusiveness, and ultimately building a stronger, more united community,'



以美食為媒介促進文化交流 Making use of food and cookery as a medium to facilitate cultural exchange.

Game On Hong Kong運動義教 平台,以自身專長助基層兒童。 Game On Hong Kong using their expertise to help underprivileged children.



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慶祝青年曾運動180周年

Celebrating 180 Years of the YMCA Movement

「你們要先求他的國和他的義,這些東西都要加給你們了。」

"Seek first the Kingdom of God and His righteousness, and all these things will be added to you."

馬太福音Matthew 6:33

2024年6月6日,香港基督教青年會(港青)慶祝青年會運動180周年。管理層和同工聚集在總部舉行慶祝活動, 共同見證及分享這重要時刻。

青年會一直是希望的燈塔,將人們團結在一起。港青會繼 續服務社區,推動青年會運動,讓這裡成為青年人茁壯 成長、積極學習和希望燈塔。

On June 6, 2024, the YMCA of Hong Kong (YMCAHK) commemorated the 180 years of the YMCA Movement. The management and staff gathered at the headquarters to hold celebratory events, sharing and witnessing this important milestone.

YMCA has long been a beacon of hope, bringing people together and fostering a sense of community. YMCAHK upholds this cherished legacy, serving the community and strengthening the YMCA movement, striving to create a place of hope where young people can grow, learn actively, and thrive.









仇富深 Sam Chau Programme Officer

在我的十天蒙古國之行中,我的主要工作是教導當地患有唐氏綜合症的小朋友打籃球,並為他們設計訓練課程。此外,我還和來自台中青年會的養工團一同前往當地郊區學校,與學生們一同玩遊戲,並教他們簡單的中英文單字。

During my ten-day trip to Mongolia, my primary responsibility was to teach basketball to local children with Down syndrome and design training sessions for them. I also accompanied volunteers from Taichung YMCA to a local suburban school, where we played games with the students and taught them basic vocabulary in both Chinese and English.

關於籃球課程…

About the Basketball Classes...

在籃球訓練課程中,除了專注於籃球技能的教授,我還特意安排了一些團體遊戲,希望能幫助小朋友建立團隊意識,增進彼此了解和交流。這對他們來說意義重大,因為

當地很少有類似的服務和活動,導致他們缺乏社交平台和機會,社交能力也因此下降。我希望通過籃球訓練讓他們主動與身邊的人交談和互動。

過程中,我遇到一位非常抗拒跟其他人接觸的學生,只願待在父母身邊。由於我是唯一的教練,其他都是14至16歲的義工,加上語言不通,我未能花上額外時間照顧這學生。為協助他,我安排了其中一位義工全程陪伴,並在課堂上多加鼓勵。這學生成功完成整個訓練。這經歷不僅讓我學會了如何應對特殊學生的需求,同時提升了我的應變能力。

In the basketball training sessions, I focused not only on skills development but also incorporated team-building games to foster teamwork and enhance communication among the children. This was particularly important for the children with Down syndrome, as they had limited opportunities to socialise in the community, which affected their social skills. My goal was to provide a platform for them to take the first step towards greater social engagement. I aimed to encourage them to take the initiative to interact with those around them.

During the class, one student was resistant to interacting with others and preferred to stay close to his parents. As the sole coach, I felt reluctant to provide individual attention due to limited volunteer support and language barriers. To address this, I arranged one of the volunteers to stay with him while I offered additional encouragement. Ultimately, this student successfully

Staff Placement 2024

completed the training, which taught me how to better support special needs students and improved my adaptability.



與當地青年會的難忘回憶…

Memorable Interactions with the Local YMCA...

旅程中最令我難忘的是與當地青年會同工在營火會上的交流。那晚,我與當地青年會總幹事Mr. Tsogoo及其同工Ebee分享各自的工作和生活故事。期間,Mr. Tsogoo更即興拿起結他為我們演唱動人歌曲,這段美好時光讓我畢生難忘。

A highlight of the trip was the bonfire gathering. That evening, I had the opportunity to engage with Mr. Tsogoo, the general secretary of Mongolia YMCA, and his staff member, Ebee. We shared our work and personal stories in a warm atmosphere. A special moment was when Mr. Tsogoo picked up a guitar and serenaded us, making it an unforgettable experience.

我的收穫與反思…

My Takeaways and Reflections...

這是我第一次獨自離開香港工作,我不單擴闊了視野, 更深入了解當地青年會的工作和服務。儘管他們只有四名同工,但能靈活組織各種服務和活動,讓我不得不反 思工作中除了需要熱情投入,資源分配和時間管理同樣 重要。

> 這次的體驗使我認識到教導特殊需要的孩子不僅需 要耐心和關懷,還需具備專業知識,啟發我去學 習更多關於特殊教育的技巧,令我在未來更得心 應手。

> 我鼓勵大家積極參加類似的服務團和實習機會, 從中探索更多可能性,了解世界各地青年會的工作,互相學習、共享經驗。

> This was my first work trip outside of Hong Kong by myself, it not only broadened my perspective, but also helped me learn more about the Mongolia YMCA's work

> > and services. Despite having only four staff members, they managed to organise many impactful services, that I was aware of the importance of passion, resource allocation and time management to effectively deliver work.

This experience made me realise that teaching special needs children requires not only patience and care, but also professional knowledge. It inspired me to learn more about special education

techniques, preparing me well for future challenges.

I strongly encourage everyone to actively participate in similar service trips and work placements. Such experiences can help you discover more about your potential and understand the work of other YMCAs around the world, fostering mutual learning and the sharing of experiences.





西九龍耀信發展學習中心(Beacon Centre)於2010年12月4日正式開幕。過去14年,中心專注於幼兒教育、進修書院及場地租用,為社區提供重要支持。隨著社會需求的變化,中心決定進行重建計劃, 將其轉型為一座綜合社區中心,結合教育、展覽、會議、表演藝術及餐飲等多功能,為社區提供更 全面的服務。

The YMCA of Hong Kong Beacon Centre (BC) was established on December 4, 2010. Over the past 14 years, BC has focused on early childhood education, continuing education, and venue rental, providing essential support to the community. In response to evolving social needs, Beacon Centre has decided to undertake a comprehensive redevelopment plan to transform itself into a multifaceted community centre that integrates education, exhibitions, meetings, performing arts, and catering services, thereby offering an

expanded range of services.

新定位與願景

W

25

進修

重建後的西九龍耀信發展學習中心將成為社區的「燈塔」,為有需要人士指引方向。新定位旨在為社區內不同群體提供實用的培訓與教育,支持青少年發展興趣與理想。此外,中心還將協助初創企業及非牟利團體舉辦各類活動,促進社區發展。

服務對象包括進修人士、街坊、兒童及青少年、家庭、年輕藝術家、照顧者及被照顧者,以及初創企業家。這些多元化的服務範疇顯示中心對社區需求的敏鋭度,力求為不同年齡及階層的人士提供支持,確保他們獲得所需的資源與幫助,促進社區的整體發展與和諧。

未來服務範疇

西九龍耀信發展學習中心未來的服務範疇分為社區服務及 學習中心兩大類別。

社區服務

在社區服務方面,中心將與各機構合作,舉辦各種活動及 課程,以滿足社區需求。其中包括全力支持港青的四大義 工服務:義剪服務、陪診服務、社區派飯及課托服務,提 升社區的互助精神與凝聚力。

學習中心

在學習中心方面,服務將涵蓋六大範疇:

實踐環保教育:透過玩具回收計劃,賦予舊玩具新生命,提高市民的環保意識,推廣環保活動。

- 促進跨代共融與關懷:鼓勵老中幼三代交流,透過健康 護理工作坊、照顧技巧工作坊及親子活動,增進家庭與 鄰里之間的和諧。
- 推廣STEAM教育:融合科學教育與社區導向項目, 推動終身學習,提供STEAM主題課程、在線平台及專 題圖書館。
- 支持年青藝術家及本地創作:新增設的藝術廊(Arts Hub)將為年青藝術家提供資源與支持,促進他們的才 能發展,並推廣傳統藝術文化。
- 關注兒童及青少年需求:創新教育方法旨在讓兒童全面 發展,培養良好的行為品德、社交技巧和促進精神健 康,並融入聖經中的價值觀。
- 推廣身心靈健康:舉辦健康及飲食講座、興趣班及運動班,作為消閒及休憩空間,並提供情緒支援講座和工作坊。

西九龍耀信發展學習中心的重建計劃已於2023年年底分階 段展開,預計將於2025年年底以全新面貌亮相,標誌著其 在社區服務上的新篇章。中心透過多樣化的服務與活動, 不僅希望成為社區的支持力量,更希望成為每位居民心中 的「燈塔」,引導他們走向更美好的未來。隨著重建計劃 的推進,中心將能更好地回應社會需求,促進社區的和諧 與繁榮。



New Positioning and Vision

Upon completion of the redevelopment, the BC will serve as a 'lighthouse' for the community, guiding those in need. The new positioning aims to deliver practical training and education for diverse groups within the community while supporting youth in developing their interests and aspirations. Additionally, the centre will assist startups and non-profit organisations in organising various activities to foster community prosperity and development.

