



# 外展家庭服務

## Outreaching Family Service

### 目的 Objective :

透過舉辦特定活動支援基層家庭的身心需要，促進正面成長。

To support the physical and emotional needs of grassroots families with individualized family programmes.

### 服務對象 Target :

擁有6歲至24歲兒童及青少年之基層家庭。

Grassroots families with children or youth aged 6-24.

### 服務地區 Service areas :

油尖旺區，其中尤以文匯街、文英街、文苑街、文蔚街、文昌街至文咸街範圍內的樓宇（俗稱八文樓）為主。

Yau Tsim Mong District, mainly residences in Man Wui Street, Man Ying Street, Man Yuen Street, Man Wai Street, Man Cheong Street to Man Shing Street (Man Wah Sun Estate - 8 Blocks of Buildings)

## 「外展家庭服務」會員種類及申請資格 "Outreaching Family Service" Membership & Eligibility

申請家庭需成為中心會友 Applicants (family as a unit) must be YMCA's Members

### 半津家庭會籍 "Half Grant" Membership

凡獲批以下政府津貼之家庭，均可以半津家庭資格報名參與中心活動：

Families currently receiving the following government allowances, are eligible for "Half Grant" membership:

- 學生資助計劃（半額）  
Financial Assistance Scheme (Half grant)
- 在職家庭津貼（半額）  
Working Family Allowance Scheme (Half grant)
- 如領取以上津貼須為困居戶家庭（現居於劏房/共居單位/板間房/天台屋/寮屋），並須接受社工進行家訪。  
If receiving the above allowances must be a poor housing family (current residents of subdivided flat/ co-living unit/ cubicle home/ rooftop shack/ squatter), a home visit conducted by social worker is compulsory.

### 全津家庭會籍 "Full Grant" Membership

凡獲批以下政府津貼之家庭，均可以全津家庭資格報名參與中心活動：

Families currently receiving the following government allowances are eligible for "Full Grant" membership:

- 綜合社會保障援助（綜援）  
Comprehensive Social Security Assistance (CSSA)
- 學生資助計劃（全額）  
Financial Assistance Scheme (Full grant)
- 在職家庭津貼（3/4免或全額）  
Working Family Allowance Scheme (3/4-rate or Full grant)

## 「外展家庭服務」會員可以 "Outreaching Family Service" Membership Benefits

### 參加佐敦快訊「外展家庭服務」版面內之小組及活動

To participate in groups and activities held by "Outreaching Family Service"

### 以優惠價報名參加本中心的小組及活動（需要視乎個別活動/小組是否配有優惠名額）

To enjoy a discount for the groups and activities held by Jordan Centre (Depending on individual cases and the number of quotas)

## 申請辦法 How to Apply

### 申請人須填妥外展家庭服務會友登記表（可向本會所職員索取）及攜同有關證明文件到本中心櫃台辦理有關手續，本會所職員將會作核實及審批。

To fill out the "Outreaching Family Services" Membership Application Form (available at counter) and bring along the supporting documents to the counter for verification and approval.

### 參加者如未滿6歲或逾24歲者，須有最少1位6歲至24歲之家庭成員為本會會友。

If the participant is under the age of 6 or over 24, he/she must be affiliated with a family member aged 6-24 holding valid YMCA's membership.

4503.2501/F

## ABC 英語遊樂團

ABC English Class

培養兒童對英語的興趣並提升他們英語水平。

Enhancing primary school students' interest and proficiency in English.

內容 Content :

以有趣生動的遊戲方式教授兒童英語 Learning English through interesting way.

日期 Date :

4/1、18/1、1/2、15/2、1/3、15/3、29/3、12/4、26/4/2025

(隔週六 Every other Saturday)

時間 Time :

11:00am -12:00pm

地點 Venue :

佐敦會所 / Jordan Centre

對象 Target :

外展家庭之6-12歲兒童會員 Outreaching Family Members aged 6-12

費用 Free :

全免 / Free

名額 Quota:

8名 / 8 Participants

負責同工 Staff Responsible:

鍾志恒 (CHUNG Chi-hang)

4503.2501/F

## DIY 出奇復活蛋

DIY Easter Egg

訓練兒童創意及手部靈活，並享受做手工的樂趣慶祝復活節

Develop children's creativity and dexterity, and make handcraft to celebrate Easter.

內容 Content :

製作復活蛋，慶祝復活節 DIY Easter Egg to celebrate Easter.

日期 Date :

11/4/2025 (星期五 Friday)

時間 Time :

6:00pm-7:00pm

地點 Venue :

佐敦會所 Jordan Centre

對象 Target :

外展家庭之6-12歲兒童會員 Outreaching Family Members aged 6-12

費用 Free :

兒童 \$ 20 (半津) Children \$20 (Half-grant)

兒童 \$ 10 (全津) Children \$10 (Full-grant)

名額 Quota:

6-8名 6-8 Participants

負責同工 Staff Responsible:

鍾志恒 (CHUNG Chi-hang)



# 家庭活動 Family Activity

4803.2501/F01

## 手工裝飾賀新年

DIY New Year Decoration

促進親子之間的溝通和合作，並享受做手工的樂趣慶祝農曆新年

Facilitate parent and child relationship, and to celebrate Chinese New Year by making DIY decoration.

內容 Content :

製作手工裝飾，慶祝農曆新年。

DIY decoration to celebrate Chinese New Year.

