

# 「外展家庭服務」會友種類及申請資格

Outreaching Family Service, Membership & Eligibility



## 外展家庭服務

Outreaching Family Service

### 目的

Objective

透過舉辦特定活動支援基層家庭的身心需要，促進正面成長。  
To support the physical and emotional needs of grassroots families with individualized family programmes.

### 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，其中尤以文匯街、文英街、文苑街、文蔚街、文昌街至文咸街範圍內的樓宇（俗稱八文樓）為主。  
Yau Tsim Mong District, mainly residences in Man Wui Street, Man Ying Street, Man Yuen Street, Man Wai Street, Man Cheong Street to Man Shing Street (Man Wah Sun Estate - 8 Blocks of Buildings).



## 「外展家庭服務」會員種類及申請資格

"Outreaching Family Service" Membership & Eligibility

### 申請家庭需成為中心會友 Applicants (family as a unit) must be YMCA's Members

#### 半津家庭會籍 "Half Grant" Membership

凡獲批以下政府津貼之家庭，均可以半津家庭資格報名參與中心活動：  
Families currently receiving the following government allowances are eligible for "Half Grant" membership:

- 學生資助計劃（半額）  
Financial Assistance Scheme (Half grant)
- 在職家庭津貼（半額）  
Working Family Allowance Scheme (Half grant)
- 如領取以上津貼須為困居戶家庭（現居於劏房/共居單位/板間房/天台屋/寮屋），並須接受社工進行家訪。  
Recipients of the above allowances must be members of a poor housing family (current residents of subdivided flat/ co-living unit/ cubicle home/ rooftop shack/ squatter). A home visit conducted by social worker is compulsory.

#### 全津家庭會籍 "Full Grant" Membership

凡獲批以下政府津貼之家庭，均可以全津家庭資格報名參與中心活動：  
Families currently receiving the following government allowances are eligible for "Full Grant" membership:

- 綜合社會保障援助（綜援）  
Comprehensive Social Security Assistance (CSSA)
- 學生資助計劃（全額）  
Financial Assistance Scheme (Full grant)
- 在職家庭津貼（3/4免或全額）  
Working Family Allowance Scheme (3/4-rate or Full grant)



### 「外展家庭服務」

#### 會員可以：

"Outreaching Family Service"  
Membership Benefits:

- 參加佐敦快訊「外展家庭服務」版面內之小組及活動  
Participate in groups and activities held by "Outreaching Family Service"
- 以優惠價報名參加本中心的小組及活動（需要視乎個別活動/小組是否配有優惠名額）  
Enjoy a discount for the groups and activities held by Jordan Centre (Depending on individual cases and the number of quotas)

### 申請辦法

How to Apply

- 申請人須填妥外展家庭服務會友登記表（可向本會所職員索取）及攜同有關證明文件到本中心櫃台辦理有關手續，本會所職員將會作核實及審批。  
Fill in the "Outreaching Family Service" Membership Application Form (available at counter) and bring along the supporting documents to the counter for verification and approval.
- 參加者如未滿6歲或逾24歲者，須有最少1位6歲至24歲之家庭成員為本會會友。  
If the participant is under the age of 6 or over 24, he/she must be affiliated with a family member aged 6-24 with valid YMCA membership.



## 家庭活動 Parent Activity

### 中秋外展家庭月聚 Mid-Autumn Outreaching Family Gathering

4503.2409/F01

**日期 Date** 14/9/2024 (星期六 Saturday)  
**時間 Time** 6:30pm-8:00pm  
**地點 Venue** 佐敦會所 / Jordan Centre  
**費用 Fee** \$20/\$10(全津/半津)  
 \$20/\$10(Full Grant/Half Grant)

#### 目的 Objective

家庭分享中秋佳節的快樂和喜悅，放鬆心情，促進親子關係。  
 Celebrating the joyous Mid-Autumn Festival meanwhile strengthening parent-child relationships.

#### 內容 Content

製作冰皮月餅  
 Making snowy mooncake

**對象 Target** 外展家庭會員之兒童及家長

The parent and children of the Outreaching Family Member

**名額 Quota** 12名 / 12 Participants

**負責同工 Staff Responsible** 鍾志恒 (CHUNG Chi-hang)

## 兒童活動 Child Activity



### ABC 英語遊樂團 ABC English Class

4503.2409/F02

**日期 Date** 7/9 - 21/12/2024  
 (逢星期六 Every Saturday)  
**時間 Time** 10:30am - 11:30am  
**地點 Venue** 佐敦會所 / Jordan Centre  
**費用 Fee** 全免 Free

#### 目的 Objective

提升小學生對英語的興趣和程度。  
 Enhancing primary school students' interest and proficiency in English.

#### 內容 Content

以有趣生動的方式學習英語  
 Learning English in an interesting way

**對象 Target** 外展家庭會員之兒童

The children of the Outreaching Family Member

**名額 Quota** 8名 / 8 Participants

**負責同工 Staff Responsible** 黃康悅 (WONG Hong-yuet)

### 聖誕派對 2024 Christmas Party 2024

4503.2409/F03

**日期 Date** 21/12/2024 (星期六 Saturday)  
**時間 Time** 5:00pm-9:00pm  
**地點 Venue** 待定 TBC  
**集散地點** 佐敦會所 / Jordan Centre  
**費用 Fee** \$30/人  
 \$30/person

#### 目的 Objective

促進外展家庭、少數族裔家庭及青年多方的交流，建立關係，擴闊社交圈子；向區內人士傳遞溫暖，促進社區和諧。  
 Facilitating exchanges between outreach families, ethnic minority families, and youth, to build relationships and expanding social circles; Spreading warmth to the local community and promoting social harmony.

#### 內容 Content

團體遊戲、晚餐聚會和社區探索  
 Group games, dinner gatherings, and community exploration.

