

青年合隊 服務目標介紹

Youth Team Service Objective

服務目標 Service Objective : YOUTH



YMCA

我哋會加強推動富有青年會特色嘅服務，以豐富青少年嘅生活視野並提升其個人的生活目標，令更多青少年認識青年會嘅工作！

We aim at providing services with YMCA features to broaden the youth's horizons and enrich their lives, and expand our service to the youth!



Unique

我哋深信每位青少年都係獨特，引導佢哋發掘自己嘅才能，學習接納、欣賞自己嘅不足同優勢，以建立正面而真實嘅自我形象。同時，開闊青少年嘅胸襟，令佢哋明白「和而不同」、「凹凸互補」嘅重要！

Every youth is unique. We hope that different activities can allow our youths to develop self-identity, gain self-recognition and understand their merits and weaknesses, as well as respect differences.

Opportunity

為青少年創建不同嘅體驗機會，比青年人發揮所長之餘，亦能協助佢哋探索未來嘅發展方向，為其職涯作準備。
Create different experience opportunities for the young to explore their potentials and prepare for their career paths.



Harmony

係要求體現獨立同自主嘅階段，青少年好容易會面對唔同嘅價值觀挑戰。我哋期望係青少年群體中推廣和諧共融、倡議包容同尊重嘅重要性。
During puberty, it is common for young people to be confused about identity. Therefore, we hope to promote harmony and integration, and advocate respect and tolerance.



Technology

科技日新月異，我哋期望以多媒體嘅學習及運用作為介入點，接觸更多有需要嘅青少年群組，推廣服務。

With the use of technology, we hope our services can reach more youths in our community.



1-4月青年令隊服務主題

個人成長 Personal growth

—分隊工作目標 Target—

YOUTH-O(Opportunity)

4503.2501/Y01

新年焗一翻！ Let's Cook for New year!

學習烘焙基本知識，過程中加強個人能力，提昇信心。

Basic cookery skill learning, enhance self-competence and confidence in process.

2025
4/1, 11/1, 18/1

逢星期六
Every Saturday

4:45pm-6:00pm

佐敦會所
Jordan Centre

內容 Content :

新年鳳梨酥、幸運曲奇、如意桔祥泡芙

Making New year's pineapple shortcake, Lucky Cookies and Cream Puff

對象 Target :

11-16歲 / Aged 11-16

費用 Free :

\$50

名額 Quota:

8名 / 8 Participants

負責同工 Staff Responsible:

嚴思敏 (YIM Sze-man)

備註 Notes:

費用已包材料和工具，請自備圍裙和食物盒

Materials and tools are included in the fee, please bring your own apron and lunch box

挑戰自我 Self-Challenge

—分隊工作目標 Target—

YOUTH-O(Unique)

4503.2402/Y02

單車追日·落 Chasing the Sunset by Bicycle

透過中長途單車旅程，鍛鍊青少年的堅毅身心。

Through medium and long-distance cycling journeys, young people can exercise their physical and mental perseverance.

2025
1/2

星期六
Saturday

2:30pm-9:30pm

大圍、大埔大尾督
Tai Wai, Tai Po Tai Mei Tuk

內容 Content :

單車由大圍起程，前往大埔大尾督位置欣賞日落景色及燒烤樂。Starting from

Tai Wai and going to Tai Po Tai Mei Tuk to enjoy the sunset view and barbecue

集散地點 Drop-off & Pickup

大圍港鐵站及大尾督 Tai Wai MTR Station & Tai Mei Tuk

對象 Target :

14-24歲 / Aged 14-24

費用 Free :

\$80

名額 Quota:

8名 / 8 Participants

負責同工 Staff Responsible:

張學銘 (CHEUNG Hok-ming)

備註 Notes:

1. 請自備少量金錢；Please bring a small amount of money with you;

2. 參加者需要懂得踏單車。Participants need to know how to ride a bicycle.

潛能發展 Potential Development

— 分隊工作目標 Target —

YOUTH-O(Opportunity)

4503.2502/Y03

新手化妝班-春日篇 Makeup Class-Spring

學習化妝品知識和各種化妝手法
令青少年有自信地展現自己最美一面。

Learn makeup knowledge so that teenagers
can express themselves confidently.

2025
6/2、13/2、20/2

逢星期四
Every Thursday

4:00am-5:00pm

佐敦會所
Jordan Centre

內容 Content :

教授參加者化出適合春季的妝容。 Teaching participants makeup in Spring

對象 Target :

13-24歲 / Aged 13-24

費用 Free :

\$60

名額 Quota:

8名 / 8 Participants

負責同工 Staff Responsible:

趙泳茵 (CHIU Wing-yan)

備註 Notes:

1. 參加者如有任何皮膚敏感，請盡早通知導師；

If participants have any skin sensitivity, please inform the instructor；

2. 參加者可自備化妝品/護膚品。

Participants can bring their own cosmetics/skin care products.

潛能發展 Potential Development

— 分隊工作目標 Target —

YOUTH-O(Unique)

4503.2402/Y04

IPSC室內射擊(2月) IPSC Indoor Shooting (February)

透過室內射擊的活動，訓練青少年的專注力及應對能力。

Through indoor shooting activities, young people's
concentration and coping skills are trained.

