

甲、計劃詳情：

- 1 參加者必須為青年會會友，18歲以下的全日制學生參加「中學組」，18歲至25歲的青少年會友參加「公開組」。
- 2 獎勵分為銅章、銀章、金章三級，參加者可以直接參加任何一級或順序參與。每年三月底截算參加者紀錄一次，經評審合格後，便可獲頒獎狀。
- 3 主題活動包括4個：
“Community Wellbeing”、“Meaningful Work”、“Just World”及“Sustainable Planet”，參加者可從中選擇並須按各章級的要求完成目標。
- 4 年滿18歲或以上金章得獎者可組隊參加「世界公民終極行」。
- 5 惟於遞交報名表時全組參加者的年齡須在29歲或以下。
- 6 香港中華基督教青年會保留隨時修訂以上細則之權利。如有任何爭議，本會將保留最終決定權。

A. Program Details:

- 1 Participants must be members of the YMCA. Full-time students under 18 years old participate in the "Secondary School Group," while YMCA members aged 18 to 25 participate in the "Open Group."
- 2 The rewards are divided into three levels: **Bronze, Silver, and Gold**. Participants can directly participate in any level or progress sequentially. Participants' records are evaluated and finalized at the end of March each year. Upon passing the evaluation, they will be awarded a certificate.
- 3 The thematic activities include four categories: "**Community Wellbeing**," "**Meaningful Work**," "**Just World**," and "**Sustainable Planet**." Participants can choose from these categories and must fulfill the requirements for each level.
- 4 Gold-level awardees who are 18 years old or above can form teams to participate in the "**世界公民終極行**"
- 5 All members of the group must be 29 years old or below at the time of submitting the application form.
- 6 The Hong Kong YMCA reserves the right to revise the above regulations at any time. In case of any disputes, the final decision lies with the YMCA.

Sharing from “Be a Global Citizen Campaign” Participants by Frances Yeung, Michelle Ip, Angel Yiu and Joanne Tang



We were delighted to win the "Ultimate Global Citizen 2024" Award and travelled together to Finland in August to explore the concept of Finnish happiness.

During our journey, we visited a local guidance centre for young people, the world's oldest mental health organisation, a community living room designed to reduce loneliness, and a cohousing community created by its residents. Through interviews, visits, and workshops, we engaged in fascinating discussions and interactions with Finnish people, deepening our understanding of their culture. In addition to visiting various organisations, we conducted street activities, inviting passers-by to write down recent things that made them happy on blessing cards. In exchange, they received blessing cards we had

collected previously in Hong Kong. This process led to many unexpected encounters, allowing us to gather diverse small blessings and engage in interesting conversations, all providing us with new insights about happiness. On the last day of our trip, we experienced forest bathing and a sauna session, fully immersing ourselves in the Finnish approach to happiness.

After spending 10 days in Finland, we concluded that Finnish happiness is attainable. The "Sisu" we sought throughout our journey truly exists within each of us. Finnish people are generally content and grateful for their lives. Many describe their culture using the term "moderate," as most individuals are satisfied with what they have and seldom pursue extravagant ambitions. This mindset contributes to the scarcity of luxury brands in Finland. When people focus on leading simple and ordinary lives, happiness naturally emerges. Moreover, Finnish people draw healing power from nature. Finland boasts beautiful natural landscapes, but what's more critical is individuals' strong connection with their surroundings. From childhood, climbing trees and foraging for wild berries and mushrooms are integral parts of daily life, making nature a cherished aspect of their existence. Therefore, nature has become a treasure in their life. Saunas also play an essential role in Finnish culture, emphasising quality time with others. Many Finnish households have saunas, and even infants as young as a few months of age partake in the tradition. During the one to two hours spent in a sauna, friends and family engage in meaningful conversations about their lives. This valuable time fosters honesty and connection, embodying the Finnish approach to maintaining good relationships and contributing to their happiness.

Reflecting on Hong Kong, while it may be challenging to compare our natural environment and social facilities with Finland, we can learn much from their mindset and attitude. "Attitudes determine the realm." We hope that Hong Kong people can draw inspiration from Finnish culture to create their own version of happiness.



促進
社區全人健康
Community Wellbeing



The Ultimate Global Citizen programme encourages young individuals to develop a sense of global citizenship through outbound trips and thematic activities. Winners of the award are selected to explore destinations outside Hong Kong and delve deeper into specific social issues, with financial support from the Chinese YMCA of Hong Kong. After the trip, participants will organise and implement local activities related to their chosen topic to raise public awareness.