**對象 Target** 外展家庭會員、少數族裔會員和6-24歲兒童及青少年

Outreaching family members, ethnic minority members, and children/youth aged 6-24

**名額 Quota** 50名 / 50 Participants

**負責同工 Staff Responsible** 鍾志恒 (CHUNG Chi-hang)

## 置地公司·家基金贊助活動

### 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.

## 家庭活動 Family activity

### 咖啡拉花小組(第二期) Coffee Latte Group

4503.2409/HF01

**日期 Date** 3/9、10/9、17/9、24/9、8/10、15/10、  
22/10、29/10/2024 (星期二 Tuesday)

**時間 Time** 10:30am-11:30am

**地點 Venue** 佐敦會所 J/ ordan Centre

**費用 Fee** 家長\$20 / Parent \$20

#### 目的 Objective

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。  
Increasing communication and shared topics between parents, establishing connections, and broadening their social circle. Enriching their interests and hobbies, and boosting 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

**對象 Target** 外展家庭會員之家長  
The parent of the Outreaching Family Member

**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 Sponsored by HOMEFUND by Hongkong Land

### 兒童興趣繪畫班 Children Drawing Class

4503.2409/HF02

**日期 Date** 6/9、13/9、20/9、27/9、  
4/10、18/10/2024 (星期五 Friday)

**時間 Time** 5:00pm-6:00pm

**地點 Venue** 佐敦會所 / Jordan Centre

**費用 Fee** \$50

#### 目的 Objective

訓練兒童專注力與觀察力,萌發想像力與創造力。  
Training children's concentration and observation skills, and stimulate imagination and creativity.

#### 內容 Content

學習繪畫技巧  
Learning drawing skills

**對象 Target** 外展家庭會員之兒童  
The children of the Outreaching Family Member

**名額 Quota** 8名 / 8 Participants

**負責同工 Staff Responsible** 黃康悅 (Wong Hong-yuet)

**備註 Notes:** 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land



## 插花小組 Flower Arrangement Group

4503.2409/HF03

**日期 Date** 6/9、13/9、20/9、27/9、4/10、18/10、  
25/10、31/10/2024  
(星期五或星期四 Friday or Thursday)

**時間 Time** 7:30pm-8:30pm

**地點 Venue** 佐敦會所 / Jordan Centre

**費用 Fee** 家長\$20 / Parent \$20

### 目的 Objective

增進家長之間的溝通,幫助家長建立人際網絡,拓展社交圈;放鬆心靈、抒發情感的方式,提供心理支持。  
Enhancing communication between parents, helping parents establish interpersonal networks, and expanding their social circles; Providing ways to relax the mind and expressing emotions, offering mutual support.

### 內容 Content

學習插花藝術和技巧等  
Learn the art and techniques of flower arrangement

**對象 Target** 外展家庭會員之家長  
The parent of the Outreaching Family Member

**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 Sponsored by HOMEFUND by Hongkong Land

## 香薰DIY製作 Aromatherapy DIY Workshop

4503.2409/HF04

**日期 Date** 9/9、16/9、23/9、30/9、7/10、14/10、  
21/10、28/10/2024

**時間 Time** (逢星期一 Every Monday)

**地點 Venue** 10:30am-11:30am

**費用 Fee** 佐敦會所 / Jordan Centre  
家長\$20 / Parent \$20

### 目的 Objective

讓家長專注於當下並調節心理狀態,以達致身心放鬆。  
Helping parents focus on the moment and regulate their emotions to promote relaxation.

### 內容 Content

選擇香料、調配配方到製作成品  
Select the spices, formulate the recipe, and produce the finished product

**對象 Target** 外展家庭會員之家長  
The parent of the Outreaching Family Member

**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 Sponsored by HOMEFUND by Hongkong Land

## 親子學習「升呢」工作坊 暨7-9月份家庭生日會 Parent-child "Level Up" Workshop and Family Birthday Celebrations (July - September)

4503.2409/HF05

**日期 Date** 21/9/2024 (星期六 Saturday)

**時間 Time** 6:30pm-8:00pm

**地點 Venue** 佐敦會所 / Jordan Centre

**費用 Fee** 全免 Free

### 目的 Objective

提升孩子之學習動機及專注力;以遊戲主導,增加孩子學習的樂趣。  
Enhancing children's learning motivation and focus. Using a game-based approach to increase children's enjoyment of learning.

### 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.

**對象 Target** 外展家庭會員之兒童及家長  
The parent and children of the Outreaching Family Member

**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 Sponsored by HOMEFUND by Hongkong Land



## 酒精畫藝術 Alcohol Ink Art

4503.2411/HF07

**日期 Date** 1/11、8/11、15/11、22/11、29/11、  
6/12、13/12、20/12/2024  
(逢星期五 Every Friday)

**時間 Time** 7:30pm-8:30pm

**地點 Venue** 佐敦會所 / Jordan Centre

**費用 Fee** \$20

**備註 Notes** 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

### 目的 Objective

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  
Enhancing parents' interests and hobbies, and boosting their self-confidence; Alleviating stress, and enhancing emotional well-being and family relationships.

### 內容 Content

學習酒精墨水創作技巧  
Learning the techniques of creating art with alcohol ink

**對象 Target** 外展家庭會員之家長  
The parent of the Outreaching Family Member

**名額 Quota** 8名 / 8 Participants

**負責同工 Staff Responsible** 鍾志恒 (CHUNG Chi-hang)

## 參觀香港大學 Visit the University of Hong Kong

4503.2411/HF08

**日期 Date** 3/11/2024 (星期日 Sunday)

**時間 Time** 9:00am-5:00pm

**地點 Venue** 香港大學 / the University of Hong Kong

**集散地點** 佐敦會所 / Jordan Centre

Drop-off  
& Pickup

**費用 Fee** \$35/人 \$35/person

**備註 Notes** 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

### 目的 Objective

提升親子的溝通、表達及解決問題能力；提升學生的積極性。  
Enhancing parent-child communication, expression, and problem-solving abilities. Improving students' proactivity and engagement.