日期 Date :

24/1/2025 (星期五 Friday)

時間 Time :

7:30pm -8:30pm

地點 Venue :

佐敦會所 / Jordan Centre

對象 Target :

外展家庭會員 Outreaching Family Members

費用 Free :

家庭 \$ 20 (半津) Family \$20 (Half-grant)

家庭 \$ 10 (全津) Family \$10 (Full-grant)

名額 Quota:

8個家庭 / 8 Families

負責同工 Staff Responsible:

鍾志恒 (CHUNG Chi-hang)



# 置地公司·家基金活動

HOMEFUND by Hongkong Land / Sponsored Activities

**服務對象 Target :** 擁有6歲至24歲兒童及青少年之基層家庭。  
Grassroots families with children or youth aged 6-24.

**服務地區 Service areas :** 油尖旺區 Yau Tsim Mong District

- 申請辦法請參考第28頁  
Please refer to page 28 for the application procedure.
- 申請家庭須先成為中心會友及外展家庭會員。  
Applicants must first become an YMCA's member and outreaching family member.

## 兒童活動 Child Activity

4503.2501/HF01

### 玩出未來成長訓練營

Big Kid Training Camp

透過遊戲及營會提升參加者抗逆力和擴闊生活圈子。  
Enhance participants' resilience and expand their life circles through games and camps.

**內容 Content :**

團隊及解難遊戲、兩日一夜宿營。  
Team and problem-solving games in the overnight camping.

**日期 Date :**

25-26/1/2025 (逢星期六、日 Saturday and Sunday)

**時間 Time :**

14:00pm-14:00pm

**地點 Venue :**

曹公潭戶外康樂中心 (暫定)  
Tso Kung Tam Outdoor Recreation Centre (Temporary)

**集散地點 Drop-off & Pickup:**

佐敦會所 / Jordan Centre

**對象 Target :**

外展家庭之7-12歲兒童會員 / Outreaching Families Members aged 7-12

**費用 Free :**

\$40

**名額 Quota:**

20名 / 20 Participants

**負責同工 Staff Responsible:**

伍子傑 (NG Tsz-kit)

**備註 Notes:**

1. 費用已包括膳食、交通及營費；  
Fees include meal, transportation and camping charges ;
2. 請帶備足夠衣物和個人用品、可濕水的拖鞋及盛載污衣的膠袋；  
Please bring enough clothing and personal items, slippers and a plastic bag for dirty clothes ;
3. 請帶備少量金錢；  
Please bring a small amount of money ;
4. 由置地公司·家基金贊助。  
Sponsored by HOMEFUND by Hongkong Land.

# STEAM - 電子繪畫師

STEAM - Digital Drawing

學習平板電子繪畫 (Procreate) 並從中發展個人興趣。

Exploring Digital Drawing with 'Procreate' and Cultivating Personal Interests

**內容 Content :**

畫畫不再限於紙和筆！一起體驗iPad電繪 (Procreate) 的實際應用技巧，並學習STEAM背後的理念及邏輯吧！

Drawing is no longer confined to paper and paintbrush! Let's learn practical application techniques for Digital Drawing using Procreate, as well as STEAM principles and logic!

**日期 Date :**

14/2、21/2、28/2、14/3、21/3、28/3/2025 (逢星期五 Every Friday)

**時間 Time :**

6:30pm-7:30pm

**地點 Venue :**

佐敦會所 / Jordan Centre

**對象 Target :**

外展家庭之6-12歲兒童會員 / Outreaching Families Members aged 6-12

**費用 Free :**

\$50

**名額 Quota:**

8名 / 8 Participants

**負責同工 Staff Responsible:**

李芊慧 (LEE Chin-wai)

**備註 Notes:**

由置地公司·家基金贊助

Sponsored by HOMEFUND by Hongkong Land

## 家長活動 Parent Activities

4503.2501/HF03

### 香水有獨

Perfume's uniqueness

提升自信及建立社交互助。

Enhancing their confidence and connecting them to form supportive social groups

**內容 Content :**

認識香水調製過程及方法，製作獨一無二的香水代表自己。

Understand the process and methods of perfume formulation to create a unique fragrance that represents yourself

**日期 Date :**

6/1、13/1、20/1、3/2、10/2、17/2、24/2、3/3/2025

(逢星期一 Every Monday)

**時間 Time :**

10:30am-11:30am

**地點 Venue :**

佐敦會所 / Jordan Centre

**對象 Target :**

外展家庭會員之家長 The parent of the Outreaching Family Member

**費用 Free :**

\$10/人 \$10/person

**名額 Quota:**

8名 / 8 Participants

**負責同工 Staff Responsible:**

鍾志恒 (CHUNG Chi-hang)、何桂仲 (HE Gui-zhong)

**備註 Notes:**

由置地公司·家基金贊助；

Sponsored by HOMEFUND by Hongkong Land;

4503.2501/HF04

### 咖啡拉花小組(第三期)

Coffee Latte Group (Third Phase)

增加家長之間交流和共同話題，建立聯繫，擴闊社交；

豐富家長的興趣愛好，提升自信心。

Increase communication and shared topics between parents, establish connections, and broaden their social circle.

Enrich their interests and hobbies, and boost their self-confidence.

**內容 Content :**

學習咖啡拉花的技巧和知識等

Learning the skills and knowledge related to latte art

**日期 Date :**

7/1、14/1、21/1、4/2、11/2、18/2、25/2、4/3/2025

(逢星期二 Every Tuesday)

**時間 Time :**

10:30am-11:30am

**地點 Venue :**

佐敦會所 / Jordan Centre

**對象 Target :**

外展家庭會員之家長 / The parent of the Outreaching Family Member

**費用 Free :**

\$20/人 \$20/person

**名額 Quota:**

8名 / 8 Participants

**負責同工 Staff Responsible:**

鍾志恒 (CHUNG Chi-hang)

