



「世界公民培育與傳承計劃」

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。

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
4. the requirements for each level.
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.

Navigating Youth Mental Health Challenges After COVID-19:

Building Resilience and Seeking Support

The COVID-19 pandemic has left an indelible mark on global mental health. As we move beyond the acute phase of the crisis, it is crucial to address the long-lasting mental health challenges that individuals may face in the aftermath of COVID-19. The pandemic has taken a toll on people's psychological well-being, especially young adults, with increased levels of stress, anxiety, depression, and post-traumatic stress disorder (PTSD) being reported worldwide.



The prolonged isolation, fear of infection, grief and loss, financial hardships, and disruptions in daily life have contributed to this psychological impact. However, there are strategies that individuals can employ to navigate these challenges and foster mental well-being. Building resilience is paramount in the post-pandemic era. Engaging in self-care activities such as exercise, maintaining a healthy lifestyle, and practising relaxation techniques can help individuals cope with stress and anxiety. Prioritizing one's mental health by setting boundaries, establishing routines, and incorporating activities that bring joy and relaxation can also be beneficial.

Seeking support is equally important. It is crucial to break the stigma surrounding mental health and encourage open conversations. Teenagers should contact friends, family, or mental health professionals for support. Online platforms and telehealth services have become increasingly accessible, providing remote counselling and therapy options. Regarding the workplace, encouraging open communication and fostering a supportive work environment can contribute to a healthier post-pandemic workforce.

In conclusion, the mental health challenges brought about by COVID-19 extend far beyond the physical impact of the virus. Navigating the aftermath requires individuals to build resilience, seek support, and foster a culture that encourages open dialogue and understanding. By prioritising mental health, we can emerge from this crisis more substantially and be equipped to face future challenges. Remember, seeking help is a sign of strength, and together, we can overcome the mental health challenges this unprecedented crisis brings.