The target beneficiaries include participants in continuing education, local residents, children and youth, families, young artists, caregivers and care recipients, as well as entrepreneurs. These varied service categories reflect the centre's responsiveness to community needs and its commitment to providing support to individuals of different ages and backgrounds, and ensure that they receive the necessary resources and assistance, thereby promoting overall community development and harmony.

Future Service Area

The future services of the Beacon Centre will cover two main categories: community services and learning centre activities.

Community Services

In terms of community services, BC will collaborate with various organisations to host a range of activities that address community needs. They include full support for the YMCA's four major volunteer initiatives: hair cut services for the elderly, escort services for the elderly, free meal distribution, and afterschool care services, all aimed at enhancing mutual assistance and community cohesion.

Learning Centre Activities

The learning centre services will encompass six key areas:

- Environmental Education: Through toy recycling programmes, BC will breathe new life into old toys, raise public awareness regarding environmental issues, and promote eco-friendly initiatives.
- Promoting Inclusiveness and Care: BC will encourage interaction among the elderly, middle-aged, and youth through health care workshops, caregiving skill workshops, and parent-child activities, fostering harmony within families and neighbourhoods.

- Promoting STEAM Education: As a human-centered educational centre, BC will integrate science education with community-oriented programmes, promoting lifelong learning and providing diverse learning resources, including STEAM-themed courses, virtual platforms, and thematic libraries.
- Supporting Young Artists and Local Creations: The newly
 established Arts Hub will offer resources and support for
 young artists to develop their talents and promote traditional
 artistic culture. It will serve as both a creative platform and
 an exhibition space for young people to showcase their
 work and share ideas.
- Addressing the Needs of Children and Youth: BC's innovative
 educational methods aim to foster the holistic development
 of children, cultivating positive character traits, social skills,
 and mental well-being while integrating the positive values
 mentioned in the Bible.

 Promoting body, mind, spirit: BC will host health and nutrition seminars, interest classes, and sports activities, providing recreational spaces and offering mental health support workshops for the community.

The redevelopment plan for the Beacon Centre commenced in phases at the end of 2023, with the expectation of unveiling a new look by the end of 2025. This initiative marks a new chapter in its service to the community. Through a diverse range of services and activities, the centre hopes not only to be a pillar of support for the community but also to become a 'lighthouse' in the hearts of residents, guiding them toward a brighter future. As the redevelopment plan progresses, the centre will be better positioned to respond to societal needs and promote community harmony and prosperity.

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「耶稣對他們說·來跟從我, 我要叫你們得人加得無一樣。」 "Come after me, and I will make you fishers of men. Boundary 1:17

我並不喜歡釣魚。我更喜歡動態活動,對我來說,釣魚就像「看著油漆變乾」一樣!另一方面,我的兒子Matt,他住在西貢,只要香港天氣允許,他每天早上都會走到海濱或南中國海上。

耶穌在世時的事工主要在以色列的加利利海一帶,幾年前,我 有幸帶領一支來自香港的團隊到聖地遊覽加利利海。耶穌的 12位門徒中,多數是經驗豐富的漁夫。

他們靠捕魚維生,而耶穌應許他們,只要跟隨祂,將不再只是 捕魚,而是要成為「得人如得魚」的使徒,並成為早期教會的 創始人。

我承認,雖然我不喜歡傳統的釣魚,但我真的希望能成為一個 「得人如得魚」的人!

然而,這需要付代價。跟隨耶穌並非輕鬆的選擇。我們知道, 早期門徒(除了猶大之外)最終全都為信仰而殉道。

仍然有興趣嗎?讓我們用釣魚來作比喻,看看如何成為「得人如得魚」的人(當然也包括女性)。

為此,我想探討捕得一條魚的五個階段:

首先是**餌料**。我們需要有吸引魚類的餌料。教會和基督徒面臨的挑戰就是要讓我們的信仰和活動以一種吸引非信徒的方式反映耶穌。我參與啟發課程已有30年,啟發課程就是一個很好的餌料例子。

其次是**投餌**。我們要把釣竿和線投入魚群之處。單單等待人們 進入教堂是不夠,我們需要成為教會,並去到魚群所在的地 方。我一直秉持「事先張揚」的座右銘 — 讓我們接觸的人早 知道我們的信仰。這就是喻表把釣竿投入水中。

第三是**上釣**。我們需要意識到魚兒正在咬餌。知道有人產生興趣,而我們早已為此做好準備。

第四是**拉網**。我們需要把魚從水中拉上來,才能捕捉它。當察 覺到有人產生興趣時,我們需要做好準備,幫助他建立個人生 活信仰。教會和基督教組織需要在這事上訓練和裝備其成員。

最後是**裝備**。我們需要整理好魚,讓它們準備就緒。同樣地, 我們需要做好裝備,使初信者能夠成長為成熟的信徒。這是一 個持續的過程,需要我們付出。

如果你和我一樣渴望成為「得人如得魚」的人,只要你來到祂 跟前,祂必應許你成為一個得人如得魚的人。

請你禱告:

親愛的主耶穌,現在我來到你面前,獻上我的生命。請接納並使用我,成為得人如得魚的人。賜給我更新的意識,見到你呼召我去接觸的人。裝備我成為一個完全的漁夫。為了你的國度,並為了你的榮耀。阿們。



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

I am not a fan of fishing. I prefer activity sports, and, to me, fishing is like 'watching the paint dry'! On the other hand, my son Matt, who lives in Sai Kung, will be down at the seafront or on the South China Sea any morning that the Hong Kong weather permits.

Jesus' earthly ministry was in and around the Sea of Galilee in the Holy Land, and a few years ago, I had the privilege to lead a team from Hong Kong to the Holy Land, and we experienced Galilee together. Many of Jesus' twelve disciples were trained fishermen.

They had been earning their living by catching fish, and Jesus promised them that by following Him, they would catch men instead of fish. He would transform them into apostles who would be the founders of the early church.

This leads me to confess that, whilst I don't like traditional fishing, I really want to be a fisher of men!

However, it is worth noting that this comes at a cost. Following Jesus is not a soft option. As far as we know, the early disciples (other than Judas) were all eventually martyred for their faith.

Still keen?.....Let's use the analogy of rod and line fishing to take a look at just how we can become fishers of men (and women, of course!)

To do so, I want to consider five stages of catching a fish:

Firstly, **Bait**. We need to have the appropriate bait that will interest the fish. One of the challenges for the church and Christians is for our faith and activities reflect Jesus in a way that is attractive to non-believers. I've been personally involved in the Alpha Course for 30 years, and Alpha is just one example of sound bait.

Secondly, **Cast**. We need to put our rod and line in the water where the fish are swimming. It is not good enough to expect people to walk through the doors of a church building, we need to be the church and go to where the fish are. I've always adopted the motto of 'flying your flag early' - making those we come into contact with aware of our faith. It is a helpful analogy of casting your rod into the water.

Thirdly, **Bite**. We need to be aware when the fish are biting the bait. Recognising when someone has an interest and being in a position to help them.