**備註 Notes:**

由置地公司·家基金贊助

Sponsored by HOMEFUND by Hongkong Land



**整妝待化**

Beauty Buddies

提升自信及建立社交互助。

Enhancing their confidence and connecting them to form supportive social groups

<b>內容 Content :</b>	學習基本化妝技巧 Learning basic make-up skills
<b>日期 Date :</b>	11/1、18/1、1/2、8/2、15/2、22/2、1/3、8/3/2025 (逢星期六 Every Friday)
<b>時間 Time :</b>	10:30am-11:30pm
<b>地點 Venue :</b>	佐敦會所 / Jordan Centre
<b>對象 Target :</b>	外展家庭會員之家長 The parent of the Outreaching Family Member
<b>費用 Free :</b>	\$20/人 \$20/person
<b>名額 Quota:</b>	8名 / 8 Participants
<b>負責同工 Staff Responsible:</b>	鍾志恒 (CHUNG Chi-hang)、何桂仲 (HE Gui-zhong)
<b>備註 Notes:</b>	由置地公司·家基金贊助； Sponsored by HOMEFUND by Hongkong Land.

**家長瑜伽小組 (3)**

Parent Yoga Group (3)

豐富家長的興趣愛好，提升自信心；舒緩解壓，提升情緒和家庭關係。

Enrich parents' interests and hobbies, and boost their self-confidence; Alleviate stress, and enhance emotional well-being and family relationships.

<b>內容 Content :</b>	學習以呼吸帶領身體，提升身體覺知和肢體協調能力 Learning to lead the body with breathing, enhance body awareness and physical coordination.
<b>日期 Date :</b>	17/1、24/1、7/2、14/2、21/2、28/2、7/3、14/3/2025 (逢星期五 Every Friday)
<b>時間 Time :</b>	11:00am-12:00pm
<b>地點 Venue :</b>	佐敦會所 / Jordan Centre
<b>對象 Target :</b>	外展家庭會員之家長 The parent of the Outreaching Family Member
<b>費用 Free :</b>	\$20/人 \$20/person
<b>名額 Quota:</b>	8名 / 8 Participants
<b>負責同工 Staff Responsible:</b>	鍾志恒 (CHUNG Chi-hang)、何桂仲 (HE Gui-zhong)
<b>備註 Notes:</b>	由置地公司·家基金贊助； Sponsored by HOMEFUND by Hongkong Land;

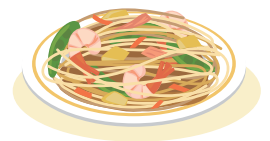
**歡樂狂想cook**

Fantastic Cooking Group

享受製作美食的樂趣，同時與其他家長交流育兒心得，輕鬆減壓

Enjoying cooking tasty food and sharing parenting tips with other parents to relax and reduce stress.

<b>內容 Content :</b>	製作不同的美食 making delicious food
<b>日期 Date :</b>	17/1、24/1、7/2、14/2、21/2、28/2、7/3、14/3/2025 (逢星期五 Every Friday)
<b>時間 Time :</b>	6:30pm-7:30pm
<b>地點 Venue :</b>	佐敦會所 / Jordan Centre
<b>對象 Target :</b>	外展家庭會員之家長 The parent of the Outreaching Family Member
<b>費用 Free :</b>	\$20/人 \$20/person
<b>名額 Quota:</b>	8名 / 8 Participants
<b>負責同工 Staff Responsible:</b>	鍾志恒 (CHUNG Chi-hang)、何桂仲 (HE Gui-zhong)
<b>備註 Notes:</b>	1.由置地公司·家基金贊助； Sponsored by HOMEFUND by Hongkong Land; 2.請自備圍裙及手袖； Please bring your own apron and sleeves; 3.請自備食物盒。 Please bring your own lunch box.



## 親子學習「升呢」工作坊 暨 1-3月份家庭生日會

Parent-child "Level Up" Workshop and Family Birthday Celebrations (January - March)

提升孩子的學習動機與專注力，透過遊戲增添學習樂趣。

Boost children's learning motivation and focus through fun, game-based activities.

**內容 Content :**

親子遊戲介紹和體驗、生日會

Introduction and experience of parent-child games, as well as birthday celebrations.

**日期 Date :**

15/3/2025 (星期六 Saturday)

**時間 Time :**

6:30pm-8:00pm

**地點 Venue :**

佐敦會所 / Jordan Centre

**對象 Target :**

外展家庭會員之家長和兒童 /

The parent and children of the Outreaching Family Member

**費用 Free :**

全免 Free

**名額 Quota:**

15名 / 15 Participants

**負責同工 Staff Responsible:**

鍾志恒 (CHUNG Chi-hang)

**備註 Notes:**

由置地公司·家基金贊助；

Sponsored by HOMEFUND by Hongkong Land;



## Chinese dim sum class

Understanding and mastering the traditional techniques used in making various types of dim sum.

Content :	Making dim sum
Date :	4/1, 11/1, 18/1/2025 (Every Saturday)
Time :	5:00pm-6:30pm
Venue :	Jordan Centre
Target :	Parents and Child aged 6-14
Fee :	\$60/Family
Quota :	5 families
Staff Responsible :	YIM Sze-man (Miss Eva) SO Chi-lok (Lok Sir)

4503.2501/E01

## STEAM E-racing Class

Using PS5's game GT7 (Gran Turismo 7) with a simulated racing steering wheel to learn the mechanical structure and physical principles of driving a vehicle.

Content :	simulated racing, learn the mechanical structure and physical principles
Date :	8/2, 15/2, 22/2, 1/3/2025 (Every Saturday)
Time :	11:00am-12:00nn
Venue :	Jordan Centre
Target :	Aged 8-15
Fee :	\$50
Quota :	6 Participants
Staff Responsible :	YIM Sze-man (Miss Eva) SO Chi-lok (Lok Sir)

4503.2502/E02

## Lego STEM experience

Through the Lego WeDo2.0 set, participants are provided with brain-using, hands-on and scientific inquiry activities to improve students' curiosity, scientific skills and ability to use both hands and brain.

