

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.

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)

日期 Date 21/12/2024 (星期六 Saturday)

時間 Time 1:00pm-5:00pm

費用 Fee \$30

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

