



兒童及家庭服務目標 Children & Family Team Service Objectives

兒童及家庭服務隊本年度的服務目標是「CHILD」，英文字母涵蓋兒童成長發展中的多個主要範疇，喻意服務焦點為兒童的全人發展。我們期望透過適切的服務及活動，滿足孩子全面的成長發展需要，為成就孩子豐盛人生奠定重要基石。

The service objective of the Children and Family Service Team this year is "CHILD," with each letter representing a major area of children's growth and development. The focus of our services is set on the holistic development of children. Through appropriate services and activities, we hope to meet the comprehensive growth and developmental needs of children, laying an important foundation for them to lead an enriched and fulfilling lives.

Community identity 社群認同

C

每個人與生俱來就在群體中生活，學習與他人相處是個必要而具挑戰性的課題。我們冀望孩子能在童年時期，掌握自我表達和社交相處技巧，擁有正面的群體生活經驗。讓他們將來能健康自信地與人互動，更適應不同群體的文化及期望。

Everyone is a member of a community. Getting along with others is a necessary and challenging lesson for everyone. We hope that children can learn self-expression and social skills during childhood, and have positive experiences in group living. This will enable them to interact confidently with others in the future and adapt to different cultures and meet the expectations of various groups.

Health awareness 健康覺知

H

擁有健康的身體，才可讓我們實現理想中的生活。透過加強活動中的運動元素，幫助孩子提升身體機能，照顧他們的成長發展需要；增強孩子的身體抵抗力，鞏固他們的健康防護網。

Good health is essential for achieving our ideal life. By strengthening the physical elements in our activities, we can help children improve their physical functions and take care of their growth and developmental needs. We also aim to enhance children's resistance and consolidate their health protection network.

Illuminated spirituality 靈性啟蒙

I

兒童時期建立的習慣行為，對於塑造孩子的個性有莫大影響力。然而，在重視學術成就的社會文化下，品德教育往往受到忽視。我們希望藉著合適的服務，培育孩子良好的品德行為，將關愛及誠信等美德推廣至家庭及社會。

Habits and behaviors established during childhood have a significant impact on shaping a child's personality. However, in a society that values academic achievements, moral education is often neglected. Through appropriate services, we hope to cultivate good moral behaviors in children and promote virtues such as care and integrity to families and society.

Health awareness 健康覺知

L

擁有健康的身體，才可讓我們實現理想中的生活。透過加強活動中的運動元素，幫助孩子提升身體機能，照顧他們的成長發展需要；增強孩子的身體抵抗力，鞏固他們的健康防護網。

Good health is essential for achieving our ideal life. By strengthening the physical elements in our activities, we can help children improve their physical functions and take care of their growth and developmental needs. We also aim to enhance children's resistance and consolidate their health protection network.

Developmental Potential 發展潛能

D

每個孩子也有天賦的才能，可以在擅長的領域中發光發亮。我們渴望與孩子一起探索各種潛在可能，讓他們在自我肯定和成功經驗中確立興趣與強項；帶著信心和熱情去擁抱未知的將來，創造屬於自己的人生。

Every child has unique talents and abilities that can shine in their areas of strength. We are eager to explore various potential possibilities with children, helping them establish interests and strengths in self-affirmation and successful experiences. With confidence and enthusiasm, they can embrace the unknown future and create their own lives.

兒童活動 Children Activity

分隊工作目標 Target / D : potential Development 潛能

4503.2409/C02

我都做得到 – 理財篇 I Understand Finance

日期 Date 7/9-21/9-5/10/2024
(隔星期六 Every other Saturday)

時間 Time 11:00am-12:30pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$200 / \$80(全津/半津)
\$200 / \$80 (Full Grant/Half Grant)
[*優惠 Quota:2名 / 2 Participants]

目的 Objective

培養參加者良好的生活習慣和態度,提升參加者獨立及自我照顧能力。
Enhancing participants' independence and self-care abilities.