Content :	Learn basic programming, train independent thinking and problem-solving abilities
Date :	15/3, 22/3, 29/3/2025 (Every Saturday)
Time :	4:30pm-5:30pm
Venue :	Jordan Centre
Target :	Children age 6 to 12
Fee :	\$50/person
Quota :	12 Participants
Staff Responsible :	YIM Sze-man (Miss Eva) SO Chi-lok (Lok Sir)

4503.2503/E03

# 恆常訓練程序

## Training courses

所有課堂費用按月計算，學員必須繳交完整一期費用。如於月底前仍未繳交下月學費者，則視作放棄繼續報讀課程，並將由後補人士補上；

All courses are charged on a monthly basis and in a full session. If the fee of next month has not been paid by the end of this month. It would be regarded as a withdrawal from the course. The applicants on the waiting list will take up the place;

學員缺席課堂之學費並不會按比例退回，亦不能累積作繳交下期學費之用；  
no refunds is issued on a pro-rata basis for missed classes or no-shows and the fee cannot be carried over to another term;

凡報讀本會所課程，而出席率達到80%或以上的學員，可申請聽講證書，申請期限為該課程完結後，三個月內辦理有關申請，每張證書費用為港幣\$20；  
an attendance certificate is available within 3 months after the end of the course for participants whose attendance is above 80% and costs \$20;

所有訓練程序參加者須年滿6歲，如未滿6歲則其家庭會友會籍內需有介乎6-24歲的家庭成員，方合資格參加；  
if the participant is under the age of 6 or above 24. He/ she must be affiliated with a family member aged 6-24 holding a valid YMCA's membership;

參加者未滿12歲，須於報名表上選擇接送安排。  
if the participant is under the age of 12, please choose the leave method on the registration form.

## 『接放幼兒之安排』

### Arrangement For Picking Up Children

為確保幼兒之安全，請家長/接放者準時到課室接回幼兒，同時導師亦會核實有關家長或接放者之身份。

To ensure the safety of the children, please pick them up in the classroom punctually. Parents' / guardians' identities will be verified by the tutors.

好消息！早鳥優惠！  
凡於每月25日或之前繳交下月學費，  
可獲每堂減\$5之優惠。

Good news! Early Birds Discount!  
Pay the fee before 25th of every month and  
get a \$5 discount per one lesson.





## 星期一 Monday

### 兒童創意畫室 Children's Creative Drawing

T01

繪畫有助啟發兒童的創意，教授繪畫之基本技巧，如線條的運用，幾何圖形、十字分析等由淺入深，培養繪畫興趣。

Drawing can help inspire children's creativity and teach basic drawing skills, such as the use of lines, geometric figures, cross analysis, etc., from simple to advanced, and cultivate interest in drawing.

日期 Date：按當月日數而定 Depends on the number of days in the month

時間 Time：4:00pm-5:00pm

費用 Fee：\$155/堂 \$155/Session

對象 Target：4-10歲 Aged 4-10

名額 Quota：8名 8 Participants

備註 Notes：請自備鉛筆、擦膠、畫簿及木顏色筆

Please bring your own pencils, erasers, drawing books and wooden color pens

### IPad繪畫教室 iPad Painting Classroom

T02

繪畫有助啟發兒童的創意，配合科技發展，教授使用平板電腦繪畫的技巧，讓參加者由淺入深學習運用電子科技繪畫。

Drawing helps inspire children's creativity, teach them the skills of using iPad to draw, and how to use electronic technology to draw from the basic to the advanced.

日期 Date：按當月日數而定 Depending on the number of days in the month

時間 Time：5:15pm-6:15pm

費用 Fee：\$150/堂 \$150/Session

對象 Target：6-12歲 Aged 6-12

名額 Quota：8名 8 Participants

備註 Notes：請自備平板電腦及筆 Please bring your own iPad and pen

## 星期三 Wednesday

### 奧數思維訓練班 Olympiad Math Training Class

T03

奧數」能將數學生活化，提高學生對數學科參與及興趣，提升學生智商、邏輯思維、推理力、分析力及解題能力。

Olympiad Math can make mathematics more practical in daily life, increase students' participation and interest in the subject, enhance their intelligence quotient, logical thinking, reasoning ability, analytical skills, and problem-solving capabilities.

日期 Date：按當月日數而定 Depends on the number of days in the month

時間 Time：4:15pm-5:15pm

費用 Fee：\$155/堂 \$155/Session

對象 Target：6-12歲 Aged 6-12

名額 Quota：8名 8 Participants

### 兒童日語學堂 Children's Japanese Learning Center

T04

"五十音"是日文學習的基礎，通過學習"五十音"圖，可以快速地記住和掌握日文，導師主要教導生活化詞彙，令學生可在日常中應用。

The "Hiragana" (Japanese Phonetic Script) is the foundation of learning Japanese. By learning the "Hiragana" chart, students can quickly memorize and master the Japanese language. The instructors primarily teach practical and daily-life vocabulary, enabling students to apply it in their everyday life.

日期 Date：按當月日數而定 Depends on the number of days in the month

時間 Time：5:30pm-6:30pm

費用 Fee：\$155/堂 \$155/Session

對象 Target：6-12歲 Aged 6-12

名額 Quota：8名 8 Participants

## 星期四 Thursday

### 花式跳繩學堂 Fancy Rope Skipping

T05

課程會教授不同花式跳繩技巧。花式跳繩能強健心肺功能，有助提升身心健康發展。

The course will teach different jumping rope techniques. Fancy rope skipping can strengthen cardiopulmonary function and help, improve physical and mental health development.