### 內容 Content

參觀香港大學  
Visiting the University of Hong Kong

**對象 Target** 外展家庭會員之兒童及家長  
The parent and children of the Outreaching Family Member

**名額 Quota** 50名 / 50 Participants

**負責同工 Staff Responsible** 鍾志恒 (CHUNG Chi-hang)

## 溜一天與你喘息 (家長組) Skate and Breath with you (Parent group)

4503.2411/HF09

**日期 Date** 4/11、11/11、18/11、25/11、2/12、  
9/12、16/12、23/12/2024  
(逢星期一 Every Monday)

**時間 Time** 11:00am-11:45am

**地點 Venue** 圓方 / Elements

**集散地點** 佐敦會所 / Jordan Centre

Drop-off  
& Pickup

**費用 Fee** \$20/人 \$20/person

**備註 Notes** 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

### 目的 Objective

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。  
Enriching parents' interests and hobbies, and boosting their self-confidence; Alleviating stress, and enhancing emotional well-being and family relationships.

### 內容 Content

溜冰  
Ice-skating

**對象 Target** 外展家庭會員之家長  
The parent of the Outreaching Family Member

**名額 Quota** 8名 / 8 Participants

**負責同工 Staff Responsible** 鍾志恒 (CHUNG Chi-hang)

## 家長瑜伽小組 Parent Yoga Group

4503.2411/HF10

**日期 Date** 5/11、12/11、19/11、26/11、3/12、  
10/12、17/12、24/12/2024  
(逢星期二 Every Tuesday)

**時間 Time** 11:00am-11:45am

**地點 Venue** 佐敦會所 / Jordan Centre

**費用 Fee** \$20/人 \$20/person

**備註 Notes** 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

### 目的 Objective

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。  
Enriching parents' interests and hobbies, and boosting their self-confidence; Alleviating stress, and enhancing emotional well-being and family relationships.

### 內容 Content

學習以呼吸帶領身體，提升身體覺知和肢體協調能力  
Learning breathing exercises to enhance physical coordination, and awareness and sensitivity about the reactions of the body.

**對象 Target** 外展家庭會員之家長

The parent of the Outreaching Family Member

**名額 Quota** 8名 / 8 Participants

**負責同工 Staff Responsible** 鍾志恒 (CHUNG Chi-hang)

## 親子學習「升呢」工作坊 暨 10-12月份家庭生日會 Parent-child "Level Up" workshop and Family Birthday Celebrations (October - December)

4503.2412/HF11

**日期 Date** 14/12/2024 (星期六 Saturday)

**時間 Time** 6:30pm-8:00pm

**地點 Venue** 佐敦會所 / Jordan Centre

**費用 Fee** 全免 Free

**備註 Notes** 由置地公司·家基金贊助 Sponsored by HOMEFUND by Hongkong Land

### 目的 Objective

提升孩子之學習動機及專注力；以遊戲主導，增加孩子學習的樂趣。  
Enhancing children's learning motivation and focus. Using a game-based approach to increase children's enjoyment of learning.

### 內容 Content

親子遊戲介紹和體驗·生日會  
Experiencing parent-child games and birthday celebrations

**對象 Target** 外展家庭會員之兒童及家長

The parent and children of the Outreaching Family Member

**名額 Quota** 15名 / 15 Participants

**負責同工 Staff Responsible** 鍾志恒 (CHUNG Chi-hang)



## 少數族裔服務

### Service for Ethnic Minorities

4503.2412/E01

### Jordan Christmas Party 2024

**Date** 24/12/2024 (Tuesday)  
**Time** 6:00pm-8:30pm  
**Venue** Jordan Centre  
**Fee** \$50/Family  
**Target** Parents and Child aged 6-12  
**Quota** 10 families  
**Staff Responsible** YIM Sze-man (Miss Eva)  
 SO Chi-lok (Lok Sir)  
 Sa Sa (Miss Sasa)

#### Objective

Celebrating the arrival of Christmas together by making decorations and playing games.

#### Content

Making lighting decorations, playing games and gift giving

4503.2410/E02

### It's game time

**Date** 18/10-25/10-1/11-8/11/2024 (Every Friday)  
**Time** 5:30pm-6:30pm  
**Venue** Jordan Centre  
**Fee** \$20  
**Target** 6-12 Aged  
**Quota** 8 Participants  
**Staff Responsible** SO Chi-lok (Lok Sir)  
 Sa Sa (Miss Sasa)

#### Objective

Learning teamwork and problem-solving skills through games on PS5/Switch.

#### Content

Playing PS5/Switch together

4503.2410/E03

### Let's Bake Now

**Date** 5/10-12/10-19/10-26/11/2024 (Every Saturday)  
**Time** 11:00am-12:30pm  
**Venue** Jordan Centre  
**Fee** \$40/person  
**Target** One parent and Child aged 6-24  
**Quota** 8 Participants  
**Staff Responsible** YIM Sze-man (Miss Eva)  
 SO Chi-lok (Lok Sir)  
 Sa Sa (Miss Sasa)

#### Objective

Enabling participants to learn about baking techniques and promoting creativity, communication and cooperation among parents and children.

#### Content

Pastry baking basics, practical learning, parent-child cooking

4503.2412/E04

### Lego WeDo2.0 experience

**Date** 7/12-14/12-21/12-28/12/2024 (Every Saturday)  
**Time** 3:00pm-4:15pm  
**Venue** Jordan Centre  
**Fee** \$20  
**Target** 6-10 Aged  
**Quota** 6 Participants  
**Staff Responsible** SO Chi-lok (Lok Sir)  
 Sa Sa (Miss Sasa)

#### Objective

Through the Lego WeDo2.0 set, participants are provided with brain-using, hands-on and scientific inquiry activities to improve students' curiosity, scientific skills and ability to use both hands and brain.