內容 Content

讓孩子從小建立對金錢的觀念,明白儲蓄的重要性,並學習透過金錢管理的原則,學識分辨「想要」和「需要」,達到加強孩子妥善運用金錢的能力
Developing a concept of money, understand the importance of saving, and learn to distinguish between "wants" and "needs" through the principles of money management

對象 Target 8-12歲 / Aged 8-12

名額 Quota 6名 / 6 Participants

負責同工 Staff Responsible 袁惠儀 (YUEN Wai-ye)

分隊工作目標 Target / D : potential Development 潛能

4503.2410/C03

意想不到的創作 Amazing Artwork

日期 Date 7/10-14/10-21/10-28/10-4/11/2024
(逢星期一 Every Monday)

時間 Time 4:45pm-6:00pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$500 / \$50(全津/半津)
\$500 / \$50(Full Grant/Half /Grant)
[*優惠 Quota:2名 / 2 Participants]

目的 Objective

透過創作,強化參加者的感官發展,增加學員對藝術創作的興趣及創意。
Fostering sensory development and creativity through diverse artistic activities.

內容 Content

製作神奇拼豆、俄羅斯戳戳繡等
Creating Melty Beads, Punch Needle, and more

對象 Target 6-12歲 / Aged 6-12

名額 Quota 8名 / Participants

負責同工 Staff Responsible 李芊慧 (LEE Chin-wai)

分隊工作目標 Target / D : potential Development 潛能

4503.2410/C04

秋冬美食家 Winter Yummy Yummy

日期 Date 8/10-15/10-22/10-29/10/2024
(逢星期二 Every Tuesday)

時間 Time 6:15pm-7:45pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$320 / \$40(全津/半津)
\$320 / \$40(Full Grant/Half Grant)
[*優惠 Quota:2名 / 2 Participants]

目的 Objective

透過的煮食的過程,學不同地方文化的飲食文化,體驗烹飪的樂趣。
Through the cooking, learning about different local cultures and experiencing the joy in cooking.

內容 Content

製作不同秋冬主題的食品
Cooking different winter themed foods

對象 Target 7-12歲 / Aged 7-12

名額 Quota 8名 / Participants

負責同工 Staff Responsible 伍子傑 (NG Tsz-kit)

備註 Notes 請自備圍裙及食物盒 Please bring your own apron and container

分隊工作目標 Target / C : Community identity 社群認同

4503.2410/C05

桌上遊戲王 King of Board game

日期 Date 17/10~24/10~31/10~7/11~14/11/2024
(逢星期四 Every Thursday)

時間 Time 5:00pm-6:00pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$500 / \$100(全津/半津)
\$500 / \$100(Full Grant/Half /Grant)
【*優惠 Quota:2名 / 2 Participants】

目的 Objective

透過不同的桌上遊戲遊玩，使參加者在活動提升社交能力及解難三步曲。
Enhancing social skills and problem-solving mindset through different Board games.

內容 Content

學習好玩的桌上遊戲，從中學學習專注、手眼協調、反應、運算、邏輯推理、創造力、記憶、合作等等
Learning fun Board games: developing focus, hand-eye coordination, reaction, calculation, logical reasoning, creativity, memory, collaboration, etc.

對象 Target 8-11歲 / Aged 8-11

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 李芊慧 (LEE Chin-wai)

分隊工作目標 Target / D : potential Development 潛能

4503.2410/C06

大玩特玩-桌上社交交響樂 Board Game FUN!

日期 Date 18/10~25/10~1/11~8/11/2024
(逢星期五 Every Friday)

時間 Time 5:30pm-6:30pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$320 / \$80(全津/半津)
\$320 / \$80(Full Grant/Half /Grant)
【*優惠 Quota:2名 / 2 Participants】

目的 Objective

擴闊學員的社交圈子及提升學員的興趣。
Expanding children' social network and enhancing children's various interests.

內容 Content

每節會以不同類型的合作遊戲進行活動
Using different types of board games under in going each session

對象 Target 8-12歲 / Aged 8-12

名額 Quota 6名 / 6 Participants

負責同工 Staff Responsible 謝金燕 (TSE Kam-yin)

分隊工作目標 Target / D : potential Development 潛能

4503.2411/C07

佐敦小廚房大搞作 Jordan Mini Kitchen

日期 Date 2/11~9/11~16/11~23/11/2024
(逢星期六 Every Saturday)

時間 Time 11:00am-12:45pm

地點 Venue 佐敦會所及佐敦區
Jordan Centre and Jordan District

費用 Fee \$320 / \$80(全津/半津)
\$320 / \$80(Full Grant/Half /Grant)
【*優惠 Quota:2名 / 2 Participants】

目的 Objective

由學員共同商量烹飪的菜式，利用互聯網尋找所需材料，透過參與到社區的超級市場購買物資以學習理財。

Providing a platform for children to prepare cuisines through group discussion about the menu and effective shopping strategy.