**日期 Date :** 按當月日數而定 Depends on the number of days in the month

**時間 Time :** 4:30pm-5:30pm

**費用 Fee :** \$155/堂 \$155/Session

**對象 Target :** 5-12歲 Aged 5-12

**名額 Quota :** 8名 8 Participants

**備註 Notes:** 請穿著輕便服裝、運動鞋，自備毛巾及飲用水

Please wear casual clothing, sports shoes, and bring your own towel and drinking water

### Aikido學堂 Aikido Class

T06

以現代化的方式教授合氣道，讓小朋友學習禮儀及紀律，同時學習踢腳、翻滾和落地等技巧，有助提升小朋友的體能和身體素質。

Let children learn etiquette and discipline from Aikido, as well as skills of kicking, rolling and landing, which will help improve children's physical fitness and fitness.

**日期 Date :** 按當月日數而定 Depends on the number of days in the month

**時間 Time :** 6:30pm-7:30pm

**費用 Fee :** \$155/堂 \$155/Session

**對象 Target :** 5-12歲 Aged 5-12

**名額 Quota :** 8名 8 Participants

**備註 Notes :** 上課時須穿著合氣道袍；

Aikido robes should be worn during class;

請自備毛巾及飲用水。

Please bring your own towel and drinking water.

## 星期五 Friday

### Funky Jazz

T07

透過節奏強勁的音樂及舞步，加強兒童的節奏感及身體協調性；舞步較自由讓兒童可發揮創意；排練團體舞蹈，有助加強小朋友的團體合作性。

The course will teach different jumping rope techniques. Fancy rope skipping can strengthen cardiopulmonary function and help, improve physical and mental health development.

**日期 Date :** 按當月日數而定 Depends on the number of days in the month

**時間 Time :** 3:45pm-4:45pm

**費用 Fee :** \$155/堂 \$155/Session

**對象 Target :** 5-12歲 Aged 5-12

**名額 Quota :** 12名 12Participants

**備註 Notes:** 請穿著輕便服裝、運動鞋，自備毛巾及飲用水

Please wear casual clothing, sports shoes, and bring your own towel and drinking water

### K-Pop Dance

T08

教授流行的韓國音樂，教導小朋友的基礎舞蹈技巧，訓練身體的協調及靈活性，透過舞步培養小朋友的節奏感。

Teach children popular Korean music, basic dance skills, train body coordination and flexibility, and develop their sense of rhythm through dance steps.

**日期 Date :** 按當月日數而定 Depends on the number of days in the month

**時間 Time :** 5:00pm-6:00pm

**費用 Fee :** \$155/堂 \$155/Session

**對象 Target :** 5-12歲 Aged 5-12

**名額 Quota :** 12名 12Participants

**備註 Notes:** 請穿著輕便服裝、運動鞋，自備毛巾及飲用水

Please wear casual clothing, sports shoes, and bring your own towel and drinking water

## 恆常鋼琴課程 Regular Piano Lessons

編號/Number	課程名稱/Name	星期/Week
T20A	鋼琴研習A/Piano Lessons A	一/Monday (個別預約/Individual reservation)
T20B	鋼琴研習B/Piano Lessons B	二/Tuesday (個別預約/Individual reservation)
T20C	鋼琴研習C/Piano Lessons C	四/Thursday (個別預約/Individual reservation)
T20D	鋼琴研習D/Piano Lessons D	五/Friday (個別預約/Individual reservation)
T20E	鋼琴研習E/Piano Lessons E	六/Saturday (個別預約/Individual reservation)

## 鋼琴研習費用 Fee of Piano Lessons

級別/Grade	30分鐘/Minutes	45分鐘/Minutes	60分鐘/Minutes
初級/Initial Grade	\$ 160	\$ 200	/
一級/Grade 1	\$ 165	\$ 210	/
二級/Grade 2	\$ 185	\$ 220	/
三級/Grade 3	/	\$ 230	\$ 290
四級/Grade 4	/	\$ 240	\$ 315
五級/Grade 5	/	\$ 260	\$ 330
六級/Grade 6	/	\$ 295	\$ 335
七級/Grade 7	/	\$ 305	\$ 375
八級/Grade 8	/	/	\$ 425
演奏級/Diploma	/	/	\$ 475

對象為5歲以上；導師與學員比例為1:1，經導師評核可代報考試。

The target candidates are age 5 and above; the ratio of tutors to students is 1:1, and students can apply for the exam after evaluation by the tutor.

# 會友意見及回應

## Suggestion/ Feedback



若你對會所服務有任何意見，讚賞或申訴，歡迎選用以下任何一種方法向我們表達：

You can express your opinions through these channels:

- 1 向當值職員直接表達對本會所服務的意見讚賞或申訴，並請留下聯絡資料以便跟進處理；  
Talk to the Duty Officer directly and leave your contact for follow-up;
- 2 致電本會所主任表達意見或申訴；  
make a call to the Centre-in-charge;
- 3 填寫【意見/投訴/讚賞紀錄表】(SQS15\_01)或直接去信予本會所主任；  
submit Opinion /Complaint Form (SQS15\_01) available at the counter;
- 4 電子郵件：jordan@ymca.org.hk (請留意：電子郵件在傳送途中可能會被第三者截取)；  
send email to jordan@ymca.org.hk (Please be reminded that e-mail transmissions are susceptible to interception by third parties);
- 5 如你感到本會所未能妥善處理你的意見和提議，歡迎填寫【意見/投訴/讚賞紀錄表】(SQS15\_01)或直接去信本會企業拓展及傳訊部。  
地址：九龍窩打老道23號香港中華基督教青年會企業拓展及傳訊部收  
if you are dissatisfied with the result, you may appeal to the Corporate Development and Communications Department, Chinese YMCA of Hong Kong for further investigation.  
Address: Corporate Development and Communications Department, Chinese YMCA of Hong Kong

備  
註

如接獲意見/讚賞/投訴，會所主任/督導於接獲後7天內聯絡，親自/委派相關負責職員向對方回覆及了解有關情況，並於14個工作天內處理。

For opinions ,appreciations or complaints, the Centre-in-charge will assign the staff to discuss the matter with the complainant in within 7 working days of the complaints and handle the issue within 14 working days after discussion.