#### Content

Learning basic programming, exploring simple mechanical principles, and training independent thinking and problem-solving abilities



# 恆常訓練程序

Training courses

- 01 所有課堂費用按月計算，學員必須繳交完整一期費用。如於月底前仍未繳交下月學費者，則視作放棄繼續報讀課程，並將由後補人士補上；  
All courses are charged on a monthly basis and in full sessions. If the fee for next month has not been paid by the end of the current month, it will be regarded as withdrawal from the course. Applicants on the waiting list will take up the place;
- 02 學員缺席課堂之學費並不會按比例退回，亦不能累積作繳交下期學費之用；  
No refunds are issued on a pro-rata basis for missed classes or no-shows and the fees cannot be carried over to another term;
- 03 凡報讀本會所課程，而出席率達到80%或以上的學員，可申請聽講證書，申請期限為該課程完結後，三個月內辦理有關申請，每張證書費用為港幣\$20；  
An attendance certificate is available within 3 months after the completion of the course for participants whose attendance is above 80% at the cost of \$20;
- 04 所有訓練程序參加者須年滿6歲，如未滿6歲則其家庭會友會籍內需有介乎6-24歲的家庭成員，方合資格參加；  
Only participants aged 6 or above are eligible for the training courses. If the participant is under the age of 6 or above 24, he/ she must be affiliated with a family member aged 6-24 holding a valid YMCA's membership;
- 05 參加者未滿12歲，須於報名表上選擇接送安排。  
If the participant is under the age of 12, please choose the leave method on the programme enrollment form.

## 『接放幼兒之安排』

Arrangement for Children Pick-up

為確保幼兒之安全，請家長/ 接放者準時到課室接回幼兒，同時導師亦會核實有關家長或接放者之身份。

To ensure the safety of children, please pick them up at the classroom punctually. Parents' / guardians' identities will be verified by the tutors.



### 好消息！早鳥優惠！

凡於每月25日或之前繳交下月學費，

可獲每堂減\$5之優惠。

Good news! Early Birds Discount!

Pay the fee before 25th of every month and get a \$5 discount per lesson.





星期一 Monday

## 兒童創意畫室

## Children's Creative Drawing

活動編號  
Code

T01

內容 Content	繪畫有助啟發兒童的創意，教授繪畫之基本技巧，如線條的運用，幾何圖形、十字分析等由淺入深，培養繪畫興趣。 Drawing can help inspire children's creativity and teach them basic drawing skills, such as the use of lines, geometric figures, cross analysis, etc., from simple to advanced levels, and cultivate interest in drawing.
日期 Date	按當月日數而定 Depending on the number of days in the month
時間 Time	4:00pm-5:00pm
對象 Target	4-10歲 / Aged 4-10
費用 Fee	\$155 / 堂 \$155 / Session
名額 Quota	8名 / 8 Participants
備註 Notes	請自備鉛筆、擦膠、畫簿及木顏色筆。 Please bring your own pencils, erasers, drawing books and wooden color pens

## IPad繪畫教室

## iPad Painting Classroom

活動編號  
Code

T02

內容 Content	繪畫有助啟發兒童的創意，配合科技發展，教授使用平板電腦繪畫的技巧，讓參加者由淺入深學習運用電子科技繪畫。 Drawing helps inspire children's creativity, teach them the skills of using iPad to draw, and how to use electronic technology to draw from the basic to the advanced.
日期 Date	按當月日數而定 Depending on the number of days in the month
時間 Time	5:15pm-6:15pm
對象 Target	4-10歲 / Aged 4-10
費用 Fee	\$155 / 堂 \$155 / Session
名額 Quota	8名 / 8 Participants
備註 Notes	請自備平板電腦及筆。 Please bring your own iPad and pen.



星期三 Wednesday

## 奧數思維訓練班

## Olympiad Math Training Class

活動編號  
Code

T03

內容 Content	「奧數」能將數學生活化，提高學生對數學科參與及興趣，提升學生智商、邏輯思維、推理力、分析力及解題能力。 Olympiad Math can make mathematics more practical in daily life, increase students' participation and interest in the subject, enhance their intelligence quotient, logical thinking, reasoning ability, analytical skills, and problem-solving capabilities.
日期 Date	按當月日數而定 Depending on the number of days in the month
時間 Time	4:15pm-5:15pm
對象 Target	6-12歲 / Aged 6-12
費用 Fee	\$155 / 堂 \$155 / Session
名額 Quota	8名 / 8 Participants

## 兒童日語學堂

## Children's Japanese Learning Center

活動編號  
Code

T04

內容 Content	"五十音"是日文學習的基礎，通過學習"五十音"圖，可以快速地記住和掌握日文，導師主要教導生活化詞彙，令學生可在日常生活中應用。 The "Hiragana" (Japanese Phonetic Script) is the foundation of learning Japanese. By learning the "Hiragana" chart, students can quickly memorize and master the Japanese language. The instructors primarily teach practical and daily-life vocabulary, enabling students to apply it in their everyday life.
日期 Date	按當月日數而定 Depending on the number of days in the month
時間 Time	5:30pm-6:30pm
對象 Target	6-12歲 / Aged 6-12
費用 Fee	\$155 / 堂 \$155 / Session
名額 Quota	8名 / 8 Participants



## 星期四 Thursday

### 花式跳繩學堂 Fancy Rope Skipping

活動編號  
Code

T05

內容  
Content

課程會教授不同花式跳繩技巧。花式跳繩能強健心肺功能，有助提升身心健康發展。

The course will teach different jumping rope techniques. Fancy rope skipping can strengthen cardiopulmonary function and help improve physical and mental health development.

日期  
Date 按當月日數而定  
Depending on the number of days in the month

時間  
Time 5:00pm-6:00pm

對象  
Target 5-12歲 / Aged 5-12

費用  
Fee \$155 / 堂 \$155 / Session

名額  
Quota 8名 / 8 Participants

備註  
Notes 請穿著輕便服裝、運動鞋，自備毛巾及飲用水。  
Please wear casual clothing, sports shoes, and bring your own towel and drinking water.

### Aikido學堂 Aikido Class

活動編號  
Code

T06

內容  
Content

以現代化的方式教授合氣道，讓小朋友學習禮儀及紀律，同時學習踢腳、翻滾和落地等技巧，有助提升小朋友的體能和身體素質。

Let children learn etiquette and discipline from Aikido, as well as skills of kicking, rolling and landing, which will help improve children's physical fitness and fitness.

日期  
Date 按當月日數而定  
Depending on the number of days in the month

時間  
Time 6:30pm-7:30pm

對象  
Target 5-12歲 / Aged 5-12

費用  
Fee \$155 / 堂 \$155 / Session

名額  
Quota 8名 / 8 Participants

備註  
Notes 1.上課時須穿著合氣道袍。 Aikido robes should be worn during class.  
2.請自備毛巾及飲用水。 Please bring your own towel and drinking water.