內容 Content

學習理財觀念及簡單的烹飪技巧
Facilitating the financial management concepts and simple cooking skills

對象 Target 7-12歲 / Aged 7-12

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 謝金燕 (TSE Kam-yin)

備註 Notes

1. 請自備圍裙及手袖;
Please bring your own apron and sleeves;
2. 請自備食物盒。
Please bring the lunch box.

分隊工作目標 Target / D : Developmental Potential發展潛能

4503.2411/C08

小小料理師 Little Chef

日期 Date 5/11、12/11、19/11、26/11/2024
(逢星期二 Every Tuesday)

時間 Time 6:00pm-7:00pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$400 / \$40(全津/半津)
\$400 / \$40(Full Grant/Half /Grant)
【*優惠 Quota:2名 / 2 Participants】

目的 Objective

透過學習使用不同的煮食工具，製作中或西式菜式，培養參加者對煮食的興趣及認識烹飪的基本知識。
Developing children's interest in cooking and basic knowledge about cooking.

內容 Content

製作中或西式菜餚及甜品
Preparing Chinese or Western dishes and desserts

對象 Target 6-12歲 / Aged 6-12

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 賈雲龍 (KA Wan-lung)

備註 Notes 請自備圍裙、手袖及食物盒
Please bring your own apron, sleeves and food container

分隊工作目標 Target / D : Developmental Potential發展潛能

4503.2412/C09

靈機一「足」 Flash of Football

日期 Date 7/12、14/12、21/12、28/12/2024
(逢星期六 Every Saturday)

時間 Time 11:00am-12:30pm (暫定 tentative)

地點 Venue 佐治五世紀紀念公園七人硬地足球場/
佐敦會所
7-a-side Soccer Pitches King George
V Memorial Park, Kowloon/
Jordan Centre

**集散地點
Drop-off
& Pickup** 佐治五世紀紀念公園七人硬地足球場/
佐敦會所
7-a-side Soccer Pitches King George
V Memorial Park, Kowloon/
Jordan Centre

費用 Fee \$400 / \$40(全津/半津)
\$400 / \$40(Full Grant/Half /Grant)
【*優惠 Quota:2名 / 2 Participants】

目的 Objective

透過利用遊戲及足球元素加入訓練，培養參加者運動的興趣及訓練團隊精神。
Cultivating participants' interest in sports and a sense of teamwork through games and football training.

內容 Content

進行團體足球遊戲及訓練
Conducting games and football training

對象 Target 6-12歲 / Aged 6-12

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 賈雲龍 (KA Wan-lung)

備註 Notes 參加者須穿著整齊運動服及足球鞋或運動鞋，自備水樽
Participants must wear sportswear and football shoes or sports shoes, and bring their own water bottle

分隊工作目標 Target / C : Community identity 社群認同

4503.2411/C10

10-12月生日會 Birthday Party (Oct, Nov & Dec)

日期 Date 16/11/2024 (星期六 Saturday)
時間 Time 4:00pm-5:30pm
地點 Venue 佐敦會所 / Jordan Centre
費用 Fee 壽星費用全免 / Free for Birthday Kids
 同行朋友 \$150 / \$150 Non-Birthday Kids

目的 Objective

透過活動讓參加者認識新朋友,提升社交技巧。
 Making new friends and Fostering social skills.

內容 Content

10-12月小壽星可邀請自己的朋友們一同出席生日會,在活動中玩遊戲、吃茶點和送禮物!

Birthday Kids of Oct to Dec can invite their friends to join the Party. Together we will play exciting games, have snacks and receive gifts!

