



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」。

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 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。

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 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。

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 年滿18歲或以上金章得獎者可組隊參加「世界公民終極行」。

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 惟於遞交報名表時全組參加者的年齡須在29歲或以下。

All members of the group must be 29 years old or below at the time of submitting the application form.

- 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。

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.

Live to Eat or Eat to Live?

The age-old question, "Do you live to eat or eat to live?" delves into the fundamental purpose of life itself. At its core, it presents the struggle between sustaining a living and turning one's passion into a profession. While some prioritise stability in life, others strive to align their work with their deepest interests and sources of fulfilment. As we embark on this exploration, we aim to provide you with some insights into achieving a balanced and meaningful life.



Financial stability often precedes many people's lives, driven by the need for a reliable career path. This choice, however, may not always align with their true passions. Parental pressure along with societal expectations, and the norm of pursuing a stable career frequently play a role in the decision. While this might guarantee a steady income, it can also leave our souls famished for excitement and fulfilment.

On the other side, aligning one's work with their deepest interests and talents can lead to a more meaningful, satisfying, and rewarding life. Pursuing a career that resonates with one's true calling brings a greater sense of purpose, joy, and personal growth. It also fosters a healthier work-life balance, reduces stress and avoids burnout.

In order to savour the delicate balance, the clue lies in self-reflection, the willingness to take risks, and the unwavering courage to pursue what truly nourishes our souls. Bon appétit!

生以為食？食以為生？

俗語有云，民以食為天。人到底是為了吃所以生存，還是為了生存才吃？這個問題揭示了生命的根本目的，其質在於追求經濟穩定和夢想之間的取捨。有些人選擇了較穩定可靠的職業，有人卻喜歡隨興趣而行，期望在工作中獲得滿足感。面對這兩種截然不同的生活態度，您會如何抉擇去活出豐盛的人生？今期的文章應能為您帶來一點啟示。

經濟穩定往往是許多人生活的首要考慮。然而，這種選擇或許與他們真正熱衷的相距甚遠。自母胎出生，父母及社會時常鼓勵我們從事能帶來可觀的經濟收益或令人崇敬的職業，但是那些工種未必能夠與自身的興趣和天賦相契合，使我們得不到刺激和滿足感。追求吻合個人使命的事業不但能帶來更強烈的成就感、快樂和個人成長，更有助維持健康的工作生活平衡，降低心理壓力。

關鍵在於尋求平衡，當中有三項要點：自我反省、勇於冒險以及堅定不移地追求真正豐富我們內心的事物。在追求夢想的道路上，提前謹慎地規劃有助我們面對各種困難。現今世界瞬息萬變，我們需要持開放態度，探索各種可能性，並不斷尋找創新的方案，抓緊機會實踐自己的志向。祝願各位能找到適合自己的人生方向！

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