## 服務使用者意見

### Feedback

本會所致力提供完善及優質的服務，歡迎各服務使用者向本會提出對本會所任何的意見、稱讚或建議，並將意見表投入本會所意見箱內。

Jordan Centre is dedicated to providing excellent service. We welcome your suggestion and comments on our service. Feel free to write back the feedback form.

會友姓名(Name)  
本人之意見(Comments)

聯絡電話(Tel)

【所有資料 絕對保密 All information will be kept confidential】

多謝您的寶貴意見！ Thank you for your valuable comments!

如需本會所作出回覆或跟進，請填妥意見欄內之姓名及聯絡電話。

本表格所收集之個人資料，只作反映、回覆及跟進用途，個人資料，絕對保密。本會跟進閣下意見後會銷毀其個人資料。

The personal data collected in this form will only be used for the purpose of evaluation, reply, and follow-up. All personal data will be kept confidential and will then be destroyed after follow-up.

# 會所制服小組

## Uniform Groups

本會所共有四大制服小組：西九龍第八小女童軍隊、香港基督少年軍第四分隊、香港基督女少年軍第二分隊及九龍第1068旅小童軍，透過上述制服小組可以培養青少年責任感，發展身心，貢獻社會及培養他們不同的興趣，服務地區。

There are four uniformed groups in Jordan Centre: West KLN Brownie Guider Unit 8, The Boys' Brigade, Hong Kong Unit 4, The Girls' Brigade, Hong Kong Unit 2 and Kowloon Grasshopper Scout Unit 1068. The uniformed group training aims to nurture the youth's responsibility and develop their physical and mental health to serve and contribute to society.

### 香港基督女少年軍第二分隊 The Girls' Brigade Hong Kong Unit 2

幫助少女建立自律、虔誠與責任感的品格，體現豐盛生命的真義、並成為基督的跟隨者。

To help girls build self-discipline, a sense of responsibility, and reverence. To fully experience a meaningful life, and follow the path of Christianity.

#### 內容 Content

步操、聖經故事分享、手工藝、自我照顧訓練、潛能訓練、義工服務、旅行、露營、體能活動等。各類活動如達考章水準，均獲頒發獎章以作獎勵及升級！  
Drills, Bible story sharing, handcrafting, independence training, potential training, voluntary service, traveling, camping, physical training, and other activities. Badge syllabus is available.

#### 集會時間 Assembly Time

2:00pm-4:00pm (逢星期六Every Saturday)

#### 集會地點 Venue

佐敦會所/ Jordan Centre

#### 對象 Target

初級組 Junior-Girls: 6至8歲 / age 6-8  
中級組 Middle-Girls: 9至10歲 / age 9-10  
高級組 Senior-Girls: 11至12歲 / age 11-12  
深資組 Experienced-Girls: 13至16歲 / age 13-16

#### 收費 Fee

\$40/每月 per month

#### 收表日期 Application Method

會所辦公時間內 Office hour

#### 面試日期 Interview Date

另行通知 Upon Notification

#### 負責同工 Responsible Staff

謝金燕 TSE Kam-yin (Coco Miss)

#### 備註 Notes

報名表格可於本會所索取 The application form is available at the counter.



### 西九龍第八小女童軍隊 West KLN Brownie Guider Unit 8

#### 內容 Content

宿營、遠足、手工藝、家務技能、急救、繩藝製作、步操等。  
Camping, hiking, handcrafting, housekeeping skills, first aid skills, the craft of rope and drills.

#### 集會時間 Assembly Time

2:00pm-4:00pm (逢星期六Every Saturday)

#### 集會地點 Venue

佐敦會所 Jordan Centre

#### 對象 Target

6-12歲女童 / Girls aged 6-12

#### 收費 Fee

\$250/每半年 per half year

#### 收表日期 Application Method

會所辦公時間內 Office hour

#### 面試日期 Interview Date

另行通知 Upon Notification

#### 負責同工 Responsible Staff

趙泳茵 CHIU Wing-yan (Yan Miss)

#### 備註 Notes

報名表格可於本會所索取 The application form is available at the counter.

## 香港基督少年軍第四分隊 The Boys' Brigade Hong Kong Unit 4

『於青少年人之間，擴展基督的角度，同時促進服從、虔誠、紀律及自愛等良好行為，以達成基督化的人格。』  
To spread the values of Christianity among young people, and encourage the principles of obedience, reverence, discipline, and self-respect, in order to fulfill the characteristics of Christianity.

### 內容 Content

聖經知識、急救知識、繩結、步操、體能訓練、遠足、露營、軍樂、水上活動、烹飪、集郵、工藝及各類興趣活動等。

Bible learning, first-aid skills, knotting, drills, physical training, hiking, camping, military music, water activities, cooking, stamp collecting, craft, and other entertainment activities

### 隊訓 Motto

我兒啊！你要在基督耶穌的恩典剛強起來。你在許多見證人面前聽見我所教訓的、也要交託那忠心能教導別人的人。(提摩太後書 2：1-2)

So then, my child, be strong in the grace which is in Christ Jesus. And the things which I have said to you before a number of witnesses, given to those of the faith, so that they may be teachers of others. (II Timothy 2:1~2)

### 集會時間 Assembly Time

3:00pm-5:30pm (逢星期六Every Saturday)

### 集會地點 Venue

佐敦會所/Jordan Centre

### 對象 Target

初級組 Junior-Boys: 8—12歲男童 / aged 8-12

中級組 Middle-Boys: 11—18歲男童 / aged 11-18

### 收費 Fee

\$ 30/每月 per month

### 收表日期 Application Method

會所辦公時間內 Office hour

### 面試日期 Interview Date

另行通知 Upon Notification

### 負責同工 Responsible Staff

伍子傑 NG Tsz-kit (Keith Sir)

### 備註 Notes

報名表格可於本會所索取 The application form is available at the counter.