Fourth, **Reel in**. We need to reel in the fish from the water in order to catch the fish. On being alerted to the interest. we need to be equipped to help that person to a personal living faith. Churches and Christian organizations need to be training and equipping its people in this important area.

Last, **Preparation**. We need to clean up the fish and get the fish ready. Again we need to be ready to disciple the fish so that they can become mature believers. And it is an ongoing process that we need to commit to.

If you share my desire to be a fisher of men, the Bible promises that you will indeed be a fisher of men IF you come to Him.

Please pray this prayer:

Dear Lord Jesus I come to you now and offer you my life. Take me and use me to a fisher of people. Give me a fresh awareness of those you are calling me to reach. Equip me fully as a fisher. For the sake of your Kingdom and for your glory. Amen.

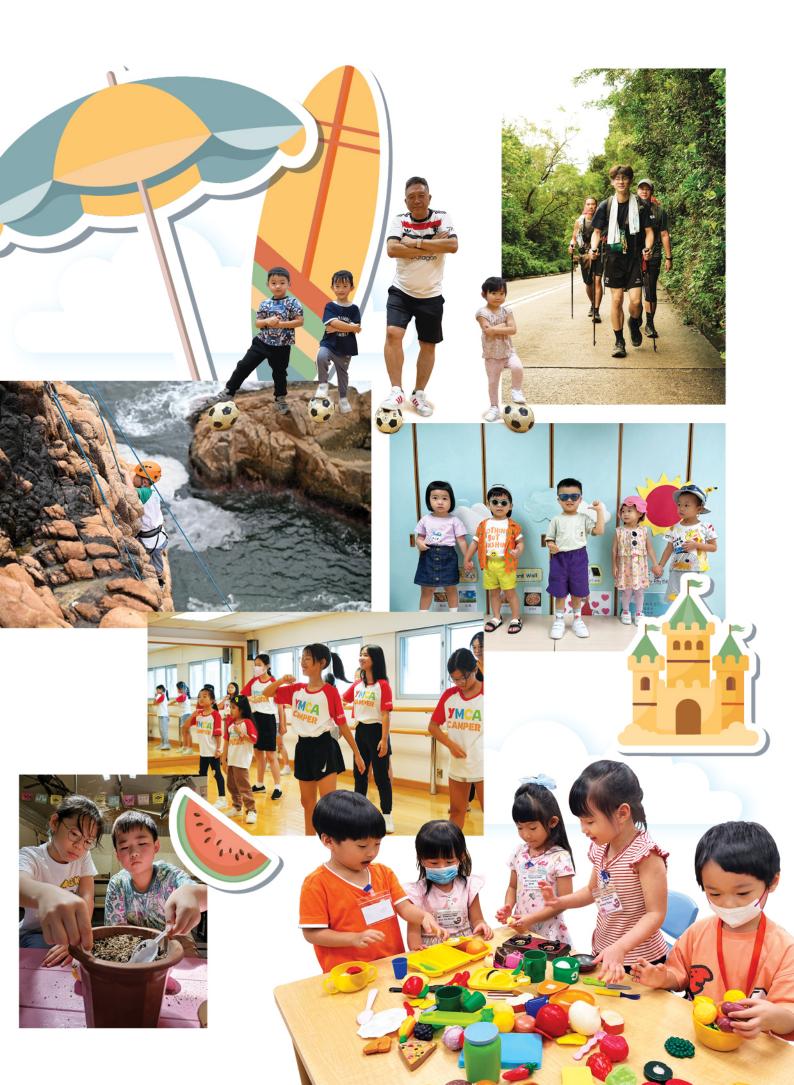
暑期活動精彩花絮 Summer Activity Highlights

感謝 神。本年度的暑期活動已圓滿結束!讓我們一起回顧這段精彩時光。

Thanks to God, our summer activities have been successfully completed, filled with wonderful memories! Let's take a moment to revisit and cherish these joyful experiences.

















文化交流計劃

30

Cultural Exchange Programme

文化交流計劃的目的是團結來自世界各地的青年,並連繫不同的基督教青年會運動。計劃的第二年迎來了來自烏克蘭各地基督教青年會的5名代表到香港進行兩星期的文化交流,以瞭解兩地文化及參與由港青舉辦的訓練營,並與香港及國際青年領袖交流了營歌和遊戲。

儘管交流的時間只有兩個星期,但對5位青年代表來說這是一個非常充實的經歷,因為他們每天都在異國環境中學習新事物。烏克蘭的青年代表亦分享了關於烏克蘭基督教青年會的狀況及挑戰,雖然面對重重困難,但領袖們仍在努力舉辦營會,為參加者提供一個可以互相聯繫、享受與同伴相處時光的環境。

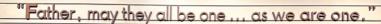
是次文化交流計劃成功地為參加者提供了一個平台,讓他 們了解世界另一端營會的運作,同時也分享在逆境中舉辦 營會的經驗,促進與來自不同背景的青年之間的聯繫。



To unite youth from around the world, and connect various YMCA Movements, the second year of the programme welcomed five representatives from YMCAs across Ukraine to Hong Kong for a 2-week cultural exchange journey. They began by participating in training camps, where they shared their camp experiences, exchanged local camp songs and enjoyed fun games with local youth camp leaders and international staff team.

Though a brief stay, the 5 youth representatives found the journey fulfilling as they learned new things in a foreign environment every day. The Ukrainian youth shared about the ongoing challenges faced by the YMCAs in Ukraine, but camp leaders continue to work hard to organise camps for participants to bond and enjoy time with their peers.

The cultural exchange programme allowed camp leaders to learn about operations and conditions of camps from the other side of the world, while sharing about organising camps amid adversity, fostering strong bonds among movements and youths from different backgrounds.





港青長沙灣中心 一 婦女關懷小組

YMCA of Hong Kong Cheung Sha Wan Centre - Women's Support Group

港青長沙灣中心於5月及6月與基督教外展合辦4節活動,以基督教價值觀為基礎,為8位婦女關懷小組的參加者安排了自畫像、遊戲及個人真情分享等活動,讓她們從中更了解自己,亦建立互助網絡。活動亦鼓勵參加者表達自己,培養獨立思考和解決問題的能力,最重要的是保持對生活的盼望和積極面對人生。

The Centre co-organised with Christian Outreach to organise a 4-session women's support group in May and June. Based on Christian values, self-portrait painting, games, and personal



sharing were arranged among the 8 participating women, to allow them to understand themselves better, while connecting with the others to form a mutual support network. The activities encouraged participants to freely express themselves, develop independent thinking and problem-solving skills; and more importantly, to maintain hope and positivity in life.

港青長沙灣中心暑期託管服務填色比賽

Coloring Competition of Cheung Sha Wan Centre Summer Childcare Programme

以本年度暑期託管服務為主題,及由港青基信書院的實習學生協助設計圖紙,中心舉辦了「愛、關懷、尊重」填色比賽。參加者除了填色外更要演繹其作品的意念及對主題的理解。活動共收到超過40份參賽作品,評判從「在校託管服務」及「中心託管服務」兩個組別中分別選出了冠、亞、季軍及優異獎,獲獎作品已展示在港青長沙灣中心。

As the theme of the Summer Childcare Programme, and with the help from student interns of the YMCA of Hong Kong Christian College, the centre held a 'Love, Care, and Respect' coloring competition, and all participants were asked to provide meaning to their artwork. Over 40 entries were received and presented to the judges, who collectively selected winners from the 'School Childcare Service' and 'Centre Childcare Service' categories. The winning entries are displayed at the Cheung Sha Wan Centre.





「心靜共建 連結社區」 Building Community Connection

香港基督教青年會與香港中文大學商學院校友會合作舉辦「心靜共建 連結社區」計劃,並於6月15日假港青西九龍耀信發展學習中心舉行開幕典禮,共有18名參加者出席。活動邀請了香港基督教輔導學院導師分享關注身心靈健康的重要性,帶領參加者進行呼吸練習、教授面對管理憤怒情緒及如何培養正向情緒調節能力。

此外,港青透過香港中文大學商學院校友會於3月8日婦女節籌得的善款為參加者設計了一連串豐富的身心靈放鬆活動,並於7至8月展開,包括蛋糕烘焙、花藝設計、酒精墨水水晶球工作坊以及運動健康伸展班等。這一系列活動緩解了參加者家庭及工作壓力,促進身心靈療癒。



Partnered with CUHK EMBA Alumni Association, a 'Building Community Connection' project was launched with an opening ceremony held on June 15 at the YMCA Beacon Centre Lifelong Learning Institute. 18 participants attended. Instructors from the Hong Kong Institute of Christian Counselors were invited to share the importance of holistic health, and introduced

breathing exercises, anger management techniques, and cultivated positive emotional regulation.