對象 Target 10至12月壽星及其朋友 (6-12歲) Birthday Kids of Oct to Dec, as well as their invited friends (Aged 6-12)

名額 Quota 20名 / 20 Participants

負責同工 Staff Responsible 李芊慧 (LEE Chin-wai)

分隊工作目標 Target / D : Developmental Potential 發展潛能

4503.2411/C11

轉碟旋風 Plate Spinning Circus

日期 Date 22/11~29/11~6/12~13/12/2024
 (逢星期五 Every Friday)
時間 Time 6:30pm-7:30pm
地點 Venue 佐敦會所 / Jordan Centre
費用 Fee \$320 / \$40(全津/半津)
 \$320 / \$40(Full Grant/Half Grant)
 【*優惠 Quota:2名 / 2 Participants】

目的 Objective

透過學習轉碟技巧,發展手眼協調能力,提高專注力和平衡感。
 Learning plate spinning skills to develop hand-eye coordination, concentration and body balance.

內容 Content

學習轉碟技巧及8款花式表演
 Learning spinning skills and 8 fancy tricks

對象 Target 7-12歲 / Aged 7-12

名額 Quota 10名 / 10 Participants

負責同工 Staff Responsible 伍子傑 (NG Tsz-kit)

分隊工作目標 Target / C : Community Identity 社群認同

4503.2411/C12

玩轉九龍公園闖關遊 Amazing Kowloon Park Race

日期 Date 30/11/2024 (星期六 Saturday)
時間 Time 10:30am-5:30pm
地點 Venue 九龍公園 / Kowloon Park
集散地點 佐敦會所 / Jordan Centre
 Drop-off & Pickup
費用 Fee \$150 / \$20(全津/半津)
 \$150 / \$20(Full Grant/Half Grant)
 【*優惠 Quota:2名 / 2 Participants】

目的 Objective

透過遊覽九龍公園和團隊闖關任務,提升與人合作和解難能力。
 Improving team spirit and problem solving skill through completion of check point tasks in Kowloon Park.

內容 Content

團隊活動、戶外定向和闖關任務
 Providing team building games and outdoor check points

對象 Target 7-12歲 / Aged 7-12

名額 Quota 12名 / 12 Participants

負責同工 Staff Responsible 伍子傑 (NG Tsz-kit)

備註 Notes 1. 費用已包括交通及午膳;
 The lunch and transportation fee are included;

2. 請自備食水、防蚊及晴雨用品。
 Please bring your own drinking water, anti-mosquito and sunny-raining protection stuffs.

優惠名額適用於「外展家庭服務」會員 (詳情請參閱P.28)

This offer is only applicable to Family Outreach Service member. (Please refer to P.28 for details)

分隊工作目標 Target / D : potential Development 潛能

4503.2412/C13

NERF GUN小隊 NERF GUN Team

日期 Date 4/12、11/12、18/12/2023
(逢星期三Every Wednesday)

時間 Time 5:30pm-6:30pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$240/\$80 (半津或全津)
\$240/\$80 (Full Grant/Half /Grant)
【*優惠 Quota:2名 / 2 Participants】

目的 Objective

藉著射擊運動訓練參加者的專注力,更有團隊對戰增加合作精神。
Training participants' concentration through shooting sports, as well as providing team battles to increase cooperation spirit.

內容 Content

教授NERF Gun使用技巧、討論團隊策略、分組競賽
Teaching NERF Gun usage techniques, discussing team strategies and group competitions.

對象 Target 7-12歲 / Aged 7-12

名額 Quota 6名 / 6 Participants

負責同工 Staff Responsible 蘇志樂 (SO Chi-lok)

分隊工作目標 Target / D : potential Development 潛能

4503.2412/C14

LEGO 樂悠悠 LEGO FUN!

日期 Date 27/12、30/12、31/12/2024
(星期五、星期一及星期二
Friday, Monday and Tuesday)

時間 Time 5:30pm-6:30pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$240 / \$60(全津/半津)
\$240 / \$60(Full Grant/Half /Grant)
【*優惠 Quota:2名 / 2 Participants】

目的 Objective

透過運用LEGO讓學員認識自己的情緒、學習表達及管理自己的情緒,同時能尋找抒壓的方法。
Understanding sources of emotions, learning to express and managing their emotions, and at the same time finding ways to relieve their stress by LEGO games.

內容 Content

會以個別比賽及合作方式來進行每節活動
Conducting each activity in the form of individual competitions and cooperation.