## 九龍第1068旅小童軍 Kowloon Cub Scout Unit 1068

透過不同遊戲、運動、手工藝及烹飪等活動，以及定期外出活動，提升參加者的自理能力和社交技巧，培養興趣。

Enhancing independent and social abilities of scouts through various activities such as games, sports, hand-craft and cooking, as well as periodical outdoor activities.

### 內容 Content

手工藝、自我照顧訓練、潛能訓練、義工服務、旅行、露營、體能活動等。各類活動如達考章水平，均獲頒發獎章以作獎勵及升級！

Handcrafting, independence training, potential training, voluntary service, travelling, camping, physical training, and other activities. Badge syllabus is available.

### 集會時間 Assembly Time

2:30pm-3:45pm (逢星期六Every Saturday)

### 集會地點 Venue

佐敦會所/Jordan Centre

### 對象 Target

5-8歲兒童 / Children aged 5-8

### 收費 Fee

\$ 40/每月 per month

### 收表日期 Application Method

會所辦公時間內 Office hour

### 面試日期 Interview Date

另行通知 Upon Notification

### 負責同工 Responsible Staff

李芊慧 LEE Chin-wai (芊芊姑娘)；賈雲龍 KA Wan-lung (龍Sir)

### 備註 Notes

報名表格可於本會所索取；參加者如未滿6歲，須有最少1位6-24歲的家庭成員為本會會友，請於報名時申報。

The application form is available at the counter ; If the participant is under the age of 6 or over 24, he/she must be affiliated with a family member aged 6-24 holding valid YMCA's membership.

# 《國家安全法》知多啲係醒啲

## 《Hong Kong National Security Law》Quiz

主題 Theme:

認識國安法

Understanding the National Security Law

遞交方法 Submission method:

填妥後可親身到YMCA佐敦會所遞交，領取小禮物一份，數量有限，送完即止。

Submission method: After completing the form, submit it in person at YMCA Jordan Centre and receive a souvenir. Souvenir's supply is limited and given by the first come first served basis.

「全民國家安全教育日」訂於每年的幾月幾日呢？

Which of the following is the correct date of "National Security Education Day" ?

- A. 4月15日/ 15th April
- B. 4月16日/ 16th April
- C. 4月17日/ 17th April
- D. 5月15日/ 18th April

以下哪項不是《中華人民共和國香港特別行政區維護國家安全法》明文規定的四類危害國家安全罪行之一？

Which of the following is not one of the four categories of offences endangering national security clearly stipulated under the Law of the People's Republic of China on Safeguarding National Security in the HKSAR?

- A. 分裂國家罪 Secession
- B. 叛國罪 Treason
- C. 恐怖活動罪 Terrorist Activities
- D. 勾結外國或者境外勢力危害國家安全罪  
Collusion with a Foreign Country or with External Elements to Endanger National Security

## 《基本法》的修改權屬甚麼機關所有？

Which authority is vested with the power to amend the Basic Law?

- A. 全國人民代表大會 The National People's Congress
- B. 全國人民代表大會常務委員會  
The Standing Committee of the National People's Congress
- C. 全國人民代表大會香港特別行政區基本法委員會  
The Committee for the Basic Law of the HKSAR of the National People's Congress
- D. 香港特別行政區立法會  
The Legislative Council of the HKSAR

## 以下那項不是香港警務處國家安全處的職責？

Which of the following does not fall within the duties and functions of the National Security Department of the Hong Kong Police Force?

- A. 收集分析涉及國家安全的情報信息  
Collecting and analysing intelligence and information concerning national security
- B. 推進香港特別行政區維護國家安全的法律制度和執行機制建設  
Advancing the development of the legal system and enforcement mechanisms of the HKSAR for safeguarding national security
- C. 部署、協調、推進維護國家安全的措施和行動  
Planning, coordinating and enforcing measures and operations for safeguarding national security
- D. 調查危害國家安全犯罪案件  
Investigating offences endangering national security

## 根據《中華人民共和國香港特別行政區維護國家安全法》第五條的明文規定，防範、制止和懲治危害國家安全犯罪時應當堅持的法治原則包括以下哪項？

Which of the following is/are expressly provided in Article 5 of the Law of the People's Republic of China on Safeguarding National Security in the HKSAR as the principles of the rule of law that shall be adhered to in preventing, suppressing and imposing punishment for offences endangering national security?