Funded by the CUHK EMBA Alumni Association raised on International Women's Day, a series of mind-body-spirit relaxation activities was launched in July and August, including bakery, floral design, alcohol ink crystal ball workshop, and fitness stretching. The series of activities helped alleviate participants' family and work stress, and fostered their physical and mental wellness.





港青長沙灣社區商店「舒緩痛症工作坊 | YMCA Cheung Sha Wan Community Shop — Pain Relief Workshop

6月24及28日,港青與優療癒中醫痛症管理中心的學而 優培訓中心合作,於長沙灣社區商店舉辦舒緩痛症工作 坊 — 「簡易活動齊來做」,為區內長者度身訂造療癒 服務,教導他們透過呼吸調息、治療運動去練習放鬆, 達到身心平衡,以建立鄰里支援網絡,共18名參加者出席 及分享他們的健康狀況為生活帶來的影響;互相學習如何 應對及解決方法。參加者樂見此工作坊有助於透過養成運 動習慣來緩解疼痛,獲益良多,及擴大了他們的鄰里支援 網絡。



a pain relief workshop 'Let's Move Together' on June 24 and 28 to provide tailor-made healing services for the elderly, teaching them relaxation exercises to achieve a balance of body and mind through breath adjustment and healing exercises. To establish a neighbourhood support network, the 18 participants shared how their health situations affect their daily lives, and ways to deal with them. Participants were pleased that the workshop

was helpful to relieve pain by adopting an exercise habit, and expand their support network.

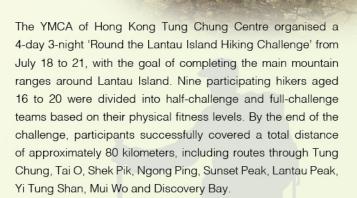




Round the Lantau Island Hiking Challenge

港青東涌中心於7月18日至21日舉辦了為期4日3夜的環大 嶼山走營挑戰,目標是以持續的行山及露營模式完成環繞 大嶼山的主要山脈。9位16至20歲的參加者按照體能狀態 分為半挑戰者及全挑戰者,最終成功覆蓋東涌、大澳、 石壁、昂坪、鳳凰山、大東山、二東山,梅窩及愉景灣的 山脈,全程約80公里。

挑戰者在出發前都有充足的準備,由籌備支援及後備小 組、體能訓練、活動記錄、山野行程策劃等。活動期間, 約10名支援人員和義工適時為挑戰者提供補給物資和鼓 勵。這次環大嶼行山走營的活動,不僅是體能的挑戰,更 讓參加者可以從中提升個人潛力、學習堅持及培養團隊合 作精神。



The challengers were well prepared in advance, such as organising logistic support and backup team, fitness training, activity documentation and wilderness route planning. During the continuous hike-and-camp journey, 10 supporting participants and campsite volunteers provided timely supply and encouragement. This challenge not only served as a physical

> test but also allowed participants to enhance their personal potential, experience perseverance, and cultivate team spirit.



港青資訊

港青 X 城市青年商會至城義剪日2024閉幕禮 YMCAHK X Junior Chamber International City (Hong Kong):

Volunteer Haircutting Service Day - Closing Ceremony

由城市青年商會主辦及香港基督教青年會協辦的全城 義剪日2024閉幕禮,於7月31日假港青西九龍耀信 發展學習中心順利舉行。當日應邀出席的嘉賓包 括活動大使石修先生和工聯會會務顧問陳婉嫻女 士GBS, JP。整個活動共設有12個主題攤位,

▶ 服務了超過1,000名居民,創下歷年新高。

「全城義剪日」經過半年多的策劃和準備工作,招募了義工並成立了義剪培訓中心,目 的是透過義剪為社區服務,同時喚起公眾對長

者的關懷意識。閉幕禮現場由50名理髮師,包括 21名來自港青義剪培訓班的畢業生,為超過200位長者提 供服務。義剪活動更於港青東涌中心和香港仔街坊福利會 同步進行,獲得170名義工和1,000名參與者的熱烈支持。

> 為鼓勵「新中年」就業及感謝他們為社會作出的貢獻,所 門為社會作出的貢獻,所 目除了提供理髮服務外,這 括一系列免費工作坊。 義診、以及由循道衞中心 義診、以及由循道衞中心 養診、以及由循道衞中心 教會楊震社會服務中心諮詢人 。 我們歡迎義工加需 剪計劃,為有需的 長者提供服務。

Partnered with the Junior Chamber International City (Hong Kong), the closing ceremony of the Volunteer Haircutting Service Day 2024 was held on July 31 at the YMCA of Hong Kong Beacon Centre Lifelong Learning Institute. Attended by guests of honor Mr. Shek Sau and Ms. Chan Yuen-han, GBS, JP, Honorary Advisor of the Hong Kong Federation of Trade Unions, the event featured 12 themed booths and served a record of over 1.000 residents.

Six months in the making, the initiative involved setup of a haircutting training centre and volunteer recruitment, with an aim to raise public awareness to care for the elderly by offering free haircut service. At the closing ceremony, 50 hairstylists, including 21 graduates from the YMCA's haircutting training programme, provided services to over 200 elderly. The services were simultaneously carried out at the YMCAHK Tung Chung Centre and the Aberdeen Kai-fong Welfare Association Social Service Southern District Integrated Elderly Service Centre, with a total of 170 volunteers and 1,000 participants.

To encourage employment of young-olds and show appreciation to their valuable contributions, a series of workshops including Chinese medicine consultations and personal retirement planning advisory services was provided by the Yang Cheng Social Service Centre of the Methodist Church. We welcome continued support from passionate volunteers, to join and serve our elderly in need.



澳門基督教青年會成立三十周年:青年交流營會

Youth Camp — 30th Anniversary of YMCA of Macau

澳門基督教青年會藉著成立三十周年的機會,邀請了各地的青年人參與在8月5至9日舉行為期5日4夜的《匯青傳承重·文化共生之旅》營會,體現「活化傳統·舊時光新演繹」的概念。港青領袖帶領了3位青年人出席營會,讓參加者去探索和認識澳門文化特色、社區故事的演變及認識傳統文化價值,並由青年人運用創意注入新元素和活力,讓傳統文化及事物以新的面貌呈現於新世代,及得以延續發展。



In celebration of its 30th anniversary and embracing the theme of "New Interpretation of Old Times", the YMCA of Macau organised a 5-day Cultural Symbiosis Journey from August 5 to 9.

Youth leaders of YMCAHK led 3 young people and attended the camp to explore and understand the Macau culture and traditional



values from local community stories. The young participants were encouraged to utilise their creativity to inject new elements and vitality to conventional culture and traditions, so as to foster sustainability.

A-Life Academy高桌晚宴 A-Life Academy High Table Dinner

A-Life Academy於6月29日舉行年度高桌晚宴,讓同學體驗正規晚宴,並與師友、舊生和社會知名人士交流。計劃有幸邀請到綠惜超市社企的創辦人之一蘇漢熏先生,分享他在建立社企的心路歷程。當晚同學不但盛裝出席並應用了餐桌禮儀技巧,還認識到創業是需要無比的堅持和毅力,得益不少。



Y's News 港青資訊



A-Life Academy — 台南義工服務及文化文流團

A-Life Academy — Overseas Service and Cultural Exchange Trip to Tainan

於7月22至27日期間,由2位港青領隊帶同16位學員及舊生,前往台南與當地基督教青年會合作進行義工服務及文化交流活動,在比悠瑪部落服務兒童及與青年交流。雖然服務一度受颱風的影響而暫停,亦無阻港青同工安排學生了解青年會運動在香港的歷史和現時的服務,台南基督教青年會的同工亦分享神的恩典見證;加深兩地相互了解。

Led by 2 youth leaders, 16 students and alumni joined a services and cultural exchange trip to Tainan from July

22 to 27. Collaborated with local YMCA, they visited the Piyuma tribe to provide children's services and youth exchange. Though services were temporarily suspended due to typhoon, the exchange between the two sides was not affected when our youth leaders introduced the history and services of the Hong Kong YMCA movement, while the Tainan YMCA shared testimonies about God's grace. We are grateful that the trip has deepened mutual understanding between the two places.