對象 Target 8-12歲 / Aged 8-12

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 謝金燕 (TSE Kam-yin)

分隊工作目標 Target / D : potential Development 潛能

4503.2412/C15

冬日祭 Winter Festival

日期 Date 28/12/2024(星期六 Saturday)

時間 Time 2:00pm-4:30pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$0

目的 Objective

透過好玩的攤位活動體驗,讓親朋好友一起共度開心好玩的冬天,大小朋友一起感受充滿暖意和歡樂的冬日佳節。
Experience the winter festival full of warmth and joy by spending a happy and fun winter together with your friends and family members.

內容 Content

鉤織玫瑰花、手工雪花酥、環保攤位、新興運動體驗、3D打印、懷舊貼紙相...等等
Conducting game stalls for crocheted roses, handmade snowflake pastries, eco-friendly lifestyle, newly emerged sports, 3D printing, nostalgic sticker photos and so on.

對象 Target 6-12歲及其家庭成員 / Aged 6-12 and their family members

名額 Quota 40名 / 40 Participants

負責同工 Staff Responsible 袁惠儀 (YUEN Wai-ye)

優惠名額適用於「外展家庭服務」會員(詳情請參閱P.28)

This offer is only applicable to Family Outreach Service member. (Please refer to P.28 for details)

特殊學習需要兒童活動

Programme for Children with SEN

分隊工作目標 Target / I : spiritual 靈性

4503.2409/C16

遊戲輔導時間 Child Centered Play Time

日期 Date 個別預約

Individual appointment

時間 Time 每節45分鐘 / 45 minutes per session

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$600 (共4節) \$600 (4 sessions in total)

備註 Notes 有興趣參加者須先行填寫報名表或致電預約負責職員，面見評估後才可繳費參加
Interested participants may fill in the registration form or call the staff responsible to make an appointment for face-to-face assessment before payment.

目的 Objective

透過遊戲治療服務，疏導兒童的情緒、焦慮、社交及行為問題，從而得到自我治癒，認識並接納自己、增強自信、發展潛能，以積極態度面對人生。
Helping children to make choices and be responsible for their choices, and developing a more positive self-concept, self-esteem & self-confidence

內容 Content

遊戲治療服務
Child Centered Play Therapy

對象 Target 6-10歲 / Aged 6-10

名額 Quota 2名 / 2 Participants

負責同工 Staff Responsible 袁惠儀 (YUEN Wai-ye)

分隊工作目標 Target / I : spiritual 靈性

4503.2409/C17

專注 ONE ON RUN (9/24-12/24) Concentration, one on run

日期 Date 個別預約

Individual appointment

時間 Time 每節45分鐘 45 minutes per session

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$600 (共4節)

\$600 (4 sessions in total)

備註 Notes 有興趣參加者須先行填寫報名表或致電預約負責職員，面見評估後才可繳費參加
Interested participants please fill in the registration form or call the responsible staff to make an appointment for face-to-face assessment before the payment.

目的 Objective

透過遊戲、故事和肢體運動，讓參加者學習聆聽和專注力。
Boosting concentration through games, stories and physical exercises.

內容 Content

按個別要，為參加者提供包括遊戲治療；並視覺、聽力等不同專注力訓練
Providing participants with play therapy and different concentration training.

對象 Target 懷疑有專注力不足或過度活躍的小學生(適合未經評估或正輪侯評估或正輪侯治療者)

Primary school students who are suspected of being Attention Deficit/ Hyperactivity Disorder.

名額 Quota 2名 / 2 Participants

負責同工 Staff Responsible 袁惠儀 (YUEN Wai-ye)

青年分隊服務目標介紹

Youth Team Service Objective

服務目標

Service Objective: YOUTH



Y

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 promoting services with YMCA characteristics to enrich the youth's horizons and enhance their personal goals in life, so that more young people can understand the work of YMCA!

O

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。

By creating different experience opportunities for young people, we aim to help develop their potentials, as well as help prepare their career paths.

U

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 to help develop their potentials, to discover and accept their shortcomings and strengths, and build a positive and genuine self-image. We also hope to broaden their breadth of mind to seek harmony instead of uniformity, and learn the importance of being complementary with one another.

T

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 the community.

H

Harmony

喺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。我哋期望喺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. Hence we hope to promote harmony and integration, and advocate respect and tolerance.