- A. 法律沒有規定犯罪行為的，不得定罪處刑  
No one shall be convicted and punished for an act which does not constitute an offence under the law
- B. 任何人未經司法機關判罪之前均假定無罪  
A person is presumed innocent until convicted by a judicial body
- C. 保障犯罪嫌疑人、被告人和其他訴訟參與人依法享有的辯護權和其他訴訟權利  
The right to defend himself or herself and other rights in judicial proceedings that a criminal suspect, defendant and other parties in judicial proceedings are entitled to under the law shall be protected
- D. 以上皆是 All of the above



## 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.

# 風風、暴雨警告或超強颱風後「極端情況」訊號下活動安排

## Arrangements Under Inclement Weather

✓ 表示開放或如期舉行 Open

✗ 表示停止服務 Closed

服務/ 活動類別 Service	暴雨警告訊號 Rainstorm Warning Signal			颱風警告 Typhoon Signal		超強颱風後引致 After Super Typhoons	
	 Amber 黃	 Red 紅	 Black 黑	T1	L3	八號或 以上烈風/ 暴風信號 No. 8 Gale/ Storm Signal or above	「極端情況」 Extreme Conditions
會所開放 Opening hours	✓	✓	✗ (見注2) (see note 2)	✓	✓	✗	✗
訓練程序 Training Programmes	✓	✓	✗ (見注2) (see note 2)	✓	✓	✗	✗
室內活動 Indoor Activities	✓	✓	✗ (見注2) (see note 2)	✓	✓	✗	✗
戶外活動 Outdoor Activities	電話查詢 Telephone Inquiry	✗	✗	✓	✗	✗	✗

- 1** 如黃色、紅色暴雨警告或一號、三號颱風警告在會所開放時段內發出，會所照常開放，室內活動及訓練程序如常進行，戶外活動則參閱(上表)。為以策安全，請參加者及家長自行考慮各地區之天氣、道路及交通情況；決定前往會所與否。惟在此情況下缺席的課堂或活動，均不獲補課或退款，敬請留意；  
When Amber/ Red Rainstorm Warning Signal or Typhoon Signal No. 1/ 3 is issued during normal opening hours, the centre will remain open; training programmes/ indoor activities will continue as normal. For outdoor activities, please refer to the above chart. To ensure safety, participants and parents should decide whether to proceed with their journey to the centre taking into account the weather, traffic and road conditions. Under such circumstance, if the participants decide not to attend the classes/ activities, no refund/ make-up classes will be arranged;

- 2** 如黑色暴雨警告在會所開放時段內發出，會所內已開始之室內活動及訓練程序將作有限度服務至該節完結，未開始之室內活動及訓練程序將取消。此外，有需要時會所會安排會友及參加者在安全的情況下離開。年齡於12歲或以下之青少年會友，必須由家長/成人陪同下或同意下離開。如黑色暴雨警告在會所開放前發出，會所將暫停服務直至警告取消兩小時後照常運作；

When Black Rainstorm Warning Signal is issued during normal opening hours, the indoor activities/ training programmes that have already started will continue to a limited extent until the end of the session. Outdoor activities/ training programmes that have not yet started will be cancelled. In addition, the centre will ensure that conditions are safe before allowing members to return home. Members aged 12 or under who want to leave must obtain approval of or be accompanied by parents/ adults. If Black Rainstorm Warning Signal is issued before normal opening hours, the centre will close and re-open 2 hours after the signal is cancelled ;

- 3** 如天文台宣佈在未來數小時內將發出三號颱風警告或已懸掛起紅色/黑色暴雨警告時，在此期間所有會所舉辦之戶外活動將全部取消，正在進行的戶外活動，亦會在安全情況下折返；

If the Hong Kong Observatory announces that Typhoon Signal No. 3 will be issued in the ensuing hours or Red/ Black Rainstorm Warning Signal is issued, all outdoor activities which are scheduled to begin will be cancelled. The ongoing outdoor activities will stop ;

- 4** 如會所開放時段內天文台發出八號颱風預警，會所將維持開放，正在進行之室內活動及訓練程序將作有限度服務至該節完結，或因應實際情況安排作有限度改動。未開始之室內活動及訓練程序將全部取消。在途中之會友請不要繼續前往會所，已到達之會友則會安排在安全情況下離開。年齡於14歲或以下之青少年會友，必須由家長/成人陪同下或同意下離開；

If the Hong Kong Observatory announces that Typhoon Signal No. 8 will be issued in the ensuing hours, the centre will remain open. The indoor activities/ training programmes that have already started will continue to a limited extent, subject to actual circumstances. The indoor activities/ training programmes that have not yet started will be cancelled. Members who are on their way to the centre should not continue with their journey to the centre. Members who have already arrived at the centre should leave when conditions are safe. Members aged 14 or under who want to leave must obtain approval or be accompanied by parents or adults ;

- 5** 在八號或以上颱風警告或「極端情況」生效期間，會所將暫停服務。當以上警告取消後，會所服務將於兩小時後照常運作。但如政府公佈颱風後「極端情況」，會所將繼續暫停服務至政府取消「極端情況」兩小時後才提供服務。為以策安全，請參加者及家長自行考慮各地區之天氣、道路及交通情況；決定前往會所與否。惟在此情況下缺席的課堂或活動，均不獲補課或退款，敬請留意；

When Typhoon Signal No. 8 or “Extreme Conditions” is issued, the centre will close and re-open 2 hours after the signal is cancelled. If the government announces that “Extreme Conditions” after a Super-typhoon signal is issued, the centre will remain close and re-open 2 hours after the government cancels the “Extreme Conditions” . To ensure safety, participants and parents should decide whether to proceed with their journey to the centre taking into account the weather, traffic and road conditions. Under such circumstances, if participants decide not to attend the classes or activities, no refund/ make-up classes will be arranged ;

- 6** 如黑色暴雨警告、八號颱風警告或「極端情況」之取消時間距離會所停止服務時間不足3小時，所有活動及訓練程序將會取消，會所亦會暫停開放；

When Black Rainstorm Warning Signal, Typhoon Signal No. 8 or “Extreme Conditions” is cancelled less than 3 hours before normal closing hours, all activities/ training programmes will be cancelled. The centre will remain closed ;

- 7** 如因天氣關係而取消之活動及訓練程序，本會所恕不作補堂或退費。不便之處，敬請原諒。

No refunds/ make-up classes will be arranged for all cancelled activities/ programmes due to inclement weather.







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-  行人通道
-  前往香港中華基督教青年會佐敦會所行人方向



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