## 星期五 Friday

### Funky Jazz

活動編號  
Code

T07

內容  
Content

透過節奏強勁的音樂及舞步，加強兒童的節奏感及身體協調性；舞步較自由讓兒童可發揮創意；排練團體舞蹈，有助加強小朋友的團體合作性。

Through powerful rhythmic music and dance steps, children's sense of rhythm and body coordination are enhanced; the freer dance steps allow children to express their creativity; group dance rehearsals help strengthen children's teamwork.

日期  
Date 按當月日數而定  
Depending on the number of days in the month

時間  
Time 3:45pm-4:45pm

對象  
Target 5-12歲 / Aged 5-12

費用  
Fee \$155 / 堂 \$155 / Session

名額  
Quota 12名 / 12 Participants

備註  
Notes 請穿著輕便服裝、運動鞋，自備毛巾及飲用水。  
Please wear casual clothing, sports shoes, and bring your own towel and drinking water.

### K-Pop Dance

活動編號  
Code

T08

內容  
Content

教授流行的韓國音樂，教導小朋友的基礎舞蹈技巧，訓練身體的協調及靈活性，透過舞步培養小朋友的節奏感。

Teaching children popular Korean music, basic dance skills, train body coordination and flexibility, and develop their sense of rhythm through dance steps.

日期  
Date 按當月日數而定  
Depending on the number of days in the month

時間  
Time 5:00pm-6:00pm

對象  
Target 5-12歲 / Aged 5-12

費用  
Fee \$155 / 堂 \$155 / Session

名額  
Quota 12名 / 12 Participants

備註  
Notes 請穿著輕便服裝、運動鞋，自備毛巾及飲用水。  
Please wear casual clothing, sports shoes, and bring your own towel and drinking water.





## 恆常鋼琴課程 Regular Piano Lessons

編號 Number	課程名稱 / Name	星期 / Week
T20A	鋼琴研習A / Piano Lessons A	一/ Monday(個別預約/Individual reservation)
T20B	鋼琴研習B / Piano Lessons B	二/ Tuesday(個別預約/Individual reservation)
T20C	鋼琴研習C / Piano Lessons C	四/ Thursday(個別預約/Individual reservation)
T20D	鋼琴研習D / Piano Lessons D	五/ Friday(個別預約/Individual reservation)
T20E	鋼琴研習E / Piano Lessons E	六/ Saturday(個別預約/Individual reservation)

## 鋼琴研習費用 Fee of Piano Lessons

級別 Grade	30分鐘/Minutes	45分鐘/Minutes	60分鐘/Minutes
初級/Initial Grade	\$160	\$200	
一級/Grade 1	\$165	\$210	
二級/Grade 2	\$185	\$220	
三級/Grade 3		\$230	\$290
四級/Grade 4		\$240	\$315
五級/Grade 5 五級樂理/Grade 5 Theory		\$260	\$330
六級/Grade 6		\$295	\$335
七級/Grade 7		\$305	\$375
八級/Grade 8 八級樂理/Grade 8 Theory			\$425
演奏級/Diploma			\$475

對象為5歲以上；導師與學員比例為1:1，經導師評核可代報考試。

The target candidates are age 5 and above; the ratio of tutors to students is 1:1, and students can apply for the exam after evaluation by the tutor.

## 會友意見及回應

### Suggestion/ Feedback

若你對會所服務有任何意見、讚賞或申訴，歡迎選用以下任何一種方法向我們表達：

You can express your opinions through these channels:

- 01 向當值職員直接表達對本會所服務的意見讚賞或申訴，並請留下聯絡資料以便跟進處理；  
Talk to the Duty Officer directly and leave your contact for follow-up;
- 02 致電本會所主任表達意見或申訴；  
Make a call to the Centre-in-charge;
- 03 填寫【意見/投訴/讚賞紀錄表】(SQS15-01)或直接去信予本會所主任；  
Submit Opinion /Complaint Form (SQS15-01), available at the counter;
- 04 電子郵件：[jordan@ymca.org.hk](mailto:jordan@ymca.org.hk)；(請留意：電子郵件在傳送途中可能會被第三者截取)  
Send email to [jordan@ymca.org.hk](mailto:jordan@ymca.org.hk)；  
(Please be mindful that e-mail transmissions are susceptible to interception by third parties)
- 05 如你感到本會所未能妥善處理你的意見和提議，歡迎填寫【意見/投訴/讚賞紀錄表】(SQS15-01)或直接去信本會機構傳訊及市場拓展科。  
地址：九龍窩打老道23號香港中華基督教青年會機構傳訊及市場拓展科收  
If you are dissatisfied with the result, you may appeal to the Corporate Communications & Marketing Section Department, Chinese YMCA of Hong Kong for further investigation.  
Address: Corporate Communications & Marketing Section, Chinese YMCA of Hong Kong

#### 備註 Remarks

如接獲意見/讚賞/投訴，會所主任/督導於接獲後7天內聯絡，親自/委派相關負責職員向對方回覆及了解有關情況，並於14個工作天內處理。  
For opinions, appreciations or complaints, the Centre-in-charge will deal with directly or assign staff to discuss the matter with the complainant within 7 working days of the complaints and handle the issue within 14 working days after discussion.

## 服務使用者意見 Feedback

本會所致力提供完善及優質的服務，歡迎各服務使用者向本會提出對本會所任何的意見、稱讚或建議，並將意見表投入本會所意見箱內。

Jordan Centre is dedicated to providing excellent service. We welcome your suggestion and comments on our service. Feel free to write back the feedback form.

會友姓名(Name)

聯絡電話(Tel)

本人之意見(Comments)

【所有資料 絕對保密 All information will be kept confidential】

多謝您的寶貴意見！ Thank you for your valuable comments!

如需本會所作出回覆或跟進，請填妥意見欄內之姓名及聯絡電話。

本表格所收集之個人資料，只作反映、回覆及跟進用途，個人資料，絕對保密。本會跟進閣下意見後會銷毀其個人資料。

The personal data collected in this form will only be used for the purpose of evaluation, reply, and follow-up. All personal data will be kept confidential and will then be destroyed after follow-up.