青年分隊活動

Youth Team Service Activities

「潛能發展Potential Development」

4503.2409/Y01

節日攪作:「柯基狗屁屁」冰皮月餅

Festival Mixing: "Corgi Buttocks" Snowy Mooncake

日期 Date 14/9/2024 (星期六Saturday)
時間 Time A組 Group A: 11:15am-12:30pm
 B組 Group B: 7:00pm-8:15pm
地點 Venue 佐敦會所 / Jordan Centre
費用 Fee \$80
備註 Notes 1. 請自備圍裙及手袖;

Please bring your own apron and sleeves;

目的 Objective

一同試作冰皮月餅,與親朋好友一同分享成果。
 Making snowy mooncakes together and sharing the results with family and friends.

內容 Content

製作三種味道的卡通狗屁屁冰皮月餅
 Making three flavors of cartoon corgi buttocks snowy mooncakes

對象 Target 11-18歲 / Aged 11-18

名額 Quota 6名 / 6 Participants

負責同工 Staff Responsible 嚴思敏 (YIM Sze-man)

2. 費用包括材料費以及食物包裝盒。

The cost includes material fee and food packaging box.

「潛能發展Potential Development」

4503.2410/Y02

烘焙星期六.『一「撻」即著』

Baking Saturday. "Tart" with U

日期 Date 5/10、12/10、19/10/2024
 (逢星期六 Every Saturday)
時間 Time 7:30pm-8:30pm
地點 Venue 佐敦會所 / Jordan Centre
費用 Fee \$90

備註 Notes 1. 請自備圍裙及手袖;
 Please bring your own apron and sleeves;

目的 Objective

透過製作西式/法式撻(tart),除了學習烘焙技巧外,更可以一嘗親自製作的甜品,以及認識一班志同道合的朋友。
 Making Western/French tarts, not only can you learn baking skills, but you can also taste homemade desserts and meet like-minded friends.

內容 Content

製作法式檸檬撻、芝士撻、朱古力撻
 Making French lemon tarts, cheese tarts, and chocolate tarts

對象 Target 11-16歲 / Aged 11-16

名額 Quota 6名 / 6 Participants

負責同工 Staff Responsible 嚴思敏 (YIM Sze-man)

2. 費用包括材料費以及食物包裝盒。

The cost includes material fee and food packaging box.

「潛能發展Potential Development」

4503.2410/Y03

IPSC室內射擊(10月) IPSC Indoor Shooting (October)

日期 Date 5/10、12/10、19/10、26/10/2024
(逢星期六 Every Saturday)

時間 Time 7:30pm-9:00pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$30

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

目的 Objective

透過室內射擊的活動,訓練青少年的專注力及應對能力。
Providing indoor shooting activities, young people's concentration and coping skills are trained.

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 about indoor shooting skills and related interest development methods

對象 Target 16-24歲 / Aged 16-24

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 張學銘 (CHEUNG Hok-ming)

「關懷社區Community Care」

4503.2410/Y04

義工服務齊齊做 Volunteer Services Together

日期 Date 19/10、26/10、2/11、9/11/2024
(逢星期六 Every Saturday)

時間 Time 10:45am-12:15pm;
10:15am-12:45pm (9/11/2024)

費用 Fee \$10

地點 Venue 油尖旺區社福機構;戶外場地 Yau Tsim Mong District Social Welfare Organization; outdoor venue
集散地點 Drop-off & Pickup 油尖旺區社福機構;戶外場地 Yau Tsim Mong District Social Welfare Organization; outdoor venue

目的 Objective

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

內容 Content

室內小組歷奇活動及參與戶外歷奇遊樂設施
Providing indoor group adventure activities and participating in outdoor adventure rides

對象 Target 16-24歲 / Aged 16-24

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 李振成 (LI Chun-shing)

「潛能發展Potential Development」

4503.2410/Y05

聖誕手作禮物 Christmas Handmade Gifts

日期 Date 2/11、9/11、16/11/2024
(逢星期六 Every Saturday)

時間 Time 5:00pm-6:00pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$90

備註 Notes 費用包括材料費 The cost includes material fee

目的 Objective

藉製作不同的聖誕手作禮物,為親朋密友送上心意,同時舒展身心和發揮創意,提昇個人品味。
Making different Christmas handmade gifts to relief stress and nurture creativity and aesthetic sense.