Boundless — 斯里蘭卡服務交流團

Boundless — Overseas Service Exchange Trip to Sri Lanka

6名委員會成員及16名同學於8月5日至10日前往斯里蘭卡 進行海外服務交流團。義工服務包括孤兒院探訪、協助醫 院翻新工程和服務,及兒童義教活動。同學亦與當地青年 進行文化交流,互相分享食物文化以及認識斯里蘭卡青年 會的工作。旅程中同學發揮服務他人的精神,認識斯里蘭 卡文化,並與當地青年建立了深厚的友誼。



Joined by 6 committee members and 16 students, Boundless conducted an overseas service trip to Sri Lanka from August 5 to 10, including volunteer activities such as visiting orphanages, assisting in repairing and serving in a hospital, and teaching local children English. The students also engaged in

cultural exchanges with local youth, sharing food cultures and learning about the work of the YMCA Sri Lanka. The students were able to serve, better understand the culture, and form friendships with local youth.

香港童軍總會九龍第1357旅 — FujiDream3776日本童軍文化交流之旅 Hong Kong Scout KG1357 — FujiDream3776 Scout Culture Exchange Trip of Japan

13位童軍及深資童軍成員及領袖於8月13日至19日一同前往日本東京攀登日本富士山及觀賞御來光。期間進行了各類型的文化體驗及交流活動,包括參觀歷史文化遺產、日本企業、武士體驗、地震及防災體驗、了解當地動漫文化,更與日本武藏野童軍團互相認識及交流,一同到訪

日本童軍物品供應社,並參與當地的夏祭,感受日 本獨特的文化習俗。旅程讓成員及領袖有機

> 會挑戰自我,加強成員所學及自信心, 擴闊視野及面向世界、豐富人生經驗、 培育成為明日領袖。

13 members including Scouts, Venture Scouts, and leaders, travelled to Tokyo from August 13 to 19, to climb Mount Fuji and witness sunrise. They participated

in various cultural exchange activities such as visiting historical and cultural sites, and Japanese companies, to experience samurai, earthquake and disaster preparedness exercises, explore local anime culture, get to know and interact with the Musashino Scouts of Japan, visit a Japan Scout Shop, and take part in local summer festivals to experience the unique cultural customs of Japan. The journey broadens participants' horizons, enriches their life

experiences, enhances their skills and self-confidence to face challenges, so as to develop them into tomorrow's leaders.





『傲翔新世代』至方位青年領袖訓練計劃 — 清邁義工服務及文化交流團

Youth Leadership Development Scheme (YLD) — Overseas Service and Culture Exchange Trip to Chiang Mai

20名學生於8月22日至27日到訪清邁。他們出發前評估當 地兒童的需要、興趣和文化背景,並籌備吸引且適合當地 兒童年齡的活動。在行程中,學生們協助建造儲水箱以收 集雨水和泉水,供280村民使用,並下田體驗農業生產。 是次寶貴的學習經歷讓學生反思可持續發展、社區及文化 保育等相關議題。

From August 22 to 27, 20 students went on a trip to Chiang Mai, and prior to the trip, they took the time to assess local children's needs, interests, and cultural backgrounds, for preparation of engaging and suitable activities for them. During the trip, students helped building tanks to collect rainwater or mountain water for 280 villagers. They also experienced hands-on farming in the paddy field. The valuable learning experience enables students to reflect on issues related to sustainable development and community and cultural conservation.

香港童軍總會九龍第1370旅 — 澳門童軍文化交流團 Hong Kong Scout KG 1370th — Scout Cultural Exchange Trip of Macau

由港青同工帶同5位童軍領袖 及11位童軍成員於8月24至26 日進行三日兩夜的童軍文化交 流團,與當地童軍領袖及成員 集會及活動,並參觀及認識當 地不同文化遺產和生活,讓成 員了解兩地童軍文化的差異及 學習他們的正面價值觀。

Led by youth leaders, and joined by 5 Scout leaders and

from August 24 to 26. The group had good interaction and exchange, held joint gathering and activities with local Scout leaders, visited different cultural heritage sites, and learned about local culture. The trip enables members

> to understand each other, culture of the two places, and learn about local members' good values.

香港童軍總會九龍第1357旅 — 澳門童軍文化交流之旅 Hong Kong Scout KG 1357th — Scout Cultural Exchange Trip of Macau



19位幼童軍及深資童軍成員 及領袖於8月27日至29日與澳 門童軍第37旅進行文化體驗 及交流活動。他們先後參觀 當地童軍總會、歷史文化遺 產區及科學館,並進行滑草

及美食定向活動、品嚐葡國菜、以及於澳門童軍第37旅旅 部進行露營體驗。這次旅程促進大家的學習和成長,並加 強香港和澳門童軍團之間的友誼。

11 members, a 3-day cultural exchange tour was arranged

19 members including Cub Scouts, Venture Scouts and leaders visited Macau from August 27 to 29, participated in the annual cultural exchange and engaged in various activities jointly with the Macau Scout Group 37th. The group visited local Scout headquarters, historical and cultural heritage sites and the science museum. They also took part in activities such as grass sliding and food orienteering,

tasting Portuguese cuisine, and experienced camping out at the Macau Scout Group 37th headquarters. This journey facilitates learning and growth, and foster friendships between the Hong Kong and Macau Scout groups.



The Best is Yet to Come — 為DSE學生打打氣2024 體育 X 音樂同樂日

The Best is Yet to Come — Cheering for DSE Students 2024: Sports x Music Fun Day

為支持及鼓勵本年度的香港公開試考生,「The Best is Yet to Come — 為DSE學生打打氣2024」體育 X 音樂同樂日於7月7日假香港基督教青年會京士柏百周年紀念中心舉行。活動開幕由玻璃海樂團團長楊芷瑩聯同港青敬拜隊「EBEN」以音樂為考生打氣,港青總幹事何慶濂先生致辭勉勵考生。當日活動包括團隊障礙挑戰賽、運動攀登、沿繩下降、射籃球挑戰等,更邀請了香港遊樂場協會多隊



街頭音樂表演隊伍為同學獻唱。活動除了為學生打氣,亦提供舒緩壓力的平台,並體驗運動及音樂帶來的樂趣。

'The Best is Yet to Come - Cheering for DSE Students 2024', a Sports x Music Fun Day, was held on July 7 at the YMCA King's Park Centenary Centre, to show support and encouragement for this year's Hong Kong public examination candidates. The opening ceremony featured a music performance by Ms. Gabby Yeung from Sogworship, together with the YMCAHK worship team 'EBEN', to cheer on the students. Mr. Peter Ho, the General Secretary of the YMCAHK also gave an inspiring speech to encourage the candidates. The event included various sports activities such as team obstacle challenges, rock climbing, abseiling, and basketball shootout. The Hong Kong Playground Association was also invited to perform street music to liven up the event, which provided a platform for students to relieve stress by the joy of sports and music.