## 會所制服小組 Uniform Groups

本會所共有四大制服小組：西九龍第八小女童軍隊、香港基督少年軍第四分隊、香港基督女少年軍第二分隊及九龍第1068旅小童軍，透過上述制服小組可以培養青少年責任感，發展身心，貢獻社會及培養他們不同的興趣，服務地區。

There are four uniformed groups in Jordan Centre: West KLN Brownie Guider Unit 8, The Boys' Brigade, Hong Kong Unit 4, The Girls' Brigade, Hong Kong Unit 2 and Kowloon Grasshopper Scout Unit 1068. The uniformed group training aims to nurture the youth's responsibility and develop their physical and mental health to serve and contribute to society.

### 香港基督女少年軍第二分隊

#### The Girls' Brigade Hong Kong Unit 2

集會時間 Assembly Time	2:00pm-4:00pm (逢星期六Every Saturday)
集會地點 Venue	佐敦會所 / Jordan Centre
收費 Free	\$40/每月 per month
收表日期 Application Method	會所辦公時間內 To hand in the application form during office hour
面試日期 Interview Date	另行通知 Upon Notification
備註 Note	報名表格可於本會所索取 The application form is available at the counter

#### 目的 Objective

幫助少女建立自律、虔誠與責任感的品格，體現豐盛生命的真義，並成為基督的跟隨者。

To help girls build self-discipline, a sense of responsibility, and reverence. To fully experience a meaningful life, and follow the path of Christianity.

#### 內容 Content

步操、聖經故事分享、手工藝、自我照顧訓練、潛能訓練、義工服務、旅行、露營、體能活動等。各類活動如達考章水準，均獲頒發獎章以作獎勵及升級！

Drills, Bible story sharing, handicrafting, independence training, potential training, voluntary service, traveling, camping, physical training, and other activities. Badge syllabus is available.

#### 對象 Target

初級組 Junior-Girls: 6至8歲 / aged 6-8

中級組 Middle-Girls: 9至10歲 / aged 9-10

高級組 Senior-Girls: 11至12歲 / aged 11-12

深資組 Experienced-Girls: 13至16歲 / aged 13-16

#### 負責同工 Staff Responsible

謝金燕 TSE Kam-yin (Coco Miss)

### 香港基督少年軍第四分隊

#### The Boys' Brigade Hong Kong Unit 4

集會時間 Assembly Time	3:00pm-5:30pm (逢星期六Every Saturday)
集會地點 Venue	佐敦會所 / Jordan Centre
收費 Free	\$30/每月 per month
收表日期 Application Method	會所辦公時間內 To hand in the application form during office hour
面試日期 Interview Date	另行通知 Upon Notification
負責同工 Staff Responsible	伍子傑 NG Tsz-kit (Keith Sir)
備註 Note	報名表格可於本會所索取 The application form is available at the counter

#### 目的 Objective

『於青少年人之間，擴展基督的角度，同時促進服從、虔誠、紀律及自愛等良好行為，以達成基督化的人格。』

To spread the value of Christianity among young people, and encourage the principles of obedience, reverence, discipline, and self-respect, in order to fulfill the characteristics of Christianity.

#### 內容 Content

聖經知識、急救知識、繩結、步操、體能訓練、遠足、露營、軍樂、水上活動、烹飪、集郵、工藝及各類興趣活動等。

Bible learning, first-aid skills, knotting, drills, physical training, hiking, camping, military music, water activities, cooking, stamp collecting, craft, and other entertainment activities

#### 隊訓 Motto

我兒啊！你要在基督耶穌的恩典剛強起來。你在許多見證人面前聽見我所教訓的、也要交託那忠心能教導別人的人。(提摩太後書 2:1-2)

So then, my child, be strong in the grace which is in Christ Jesus. And the things which I have said to you before a number of witnesses, given to those of the faith, so that they may be teachers of others. (II Timothy 2:1-2)

#### 對象 Target

初級組 Junior-Boys: 8至12歲男童 / aged 8-12

中級組 Middle-Boys: 11至18歲男童 / aged 11-18



## 九龍第1068旅小童軍

### Kowloon Cub Scout Unit 1068

**集會時間**  
Assembly Time 2:30pm-3:45pm  
(逢星期六Every Saturday)  
(戶外活動除外  
Expect for outdoor activities)

**集會地點**  
Venue 佐敦會所 / Jordan Centre

**收費**  
Free \$40/每月 per month

**收表日期**  
Application 會所辦公時間內  
Method To hand in the application  
form during office hour

**面試日期**  
Interview Date 另行通知  
Upon Notification

#### 備註 Note

報名表格可於本會所索取；參加者如未滿6歲，須有最少1位6-24歲的家庭成員為本會會友，請於報名時申報  
The application form is available at the counter; If the participant is under the age of 6 or over 24, he/she must be affiliated with a family member aged 6-24 holding valid YMCA's membership



#### 目的 Objective

透過不同遊戲、運動、手工藝及烹飪等活動，以及定期外出活動，提升參加者的自理能力和社交技巧，培養興趣。  
Enhancing independent and social abilities of scouts through various activities such as games, sports, handcraft and cooking, as well as periodical outdoor activities.

#### 內容 Content

手工藝、自我照顧訓練、潛能訓練、義工服務、旅行、露營、體能活動等。各類活動如達考章水準，均獲頒發獎章以作獎勵及升級！  
Handcrafting, independence training, potential training, voluntary service, traveling, camping, physical training, and other activities. Badge syllabus is available.

#### 對象 Target

5-8歲兒童 / Children aged 5-8

#### 負責同工 Staff Responsible

李芊慧 LEE Chin-wai (芊芊姑娘)  
賈雲龍 KA Wan-lung (龍Sir)



## 西九龍第八小女童軍隊

### West KLN Brownie Guider Unit 8

**集會時間**  
Assembly Time 2:00pm-4:00pm  
(逢星期六Every Saturday)

**集會地點**  
Venue 佐敦會所 / Jordan Centre

**收費**  
Free \$250/每半年 per half year

**收表日期**  
Application 會所辦公時間內  
Method To hand in the application  
form during office hour

**面試日期**  
Interview Date 另行通知  
Upon Notification

#### 備註 Note

報名表格可於本會所索取  
The application form is available at the counter

#### 目的 Objective

宿營、遠足、手工藝、家務技能、急救、繩藝紮作、步操等。  
Camping, hiking, handcrafting, housekeeping skills, first aid skills, the craft of rope and drills.