內容 Content

聖誕花環、配飾、聖誕造型蠟燭
Making Christmas wreath, accessories and Christmas-themed candles

對象 Target 11-16歲 / Aged 11-16

名額 Quota 6名 / 6 Participants

負責同工 Staff Responsible 嚴思敏 (YIM Sze-man)

「挑戰自我Self-Challenge」

4503.2410/Y06

健康活動齊齊做 Healthy Activity Services Together

日期 Date 8/11、15/11、22/11、29/11
(逢星期五 Every Friday)

時間 Time 2:30pm-4:00pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$10

目的 Objective

透過進行不同的體適能活動，讓參加者舒展身心及裝備自己迎接未來的挑戰。
Learning different physical fitness and activities to stretch the body and relax from stress.

內容 Content

學習不同的體適能活動
Learning different physical fitness and activities

對象 Target 12-18歲 / Aged 12-18

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」

4503.2410/Y07

長洲導賞遊 Cheung Chau Guided Tour

日期 Date 23/11/2024 (星期六 Saturday)

時間 Time 10:00am-5:00pm

費用 Fee \$50

地點 Venue : 長洲 / Cheung Chau
集散地點 Drop-off & Pickup : 佐敦會所 / Jordan Centre

目的 Objective

擴闊對香港不同地方的認識，提升對大自然保育的意識。
Exploring different places in Hong Kong and raising awareness about nature conservation.

內容 Content

遊覽及認識長洲的景點及歷史
Visiting and learning about the attractions and history of Cheung Chau

對象 Target 12-18歲 / Aged 12-18

名額 Quota 12名 / 12 Participants

負責同工 Staff Responsible 張學銘 (CHEUNG Hok-ming)

備註 Notes 請自備午餐及交通費用
Please bring your own lunch and transportation expenses

「潛能發展Potential Development」

4503.2410/Y08

新手化妝班-秋冬篇 Makeup Class-Autumn and Winter

日期 Date 5/12、12/12、19/12/2024
(逢星期四 Every Thursday)

時間 Time 4:30pm-5:30pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$60

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.

目的 Objective

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。
Learning makeup knowledge so that teenagers can express themselves confidently.

內容 Content

教授參加者化出適合秋冬季節的妝容
Teaching participants makeup in autumn and winter

對象 Target 13-18歲 / Aged 13-18

名額 Quota 8名 / 8 Participants

負責同工 Staff Responsible 趙泳茵 (CHIU Wing-yan)

「潛能發展Potential Development」

4503.2410/Y09

聖誕Cake—Cake Christmas Cake a Cake

目的 Objective

一同試作聖誕Cupcake，與親朋好友一同分享成果。
Making Christmas cupcakes and sharing the joy with family members and friends.

內容 Content

製作聖誕造型Cupcake (完成後每人可以得到不少於8個成品)
Making Christmas-themed cupcakes (each person can get no less than 8 finished products).

日期 Date A組Group A:
14/12/2024 (星期六 Saturday)

B組: Group B:
21/12/24 (星期六 Saturday)

時間 Time 7:00pm-8:30pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$80

備註 Notes 1. 請自備圍裙及手袖;
Please bring your own apron and sleeves;
2. 費用包括材料費以及食物包裝盒。
The cost includes material fee and food packaging box.

對象 Target 11-16歲 / Aged 11-16

名額 Quota 6名 / 6 Participants

負責同工 Staff Responsible 趙泳茵 (CHIU Wing-yan)

「潛能發展Potential Development」

4503.2410/Y10

佐敦Running Man大賽 Jordan Running Man Competition

目的 Objective

提升青少年與他人合作的溝通技巧和能力。
Improving the participants' communication skills and cooperation abilities.

內容 Content

於區內進行不同形式的Running Man遊戲，並進行分組及個人比賽
Doing checkpoint tasks or challenges in forms of individual and group competitions in Jordan District.