「傲翔新世代」全方位青年領袖訓練計劃:專題研習計劃交流匯報日 Youth Leadership Development Scheme (YLD) — School Project Presentation Day

本年度的主題是「香港的小社群」的對象。經過兩個月的深入研究、訪問、親身體驗、網上搜尋資料及問卷調查,各組學生們於5月18日的專題研習計劃交流匯報日透過不同形式呈現他們的研究成果。報告反映了香港小社群如自閉症人士、新移民和難民面臨的困難。他們討論了包容性政策和社會規劃以確保公平,並提供平等權利和機會予小社群的重要性。最後亦提出了作為未來公民如何與香港小社群結伴同行,為社會做出積極貢獻的具體方案。

The topic of this year's YLD project was 'The Minority Groups in Hong Kong', and its presentation day was held on May 18, following the annual adventure-based training from February to March. After two months of working on respective target groups through interviews, workshops, online research and surveys, research findings were presented with various formats. Students' work revealed the challenges faced by various minority groups, such as people with autism, new immigrants and refugees. They also reflected on the importance of inclusive policies, social programmes and practices to ensure equity, equal rights and opportunities for these communities, including proposed solutions for their peers and citizens to support and make positive influence by standing with the minority groups.



the DOOOR藝術空間: 櫥窗展覽 the DOOOR Arts Space: Window Exhibition

「ARTHOOOD」藝術商店(計劃)由2022啟動,旨在支持本地藝術家實現對藝術創作的抱負,並促進凝聚本地藝術家的小社區。

櫥窗展覽位於the DOOOR藝術空間入口旁,為本地藝術家提供作品展出機會,至今已有13位本地藝術家參加個人櫥窗展覽,暫時放下商業顧慮,嘗試新的藝術創作,舉辦首次個人展覽,實現創意概念,展示才華。

今年六月,the DOOOR團隊聯同參與計劃的藝術家合力 創作一個名為「ARTHOOOD GARDEN」的藝術裝置,

作為櫥窗展覽。25位藝術家及4位同工,投入超過200小時打造漂亮又有力量的戟絨布向日葵,代表每位藝術家和同工,亦象徵本計劃和藝術家們像向音太陽成長,標誌著藝術家們聚集在這個藝術社區中,鞏故彼此關係和凝聚力,使他們更投入於港青及青年會運動中。藝術家們非常享受是次活動,並非常感激這個難得的機會可以努力實現共同目標。

Since its launch in 2022, the 'ARTHOOD' art store project has been supporting local emerging artists to realis their aspirations and foster a community of local artists.

Utilising the vast window exposure at the entrance of the DOOOR art space, artists have the opportunities to exhibit their individual work to diverse visitors. As of today, 13 local artists have curated their own window exhibits through the

project, allowing them to free from their commercial concerns, to focus on new creations by showcasing their talents in their

first solo shows.

In June, the DOOOR team collaborated with 25 participating artists and 4 staff to create an art installation named 'ARTHOOOD GARDEN' as window exhibit. Over 200 hours in the making, and to express a blossoming spirit, each felt sunflower represented an artist and staff member to grow as a team. The installation of beauty and power also strengthened bonding and engagement of the artist community with YMCAHK and the YMCA Movement. The artists greatly enjoyed the initiative, and were grateful for the opportunity to work towards a common goal.





港青羽毛球分齡系列賽 2024

YMCA of Hong Kong Age Group Badminton Tournament 2024

港青羽毛球雙打及單打分齡賽分別於5月15日(雙打)、6月10日(女單)及6月30日(男單)順利進行。3天比賽共吸引超過300人次參加,當中不乏現役青年軍及港青成員,為整個系列賽生息不少。選手們透過高強度、高水平的比賽,不但運動技術上有所提昇,心理層面也顯現出很強的能力,在為期3天的比賽中,他們表現出在逆境中保持冷靜沉著,以及在順境時昂揚奮發的精神。



The YMCA Age Group Badminton Doubles and Singles Tournament was successfully held on May 15 (Doubles), June 10 (Girls' Singles), and June 30 (Boys' Singles). The 3-day series attracted over 300 participations, including current youth representatives and YMCA members. Through the intense,



high-level competition, the athletes not only improved their skills, but also demonstrated their mental fortitude. During the 3-day competition, they were able to exhibit composure under adversity, as well as a spirited and driven performance when playing well.

香港基督教青年會夏日花祭2024: 追日 YMCA Summer Flower Festival 2024: Sunfollowers

「我是世界的光。跟從我的,就不在黑暗裡走,必要得著生命的光。」(約翰福音 8:12)

港青夏日花祭於6月14至16日假港青尖沙咀總部大堂舉行,是次花祭以「追日」為題,並以向日葵作主題花。

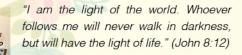
向日葵像太陽一樣,擁有力量和活潑明 亮的形象,希望透過向日葵展現我們對 天父充滿愛和仰慕之意。

花祭期間亦設有特別活動,包括花藝工 作坊、咖啡拉花體驗、創意藝術坊、 掐絲琺瑯香水瓶和手調香水工作坊,更有由29位年青本地藝術家共同製作的戟絨花供來賓欣賞,感受當中的喜樂。

願我們學習像向日葵,永遠追隨著太陽 — 我們的神, 因為神是我們的亮光。

Welcome 7

埋嚟睇埋嚟揀



YMCA Summer Flower Festival was held from June 14 to 16 at the Tsim Sha Tsui Headquarters. The theme of the Flower Festival was 'Sunfollowers', featuring sunflowers, which represented strength and vibrancy of the sun, to express our love and admiration for our Heavenly Father.

Besides a display of felt craft flower artworks created by 29 local young artists, special activities were arranged including floral arrangement workshops, coffee art experiences, creative art workshops, cloisonné enamel perfume bottle and a handcrafted perfume workshop.

May we learn to follow the sun — our God, as sunflowers do – for God is our light.



東涌中心基督教外展

The Elderly Christian Outreach at YMCA of Hong Kong Tung Chung Centre

為了讓長者認識基督教信仰,港青基督教外展組於2024年6月7日及28日邀請了頌主福音粵曲合唱團到港青東涌中心,以長者喜愛的粵曲作為媒介,傳揚福音。他們表演的曲目是由團長葉嬋女士親自改編成基督教福音歌詞,團員們亦與長者們進行了簡單的拉筋和互動,並分享其得救見證。

To bring the gospel to the elderly, the Christian Outreach Unit invited the Gospel Chinese Opera Choir to perform Cantonese operatic pieces on June 7 and June 28, 2024

in Tung Chung Centre. The lyrics of the songs have been specially rewritten with gospel themes by the chorus leader Ms. Yip. The choir also led the elderly participants in simple stretching exercises and shared testimony.







Volunteer Haircutting Training Courses: Bring Joy and Connection

港青西九龍耀信發展學習中心致力舉辦不同的服務以連結社區,於5月至7月舉辦了為期10節的義剪培訓課程, 為20名義工提供全面的理論及實踐指導,使他們成為中心的義剪團隊,共同創造及建立關愛的環境。

這班受培訓的義工積極主動,在6月至7月期間,先後兩次到訪由非牟利慈善機構「跑去你屋企」帶領的義剪活動,為200位院舍中心的長者提供義剪服務,同時與長者建立深厚聯繫。

From May to July in a heartwarming showcase of community service, the YMCA of Hong Kong Beacon Centre Lifelong Learning Institute hosted two volunteer haircut training courses, each consisted of 10 sessions of comprehensive instruction and hands-on practice, to empower a total of 20 participants joining the YMCA's volunteer team to serve their local community.

The volunteers eagerly seized every opportunity to visit and serve by cutting elderly's hair at local elderly homes, organised by 'Run to Your Home' in June and July, to hone their newfound

skills, forge meaningful connections and bring joy to the elderly.

或 致 電 本 會 會員服務熱線 2268-7060。

有興趣成為港青義工團隊的一份子,請掃描下

方的二維碼註冊加入港青義工團隊



Join the YMCAHK Volunteer programme by scanning the QR code below to register. You can reach out to our Member Services hotline at 2268-7060.

港青基信國際幼稚園運動會

YMCA of Hong Kong Christian International Kindergarten Sports Day

在母親節和父親節來臨之際,幼稚園在港青京士柏百周年紀念中心舉辦了盛大的運動會,超過100個家庭齊聚一堂,參加了歡樂的體育慶祝活動。

孩子們透過各種活動展現運動天賦,從網球到跆拳道, 他們充滿自信地展示自己的技能,也換上游泳衣盡情戲水 玩耍,快樂無比。

運動會不僅是孩子們一年一度的體育盛會,父母們也一起 進行友誼比賽,增進親子互動和感情,體現了我們運動會 所宣揚的精神。

The YMCA of Hong Kong Christian International Kindergarten (CIKG) recently hosted its highly anticipated annual Sports Day at the YMCA of Hong Kong King's Park Centenary Centre. Over 100 families came together to participate in this joyous celebration of sports, learning, and community.