#### 內容 Content

步操、聖經故事分享、手工藝、自我照顧訓練、潛能訓練、義工服務、旅行、露營、體能活動等。各類活動如達考章水準，均獲頒發獎章以作獎勵及升級！  
Drills, Bible story sharing, handcrafting, independence training, potential training, voluntary service, traveling, camping, physical training, and other activities. Badge syllabus is available.

#### 對象 Target

6-12歲女童 / Girls aged 6-12

#### 負責同工 Staff Responsible

趙泳茵 CHIU Wing-yan (Yan Miss)

# 《防止性騷擾你要知》問答遊戲

## 《Prevent Sexual Harassment》Quiz

### 遞交方法 Submission method

填妥後可親身到YMCA佐敦會所遞交，領取小禮物一份，數量有限，送完即止。

After completing the form, you can submit it in person at the YMCA Jordan Centre and receive a souvenir. Souvenir's supply is limited and given by the first come first served basis.

### 01 以下哪些行為構成性騷擾？ Which of the following behaviors constitute sexual harassment?

- I. 發放含有威嚇性的電郵和信件 Give Powerful Letters and Correspondence
- II. 講述不受歡迎的黃色笑話 Unpopular dirty jokes
- III. 以電郵、信件或電話等途徑發放不受歡迎並涉及性的資訊  
Providing unwanted and sexual information by letter, letter or phone call
- IV. 以不受歡迎並涉及性的眼光凝視別人 View others with an unwelcome and attention-grabbing sensitivity

- A. (i), (iii)    C. (ii), (iii), (iv)
- B. (ii), (iv)    D. (i), (ii), (iii), (iv)

### 02 小明與一班同學在學校飯堂望著出入飯堂的同學大聲品評一番。慧琳進入飯堂時聽到小明一班人就她的「好身材」給予高度評價。慧琳覺得他們的言論有辱女性和粗鄙。在這情況下，慧琳有權提出性騷擾投訴嗎？

Ming and a group of classmates were in the school cafeteria. They watched students entering and exiting the cafeteria and criticized them loudly. When Mary walked into the canteen, she heard Ming and others praising her "good figure". Mary found their comments degrading to women and vulgar. In this case, does Mary has the right to file a sexual harassment complaint?

- A. 有。慧琳有權投訴小明及其同學他們性騷擾 --- 如果她就他們對她身體的評論感受到冒犯。  
Yes. Mary has the right to complain about sexual harassment from Ming and others - if she feels offended by their comments about her body.
- B. 沒有。慧琳得分甚高理應不會受冒犯。相反地如果他們把慧琳說成是「豬扒」就可能會有問題。  
No. Mary scored so high that she shouldn't be offended. On the contrary, if they describe Mary as a "pork chop", there may be a problem.



C. 沒有。雖然小明他們的做法的確低級及無聊，實在惹人討厭，但由於慧琳只是他們的談論話題，因此技術上他們並沒有作出冒犯她的行為。

No. Although what Ming and the others did was indeed vulgar, boring, and really annoying, Mary was just the topic of their conversation, they technically did not offend her.

**03** 事件出現多少次才會構成性騷擾？  
How many occurrences does it take for an incident to constitute sexual harassment?

A. 十次或以上 Ten times or more

B. 三字或以上 Three words or more

C. 一次，單一事件已足以構成性騷擾

A single incident is enough to constitute sexual harassment

D. 多於一次才足以構成性騷擾

More than once is enough to constitute sexual harassment

**04** 性騷擾會否構成刑事罪行？  
Will sexual harassment constitute a criminal offence?

A. 不會，性騷擾只屬民事罪行。No, sexual harassment is only a civil offense.

B. 會，某些性騷擾行為會同時帶來刑事後果，例如非禮。Yes, some acts of sexual harassment may also bring criminal consequences, such as indecent assault.

**05** 一個人可能被同性的人性騷擾嗎？  
Is it possible for a person to be sexually harassed by someone of the same sex?

A. 可能，是否構成性騷擾與當事人的性別無關。

Perhaps, whether it constitutes sexual harassment has nothing to do with the gender of the person involved.

B. 不可能，性騷擾只會發生在異性之間。

No way, sexual harassment only happens between opposite sexes.

**05** 是不是有意圖才會構成性騷擾？  
Does intentionality constitute sexual harassment?

A. 是，有意圖的才是性騷擾。

Yes, sexual harassment is intentional.

B. 不是，性騷擾可以是有意或無意的，沒有意圖並不構成辯護理由。

No, sexual harassment can be intentional or unintentional, and lack of intent is not a defense.

參考網頁Reference:

防止歧視及性騷擾委員會 香港中文大學

<https://cadsh.cuhk.edu.hk/zh-tw/training-events/online-quiz-game/quizzes/general-knowledge/online-quiz-game-tc/play>





## 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！

請掃描右方二維碼以了解更多資訊 →

For more information, please scan the QR code







## 颱風、暴雨警告或超強颱風後 「極端情況」訊號下活動安排

Arrangements Under Inclement Weather

✓表示開放或如期舉行 Open

✗表示停止服務 Closed

服務/ 活動類別 Service	暴雨警告訊號 Rainstorm Warning Signal			颱風警告 Typhoon Signal		超強颱風後引致 After Super Typhoons	
	 Amber 黃	 Red 紅	 Black 黑	T1	⊥3	八號或以上 烈風/暴風信號 No. 8 Gale/ Storm Signal or above	「極端情況」 Extreme Conditions
會所開放 Opening hours	✓	✓	✗ (見註2) (see note 2)	✓	✓	✗	✗
訓練程序 Training Programmes	✓	✓	✗ (見註2) (see note 2)	✓	✓	✗	✗
室內活動 Indoor Activities	✓	✓	✗ (見註2) (see note 2)	✓	✓	✗	✗
戶外活動 Outdoor Activities	電話查詢 Telephone Inquiry	✗	✗	✓	✗	✗	✗