日期 Date 21/12/2024 (星期六 Saturday)

時間 Time 1:00pm-5:00pm

費用 Fee \$30

對象 Target 12-18歲 / Aged 12-18

名額 Quota 12名 / 12 Participants

負責同工 Staff Responsible 張學銘 (CHEUNG Hok-ming)

地點 Venue : 佐敦及西九文化區 / Jordan and West Kowloon Cultural District

集散地點 Drop-off & Pickup 佐敦會所 / Jordan Centre

備註 Notes 1. 請自備少量金錢;
Please bring a small amount of money with you;
2. 參加者須穿著長運動褲及合適運動服裝，自備水樽。
Participants must wear long sweatpants and suitable sportswear, and bring water bottle.



「潛能發展Potential Development」

4503.2410/Y11

新手美甲班-秋冬篇 Nail Art Class-Autumn and Winter

目的 Objective

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

內容 Content

教授參加者制作秋冬主題的美甲
Teaching participants how to make autumn and winter themed nail art

對象 Target 13-18歲 / Aged 13-18

名額 Quota 6名 / 6 Participants

負責同工 Staff Responsible 趙泳茵 (CHIU Wing-yan)

日期 Date 21/12/2024 (星期六Saturday)

時間 Time 5:30pm-6:30pm

地點 Venue 佐敦會所 / Jordan Centre

費用 Fee \$30

備註 Notes 參加者如有任何皮膚敏感，請盡早通知導師
If participants have any skin allergy, please inform the instructor immediately

「挑戰自我Self-Challenge」

4503.2410/Y12

追日出 Chasing the Sunrise

目的 Objective

透過深宵山途旅程，鍛鍊青少年的堅毅身心。
Walking through a late-night mountain journey, young people can exercise their physical and mental perseverance.

內容 Content

深宵時份踏上香港可到達的最高山峰，觀看日出美景
Climbing to the highest peak accessible in Hong Kong late at night to watch the sunrise

對象 Target 14-20歲 / Aged 14-20

名額 Quota 10名 / 10 Participants

負責同工 Staff Responsible 張學銘 (CHEUNG Hok-ming)

日期 Date 28 - 29/12/2024
(星期六至日 Saturday to Sunday)

時間 Time 11:00pm-翌日8:00am
11:00pm to 8:00am next day

費用 Fee \$30

地點 Venue 東涌鳳凰山 / Phoenix Hill, Tung Chung

集散地點 Drop-off & Pickup 東涌港鐵站 / Tung Chung MTR Station

備註 Notes 請自備少量金錢 / Please bring a small amount of money with you



共享空間服務

Common Space Service

想同朋友一齊玩又唔知去邊好？
Looking for a place to hang out with friends?

想自己一個靜靜咁溫書又搵唔到合適嘅地方？
Looking for a place to study alone?

想同小朋友搵個地方放鬆下？
Looking for a place to relax with the kids?

大家有無試過以上嘅情況呢？
如果有，我哋嘅【共享空間】一定幫到你！

Have you ever tried the above situation?
If yes, our [Common Space] will definitely help you!

共享空間設有 Common Space with

- 大電視 Television
- Switch
- 單車機 Bicycle machine
- 划艇機 Rowing machine
- 飛鏢 Darts
- 桌遊 Board games
- 結他、木音箱等樂器
Guitar, wooden speakers
and other musical instruments

你哋可以喺呢度 You can

- 小組研習 Group Study
- 功課溫習 Self Study
- 運動伸展 Exercise&Stretching
- 彈奏樂器 Music Playing
- 桌上遊戲 Board games
- 朋友聚會 Fun Time
- 親子玩樂 Family fun

共享空間·開放時間 Opening hours of Common Space

星期一	星期二	星期三	星期四
2pm - 10pm	2pm - 10pm	2pm - 10pm	2pm - 10pm
星期五	星期六	星期日及公眾假期	
10am - 1pm & 2pm - 10pm	10am - 10pm	休息	

預約表格 Reservation form



使用共享空間之前，記得填妥預約表格！成功預約後，我哋將會以電話聯絡確認。如果未收到確認電話，麻煩致電佐教會所2781 1411。名額有限，先到先得！
Please complete the reservation form before using the Common Space. After a successful appointment, we will contact you by phone to confirm. If you do not receive a confirmation call, please call 2781 1411. Seats are limited, first come first served!

使用者必須遵守使用守則及借用須知，詳情歡迎向本會所職員查詢。
Users must abide by the rules of use and user's instructions. For details, please feel free to contact our staff.