The day was filled with excitement as students showcased their athletic talents through a variety of activities. From tennis to taekwondo, the children delighted in demonstrating their skills. However, the clear highlight was the water play station, where little ones splashed and giggled with fun.

The event was more than about the students – parents also engaged in friendly competitions alongside their children. This intergenerational camaraderie truly embodied the spirit of the day, as CIKG celebrated the strong bonds among families.





YMCA of Hong Kong Christian International Kindergarten End-of-year Performance and Graduation Ceremony

隨著學年的結束,幼稚園舉行了一個溫馨動人的結業禮和 畢業典禮。超過百名實客,包括學生家長,聚首在一起, 慶祝K2和K3畢業生於幼稚園所得的卓越成就。

在畢業典禮中,孩子們向來賓表演了他們準備已久的歌唱和活力十足的嘻哈舞蹈。我們有幸邀請到校監何慶濂先生進行頒發證書的儀式,以表彰學生順利完成了早期教育歷程。

每年的畢業典禮都能看到學校與孩子們的付出和成長, 亦代表著畢業生將帶著老師,家人和朋友的支持和 祝福下,踏上新的旅程。

As the school year drewto a close, the YMCA of Hong Kong Christian International Kindergarten (CIKG) held a heartwarming end-of-year performance and graduation ceremony. Over 100 guests, including proud families, gathered to celebrate the remarkable

accomplishments of the K2 leavers and K3 graduates.

The event was filled with music and dance as the children

showcased their talents. Audience members were treated to stirring renditions of Bible songs, Chinese songs, and even a

lively hip-hop routine. The ceremony culminated in the presentation of certificates by the school supervisor,

Mr. Peter Ho, honoring the students' successful completion of their early education journey.

This special occasion was a testament to the dedication and growth of the CIKG community. As the graduates embark on their next adventure, they

do so with the support and wellwishes of their teachers, peers, and loved ones.







港青基信幼稚園及幼兒學校聯校畢業典禮

YMCA of Hong Kong Christian Kindergarten Joint School Graduation Ceremony

恭喜港青基信幼稚園(啟晴)及港青基信幼兒學校(農圃 道)畢業生即將展開小學生活!兩校於7月6日為畢業生舉 行了一場既莊重又温馨的聯校畢業典禮,更邀請港青學前 教育學校管理委員會主席王主心女士、總幹事何慶濂先 生、校監單芷筠女士、新會商會港青基信學校校長陳何惠

敏女士及主禮嘉賓香港浸會大學持續教育學院副院長(課程拓展)暨幼兒及基礎教育總監李南玉博士蒞臨,與家長及畢業生聚首一堂共同慶祝。祝願畢業生們成為自信的小學生,並在家人全力支持下,愉快地迎接新的學習環境和建立新的友誼。

Congratulations to our graduates who will be starting their primary school life soon!

On July 6, the YMCA of Hong Kong Christian Kindergarten (Kai Ching) and YMCA of Hong Kong Christian Nursery School (Farm Road) held a Joint School Graduation Ceremony for K3 graduates. It was a formal and intimate event with the Chairman of YMCAHK Pre-school & Elementary Education School Management Committee – Ms. Julia Ong, General Secretary – Mr. Peter Ho, School Supervisor – Ms. Vivian Shan, School Principal of San Wui Commercial Society YMCA of Hong Kong Christian School – Mrs. Cathy Chan, and our

Guest of Honor, Associate Dean (Programme Development) and Head of Early Childhood and Elementary Education of School of Continuing Education of HKBU – Dr. Amelia Lee, joined the parents and graduates in celebrating this joyous occasion. We hope our graduates will continue their journey

to transform into confident primary school students, forming new friendships and learning enthusiastically with their families' unwavering support.



港青基信幼稚園(啟晴)榮獲「最傑出『綠得開心學校』卓越獎」 YMCA of Hong Kong Christian Kindergarten (Kai Ching) Happy Green Campaign

港青基信幼稚園(啟晴)一直致力向不同的持份者推動綠色教育,並參加由港燈所舉辦的「綠得開心計劃」,競逐旗下的最傑出「綠得開心學校」大獎,於年內透過線上線下舉辦或參與不同項目及活動,積極推動環保減碳,協助學生及校園實踐智惜用電的理念。經評選後,本校獲得幼稚園組唯一「最傑出『綠得開心學校』卓越獎」,表揚學校致力推動環保節能教育。

YMCA of Hong Kong Christian Kindergarten (Kai Ching) has been committed to promoting green education with different stakeholders, and participated in the 'Happy Green Project' organised by Hong Kong Electric. We competed for the most outstanding 'Happy Green School' award which was held online and offline during the year. We also held and participated in different projects and activities to actively promote environmental protection and carbon reduction. We aimed to help students and campuses practice the concept of wise use



港青基信幼兒學校 (農圃道) — K1游泳體驗 YMCA of Hong Kong Christian Nursery School (Farm Road) — K1 swimming experience

感謝天父讓港青基信幼兒學校(農圃道)的幼兒有機會走 出學校有不同的學習體驗。今年6月,K1班幼兒到港青游 泳學院的游泳池,由淺入深去體驗游泳的樂趣體驗。他們 都十分投入,樂在其中,更藉此培養勇氣和發掘潛能。 Thank you our Heavenly Father, the YMCA of Hong Kong Christian Nursery School (Farm Road) children were given the opportunity to step out of the school and have different learning experiences. In June, the K1 class students had the privilege of visiting the YMCA Swimming Academy and experiencing swimming, with different segments for them to gradually have a taste of the joy of swimming. All students were fully engaged and enjoyed the time in the pool, displaying their courage and potential.



港青基信幼兒學校(農圃道) 一 充滿快樂和意義的畢業之旅

YMCA of Hong Kong Christian Nursery School (Farm Road) — Joyful and Meaningful Graduation Trip



港青基信幼兒學校(農圃道)K3畢業旅行於5月17日在港青南丫島戶外及環保活動中心舉行,家長及學生渡過了充滿歡樂的戶外烹飪及親子獨木舟親子時光,並於美麗的大自然拍攝畢業相,是一個美好的回憶!



The K3 graduation trip for the YMCA of Hong Kong Christian Nursery School (Farm Road) was held on May 17 at the YMCA Lamma Island Outdoor Centre. It was a joyful parent-child outing where parents and students

experienced outdoor cooking and parent-child canoeing. Moreover, everyone was able to take graduation photos in the beautiful natural surroundings, creating wonderful memories!



新會商會港青基信學校六年級學生表演 SWYHKCS Year 6 Performance

6月7日,新會商會港青基信學校六年級的學生表演了「What's the Crime, Mr. Wolf?」一場異想天開、引人入勝的戲劇,將我們帶入童話故事中的法庭。觀眾們被邀請參與並決定狼先生的命運,是個互動和令人愉快的表演。

On June 7, the Year 6 students of SWYHKCS presented "What's the Crime, Mr. Wolf?" — a whimsical and engaging play that brought us into a fairy tale courtroom. Audiences were invited to participate and decide Mr. Wolf's fate, making it an interactive and delightful performance.