- 01** 如黃色、紅色暴雨警告或一號、三號颱風警告在會所開放時段內發出，會所照常開放，室內活動及訓練程序如常進行，戶外活動則參閱(上表)。為以策安全，請參加者及家長自行考慮各地區之天氣、道路及交通情況；決定前往會所與否。惟在此情況下缺席的課堂或活動，均不獲補課或退款，敬請留意；

When Amber/ Red Rainstorm Warning Signal or Typhoon Signal No. 1/ 3 is issued during normal opening hours, the centre will remain open; training programmes/ indoor activities will continue as normal. For outdoor activities, please refer to the above chart. To ensure safety, participants and parents should decide whether to proceed with their journey to the centre taking into account the weather, traffic and road conditions. Under such circumstance, if the participants decide not to attend the classes/ activities, no refund/ make-up classes will be arranged;

- 02** 如黑色暴雨警告在會所開放時段內發出，會所內已開始之室內活動及訓練程序將作有限度服務至該節完結，未開始之室內活動及訓練程序將取消。此外，有需要時會所會安排會友及參加者在安全的情況下離開。年齡於12歲或以下之青少年會友，必須由家長/ 成人陪同下或同意下離開。如黑色暴雨警告在會所開放前發出，會所將暫停服務直至警告取消兩小時後照常運作；

When Black Rainstorm Warning Signal is issued during normal opening hours, the indoor activities/ training programmes that have already started will continue to a limited extent until the end of the session. Outdoor activities/ training programmes that have not yet started will be cancelled. In addition, the centre will ensure that conditions are safe before allowing members to return home. Members aged 12 or under who want to leave must obtain approval of or be accompanied by parents/ adults. If Black Rainstorm Warning Signal is issued before normal opening hours, the centre will close and re-open 2 hours after the signal is cancelled;



- 03** 如天文台宣佈在未來數小時內將發出三號颱風警告或已懸掛起紅色/ 黑色暴雨警告時，在此期間所有會所舉辦之戶外活動將全部取消，正在進行的戶外活動，亦會在安全情況下折返；  
If the Hong Kong Observatory announces that Typhoon Signal No. 3 will be issued in the ensuing hours or Red/ Black Rainstorm Warning Signal is issued, all outdoor activities which are scheduled to begin will be cancelled. The ongoing outdoor activities will stop;
- 04** 如會所開放時段內天文台發出八號颱風預警，會所將維持開放，正在進行之室內活動及訓練程序將作有限度服務至該節完結，或因應實際情況安排作有限度改動。未開始之室內活動及訓練程序將全部取消。在途中之會友請不要繼續前往會所，已到達之會友則會安排在安全情況下離開。年齡於12歲或以下之青少年會友，必須由家長/ 成人陪同下或同意下離開；  
If the Hong Kong Observatory announces that Typhoon Signal No. 8 will be issued in the ensuing hours, the centre will remain open. The indoor activities/ training programmes that have already started will continue to a limited extent, subject to actual circumstances. The indoor activities/ training programmes that have not yet started will be cancelled. Members who are on their way to the centre should not continue with their journey to the centre. Members who have already arrived at the centre should leave when conditions are safe. Members aged 12 or under who want to leave must obtain approval or be accompanied by parents or adults;
- 05** 在八號或以上颱風警告或「極端情況」生效期間，會所將暫停服務。當以上警告取消後，會所服務將於兩小時後照常運作。但如政府公佈颱風後「極端情況」，會所將繼續暫停服務至政府取消「極端情況」兩小時後才提供服務。為策安全，請參加者及家長自行考慮各地區之天氣、道路及交通情況；決定前往會所與否。惟在此情況下缺席的課堂或活動，均不獲補課或退款，敬請留意；  
When Typhoon Signal No. 8 or “Extreme Conditions” is issued, the centre will close and re-open 2 hours after the signal is cancelled. If the government announces that “Extreme Conditions” after a Super-typhoon signal is issued, the centre will remain close and re-open 2 hours after the government cancels the “Extreme Conditions”. To ensure safety, participants and parents should decide whether to proceed with their journey to the centre taking into account the weather, traffic and road conditions. Under such circumstances, if participants decide not to attend the classes or activities, no refund/ make-up classes will be arranged;
- 06** 如黑色暴雨警告、八號颱風警告或「極端情況」之取消時間距離會所停止服務時間不足3小時，所有活動及訓練程序將會取消，會所亦會暫停開放；  
When Black Rainstorm Warning Signal, Typhoon Signal No. 8 or “Extreme Conditions” is cancelled less than 3 hours before normal closing hours, all activities/ training programmes will be cancelled. The centre will remain closed;
- 07** 如因天氣關係而取消之活動及訓練程序，本會所恕不作補堂或退費。不便之處，敬請原諒。  
No refunds/ make-up classes will be arranged for all cancelled activities/ programmes due to inclement weather.





- **機構名稱Organization:**  
香港中華基督教青年會佐敦會所  
Chinese YMCA of Hong Kong  
(Jordan Centre)
- **機構地址Address:**  
九龍尖沙咀柯士甸道西1號1樓101室  
Unit 101, 1/F, 1 Austin Road West, T  
sim Sha Tsui, Kowloon, H.K.
- **電話Tel:** 2781-1411  
**傳真Fax:** 2781-1920

### 編輯委員會 Editorial Board

- **督印人Supervisor:**  
施文欣協調幹事SEE Man-yan
- **編輯Editor:**  
蘇志樂SO Chi-lok、趙泳茵CHIU Wing-yan
- **發行及出版Publish:**  
香港中華基督教青年會佐敦會所  
Chinese YMCA of Hong Kong (Jordan Centre)

- **網址URL:**  
<http://jdc.ymca.org.hk/>
- **電郵Email:**  
[jordan@ymca.org.hk](mailto:jordan@ymca.org.hk)
- **Facebook:**  
YMCA Jordan Centre

- **出版日期Publication date:**  
2024年8月 August, 2024
- **印數:** 1100本