2025
7/2、21/2、28/2、7/3

星期五
Friday

7:30pm-9:00pm

佐敦會所
Jordan Centre

內容 Content :

進一步學習室內射擊的技巧及相關興趣發展途徑

Learning more indoor shooting skills and related interest development methods

對象 Target :

16-24歲 / Aged 16-24

費用 Free :

\$30

名額 Quota:

8名 / 8 Participants

負責同工 Staff Responsible:

張學銘 (CHEUNG Hok-ming)

備註 Notes:

相關裝備及氣槍會由中心提供，不接受自備氣槍

Relevant equipment and air soft guns will be provided by the center,
and self-brought air soft guns are not accepted

挑戰自我 Self-Challenge

— 分隊工作目標 Target —

YOUTH-O(Unique)

4503.2402/Y05

健康活動齊齊做 Healthy activity services together

透過進行不同的會所康樂活動，讓參加者舒展身心及裝備自己迎接未來的挑戰。

Through different centre for recreational activities, participants can stretch their body and mind and equip themselves to meet future challenges.

逢星期四
Every Thursday

2025
13/2、20/2、27/2、6/3 5:00pm-6:00pm

◉ 佐敦會所
Jordan Centre

- 內容 Content :** 參與不同的會所康樂活動
Participate in different recreational activities at the centre
- 集散地點 Drop-off & Pickup:** 佐敦會所 Jordan Centre
- 對象 Target :** 12-18歲 / Aged 12-18
- 費用 Free :** \$10
- 名額 Quota:** 8名 / 8 Participants
- 負責同工 Staff Responsible:** 李振成 (LI Chun-shing)

關懷社區 Community Care

— 分隊工作目標 Target —

YOUTH-O(Harmony)

4503.2402/Y06

義工服務齊齊做 Volunteer Services Together

與有特殊需要之兒童一同進行多元化之小組活動，藉此提升他們與人相處的社交技巧及擴展其社交網絡支援。

Conduct diversified group activities with children with special needs to enhance their social skills in getting along with others and expand their social network support.

逢星期六
Every Saturday

2025
15/2、22/2
1/3、8/3

10:45am-12:15pm
10:15am-12:45pm
(8/3/2025)

◉ 油尖旺區社福機構；香港科學館
Yau Tsim Mong District
Social Welfare Organization;
Hong Kong Science Museum

- 內容 Content :** 參加桌上遊戲小組活動及參與香港科學館活動設施 Participating in board game group and enjoy the facilities at the Hong Kong Science Museum
- 集散地點 Drop-off & Pickup:** 油尖旺區社福機構；香港科學館
Yau Tsim Mong District Social Welfare Organization; Hong Kong Science Museum
- 對象 Target :** 16-24歲 / Aged 16-24
- 費用 Free :** \$10
- 名額 Quota:** 8名 / 8 Participants
- 負責同工 Staff Responsible:** 李振成 (LI Chun-shing)

關懷社區 Community Care

—分隊工作目標 Target—
YOUTH-O(Harmony)

4503.2502/Y07

大手帶小手：手作義工服務

Big Hands, Little Hands: Handcrafts Volunteers Service

藉不同小手作訓練，成為手作義工，為區內低收入兒童/家庭/弱勢人士服務。
Through handicraft training, you can become a handicraft volunteer and serve low-income children in the area.

訓練工作坊
Training Workshop

2025
15/2、22/2、1/3

服務活動
Service Session

2025
8/3
(待定 To be determined)

2:45pm-4:00pm

◊ 佐教會所/ 待定
Jordan Centre/ To be determined

內容 Content :

手工皂、馬賽克、UV膠 等

對象 Target :

Making Handmade soap, mosaic, UV glue and so on
11-16歲/ Aged 11-16

費用 Free :

\$50

名額 Quota:

8名 / 8 Participants

負責同工 Staff Responsible:

嚴思敏 (YIM Sze-man)

備註 Notes:

費用已包材料和工具

Materials and tools are included in the fee.



潛能發展 potential development

—分隊工作目標 Target—
YOUTH-O(Opportunity)

4503.2502/Y08

齊作療癒甜心 Healing Desserts DIY

透過製作甜品點心，一同分享生活事，藉此放鬆心情。
Relaxation and sharing by making different fruity desserts.

逢星期六
Every Saturday

2025
22/2, 1/3, 8/3, 15/3 4:45pm-6:00pm

佐敦會所
Jordan Centre

- 內容 Content :** 士多啤梨/芒果/藍莓/朱古力/抹茶味甜品，以及中式點心
Making Strawberry/mango/blueberry/Chocolate/ Green Tea flavored dessert and Chinese dim sum.
- 對象 Target :** 11-17歲 / Aged 11-17
- 費用 Free :** \$120
- 名額 Quota:** 8名 / 8 Participants
- 負責同工 Staff Responsible:** 嚴思敏 (YIM Sze-man)
- 備註 Notes:** 費用已包材料和工具，請自備圍裙和食物盒
Materials and tools are included in the fee, please bring your own apron and lunch box

潛能發展 potential development

—分隊工作目標 Target—
YOUTH-O(Opportunity)

4503.2504/Y09

新手美甲班-春日篇 Nail Art Class- Spring

學習美甲技巧，發掘青少年的藝術潛能。
Learn nail art skills and discover the artistic potential of teenagers.

星期四
Thursday

2025
17/4 3:00am-5:00pm

佐敦會所
Jordan Centre

- 內容 Content :** 教授參加者制作春季主題的美甲
Teaching participants how to make Spring themed nail art
- 對象 Target :** 13-24歲 / Aged 13-24
- 費用 Free :** \$40
- 名額 Quota:** 8名 / 8 Participants
- 負責同工 Staff Responsible:** 趙泳茵 (CHIU Wing-yan)