港青資訊

新會商會港青基信學校六年級畢業典禮 SWYHKCS Year 6 Graduation Ceremony

6月21日舉行的六年級畢業典禮是新會商會港青基信學校本學年的亮點之一。這感人的畢業典禮,讓學生、家長和教職員一起回味六年級學生六年來在基信學校留下的珍貴回憶。我們非常榮幸地邀請了校監何慶濂先生、基信書院盧裕敏校長和校董王主心女士作為我們的貴賓。何校監為畢業生致辭,並頒發畢業證書。



新會商會港青基信學校教師發展日 SWYHKCS Staff Development Day

6月11日,新會商會港青基信學校舉行了學年內第三次教師發展日。教師團隊參觀了九龍尖沙咀彌敦道聖安德烈堂,與教堂主任牧師探討基督教聖經真理,也參觀了教堂旁邊的The Nest咖啡店,了解為有障礙的人提供的支援和工作機會;還參觀了九龍清真寺,認識伊斯蘭教信仰。

June 11 is the 3rd Staff Development Day of SWYHKCS, the teaching staff team visited St. Andrew's Church, where they engaged in an interactive and thought-provoking Q&A Session with the vicar, Rev. Alex McCoy. After enjoying a coffee break at the church's 'The Nest', to learn about support and





新會商會港青基信學校入學簡介會 SWYHKCS Admissions Briefing 2025-2026

6月1日,新會商會港青基信學校舉辦了2025-2026年度入 學簡介會。在三號颱風及大雨下,約有200名家長和孩子 參加簡介會,會中介紹了學校背景和其糅合了英國和香港 的課程特色,也參觀了課室和特別室,而學生大使們也介 紹了學生所做的習作和藝術品。

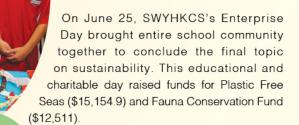
On June 1, SWYHKCS held an Admissions Briefing for School Year 2025-2026 for prospective parents and students. Despite Typhoon 3 Signal and heavy rains, around 200 parents and children joined our briefing session.

Following a brief presentation about the school's background and its unique combined UK and Hong Kong curriculum, participants were divided into small groups for school tours led by our teachers and student ambassadors. Our teachers showcased the classrooms and special facilities, while student ambassadors introduced visitors to students' classwork and art pieces.



新會商會港青基信學校企業日 SWYHKCS Enterprise Day

6月25日是新會商會港青基信學校企業日,全校師生齊聚 為可持續發展的最後一個課題作結。這一天不僅具有教育 性,也為慈善出力,為兩間慈善機構募集善款,分別捐給 了無塑海洋(Plastic Free Seas)(\$15,154.9)和動物保 護基金(Fauna Conservation Fund)(\$12,511)。



新會商會港青基信學校感恩祭 SWYHKCS Thanksgiving Service



在6月26日的新會商會港青基信學校感恩祭中,校監何慶濂先生以感恩和充滿信心的訊息啟發我們。令人振奮的崇拜完美地引領我們進入頒獎典禮,慶祝學生的成就和努力。當我們告別另一個充實的學年時,我們期待著一個等待我們的冒險旅程。感謝大家成為我們這個充滿活力的學校社區的一份子!

The academic year of SWYHKCS concluded on a reflective note with a Thanksgiving Service on June 26, where our School Supervisor, Mr. Ho, inspired us with a message of gratitude and faith amidst uncertainty. This uplifting service led seamlessly into our prize-giving ceremony, celebrating the achievements and efforts of our students. As we bid farewell to another enriching school year, we look forward to the adventures that await us. Thank you for being a part of our vibrant school community!

YMCA of Hong Kong Christian College



Lions Kidney Educational Centre and Research Foundation



Hong Kong Philharmonic Society Limited



APR - JUN 2024

EVENTS

Lions Clubs of Hong Kong



Hong Kong Dance Federation



YMCA A-Life Academy High Table Dinner



游吉資訊

港青基信書院本地及海外的義工服務計劃 YHKCC Local & Outbound Service Trips 2024

疫情過去,港青基信書院很高興能在過去學年再次舉辦本地 及海外的義工服務計劃。

本校中三及中四的同學在以下各個領域進行不同的服務,包括幼稚園、少數族裔社群、特殊學習需要、長者、低收入家庭等。透過這些活動,我們希望能更深入全面地了解我們身處的香港,並為社會作出貢獻。

此外,學生們還遠赴菲律賓宿霧、杜馬蓋地、泰國清萊、四川及台南,進行社區服務。在台南,除了為當地長者提供服務,學生們還參與樹木修剪和農耕體驗。在杜馬蓋地, 學生則利用在學校籌集的資金,為當地極端貧困家庭建造了 一所洗手間。

這些服務計劃不僅讓學生體驗不同的文化和生活方式,還培養了他們的社會責任感和同理心。我們相信活動能夠啟發學生的潛能,並為個人和社會發展作重要貢獻。

憑著基督的愛和信念,我們期待未來能有更多類似的服務計劃,希望這些活動能繼續豐富學生的學習經歷,同時造福 社會,服務人群。

Since the epidemic was over, the YMCA of Hong Kong Christian College was delighted to resume its local and overseas volunteer service programmes this school year.

Students in Forms 3 and 4 provided different services to kindergartens, ethnic minority communities, people with special learning needs, the elderly and low-income families. Through these activities, our students developed a deeper and more comprehensive understanding of Hong Kong and made a valuable contribution to society.

In addition, student groups also travelled further afield to Cebu and Dumaguete in The Philippines, Chiang Rai in Thailand, and Sichuan and Tainan in China, where they provided services to local communities. For example, in Tainan, students not only assisted elderly residents but also participated in tree pruning and farming experiences. In Dumaguete, students used funds raised at school to build a toilet for extremely poor families.

These service programmes not only give students opportunities to experience different cultures and lifestyles, but also develop social responsibility and empathy. We believe that such activities can inspire students and make important contributions to their personal and social development.

With the love of Christ and faith in God, we look forward to organising similar service programmes in the future, hoping that these activities will continue to enrich our students' learning experiences while also serving the community and benefiting society.













與小朋友共建環保聖誕,體驗節日喜悅!

「惜玩文化」將再一次舉辦有意義的活動連結商界與社區,與年青藝術家、義工和 小朋友們將被棄置的塑膠玩具賦予新生命,共同製作100棵聖誕樹!

活動於去年初辦,反應熱烈,吸引大量公眾和遊客參觀,更受傳媒報導。為慶祝香港基督教青年會總部在梳士巴利道開幕100周年,活動再次為100名社區小朋友帶來愛與實現夢想,燃點他們的希望,用被丟棄的玩具創造自己的聖誕樹,體驗節日的喜悦。 所有作品將在香港基督教青年會總部及轄下各個社區中心展出。

耶穌的誕生帶給世人歡欣與希望!2024年「有意義聖誕樹100」活動所籌得的款項將會為參與 的基層家庭小朋友舉辦聖誕聯歡活動,讓他們都能體驗到節日的氣氛和快樂。

如果您願意支持這個計劃,歡迎致電2268-7060會員服務部查詢。

你必將生命的道路指示我。在你面前有滿足的喜樂; 在你右手中有永遠的福樂。(詩篇16:11)

Call for a green action to support children!

With a joint effort of young artists, volunteers and corporates, YMCAHK's Toy Reborn Unit will organise a meaningful event to engage stakeholders and the community to repurpose disposed toys by making 100 Christmas trees.

Riding on last Christmas' success, which attracted many members of the public and tourists and received media coverage, the YMCAHK is excited to announce a special event as part of its Centennial Celebration for the Salisbury Road Grand Opening.

A total of 100 children from our beneficiary families

A total of 100 children from our beneficiary families will participate in making their own Christmas trees by disposed toys, to bring love, fulfill dreams, and experience the joy of the season.

All the creations will be showcased at the YMCAHK's headquarter and its community centres.

As the birth of Christ brings joy and hope to the world, this year, the funds raised from the initiative will be for organising a Christmas celebration for all participating children and volunteers,

so that each child is able to experience the festivity and delight of the season.

To support this programme, please call our Member Services hotline at 2268-7060

You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand. (Psalm 16:11)



ADMISSION BRIEFING 2025-2026

The Admission Briefing for 2025-2026 Form 1 Students will be held on 12th October (Saturday) from 2:30pm to 4:30pm. Parents and students are cordially invited to join us. The briefing will consist of a School Introduction presented by the Principal and the Leadership Team, Campus tour and a Q&A Session.

COMPLIMENTARY SHUTTLE BUS SERVICE



Time : 1:30pm

Pick-up point : YMCA of Hong Kong, 41 Salisbury Road, TST

TO RESERVE YOUR PLACE



English Session



Mandarin Session

For enquiries, please contact Ms. Ankie Fok at 2988 2028 or at ankie.fok@yhkcc.edu.hk



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