

# 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。  
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# 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；

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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

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**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;

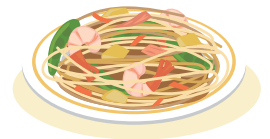
**歡樂狂想cook**

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；

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