

# 青年分隊 服務目標介紹

## Youth Team Service Objectives

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!

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 that different activities can allow our youths to develop self-identity, gain self-recognition and understand their strengths and weaknesses, as well as respect differences.

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。

Creating different experience opportunities for young people not only can help them develop their potentials, but also help them prepare for their career paths.

O

Harmony

哋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。我哋期望係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.

H

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

T



## IPSC室內射擊 (5月) IPSC Indoor Shooting (May)

潛能發展

透過室內射擊的活動，訓練青少年的專注力及應對能力。

Through engaging in indoor shooting activities, concentration and attention span could be improved.

內容 Content :	進一步學習室內射擊的技巧及相關興趣發展途徑 Learn about indoor shooting skills and facilitate participants' development in shooting.
日期 Date :	4/5、11/5、18/5、25/5/2024 (逢星期六 Every Saturday)
時間 Time :	7:30pm-9:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	16-24歲 Aged 16-24
費用 Fee :	\$30
名額 Quota :	8名 8 Participants
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)
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. Self-prepared air soft guns are not accepted

4503.2405/Y01



## CAKE FOR YOU

潛能發展

透過製作西式，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。

In the course of making Western-style cakes, not only do participants learn about baking techniques, they will also have the opportunities to try their home-baked desserts and make more friends.

內容 Content :	製作蛋卷、蛋糕毛巾卷、杯子蛋糕、無蛋蛋糕 Making egg rolls, cake towel rolls, cupcake, eggless cakes
日期 Date :	18/5、25/5、1/6、15/6、29/6/2024 (星期六 Saturday)
時間 Time :	11:30am-1:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	11-18歲 Aged 11-18
費用 Fee :	\$120
名額 Quota :	8名 8 Participants
負責同工 Staff Responsible :	嚴思敏 (YIM Sze-man)
備註 Notes :	1.請自備圍裙；Please bring your own apron; 2.費用包括材料費以及食物包裝盒。The fee includes material costs and food packaging.

4503.2405/Y02



## Time to Art Jamming!

個人成長

以Art Jamming理念，將自己的想法注入油畫中，提昇個人創造力和專注力。

With the concept of Art Jamming, put your own ideas into the oil painting to enhance personal creativity and concentration.

內容 Content :	即興藝術畫作，完成後可以得到一幅210 x 297mm的自家制油畫 Upon completion, you can keep your own oil painting sized 210 x 297 mm
日期 Date :	18/5、25/5、1/6、15/6、29/6/2024 (星期六) (Saturday)
時間 Time :	7:00pm-8:30pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	11-16歲 Aged 11-16
費用 Fee :	\$50
名額 Quota :	6名 6 Participants
負責同工 Staff Responsible :	嚴思敏 (YIM Sze-man)
備註 Notes :	1.請自備圍裙；Please bring your own apron; 2.費用包括材料費以及食物包裝盒。The fee includes material costs and food packaging.

4503.2405/Y03



## 區區有導賞-義工計劃 Guided Tour in Everywhere - Volunteer Program

透過義工及導賞訓練，發掘青少年服務他人的精神以及探索未來的發展方向。

Through volunteer and guided tour training, you will get to explore young people's spirit of serving others and to develop future goals.

內容 Content :

社區導賞義工的基本認識，同時嘗試接觸社區導賞工作，有機會走坊及認識香港不同地方。最後更有機會策劃一個社區導賞活動

Develop basic understandings of the duty of community volunteers, and get involved in community tour work, learn about different places in Hong Kong.

At last, we will plan a community guided tour program.

日期 Date :

訓練 Training : 8/6、15/6、22/6、29/6、6/7、13/7/2024  
(逢星期六 Every Saturday)

時間 Time :

義工服務 Volunteer service : 3/8/2024 (星期六 Saturday)

訓練 Training : 4:00pm-5:00pm

義工服務 Volunteer service : 10:00am-5:00pm

地點 Venue :

佐敦會所 Jordan Centre/ 待定 To be confirmed

對象 Target :

13-24歲 Aged 13-24

費用 Fee :

\$20

名額 Quota :

12名 12 Participants

負責同工 Staff Responsible :

張學銘 (CHEUNG Hok-ming)

4503.2406/Y04



個人成長

## 「陪我跑」正念跑步 (2) “Shall We Run” Mindful Running (2)

介紹正念跑步的基本概念，提高參加者對自我身、心、靈的意識，讓我們一起來學習「活在當下」。

Introduce basic concepts of “mindful running” to participants and enhance their awareness on body, mind and spirit. Learn to “live at the moment”.

內容 Content :

遊戲、討論、體驗式學習活動和黃昏街跑等 Games, discussion, experiential learning activities and running together in the evening, etc.

日期 Date :

3/7、10/7、24/7、31/7、7/8/2024 (星期三 Wednesday)

時間 Time :

7:30pm-9:30pm

地點 Venue :

佐敦會所及西九文化區 Jordan Centre & West Kowloon Cultural District

對象 Target :

18-24歲 Aged 18-24

費用 Fee :

\$80

名額 Quota :

15名 15 Participants

負責同工 Staff Responsible :

張學銘 (CHEUNG Hok-ming)

4503.2407/Y06



## 烘焙大師 Baking Master

制作多款蛋糕和曲奇、提昇參加者烘焙料理技巧以及創意。

Making various types of cakes and cookies to enhance participants' baking skills and unleash their creativity.

內容 Content :

SMORE COOKIES、布丁燒、複製壽司郎卡達拉娜、梳乎厘PANCAKE

SMORE COOKIES, pudding torch, replica sushi roll, souffle pancake

日期 Date :

15/7、22/7、29/7、5/8、12/8/2024 (逢星期一 Every Monday)

時間 Time :

3:00pm-4:30pm

地點 Venue :

佐敦會所 Jordan Centre

對象 Target :

11-16歲 Aged 11-16

費用 Fee :

\$ 120

名額 Quota :

6名 6 Participants

負責同工 Staff Responsible :

嚴思敏 (YIM Sze-man)

備註 Notes :

1.請自備圍裙；Please bring your own apron;

2.費用包括材料費以及食物包裝盒。

The fee includes material costs and food packaging.

4503.2407/Y08



## 懶人料理制作實驗室 Lazy Cooking Laboratory

潛能發展

透過製作不同料理，更可發揮創意，創作不同的美點。

In the course of creating different dishes, participants can unleash their potential, making unique and delicious treats.

內容 Content :	一鍋到底意大利飯、韓式壽司卷、芝士玉子燒、自創啖啖肉PIZZA Risotto in a pot, Italian rice, Korean sushi rolls, cheese tamagoyaki, DIY meat pizza.
日期 Date :	A組 Group A: 15/7、22/7、29/7、5/8、12/8/2024 (逢星期一 Every Monday)
時間 Time :	7:00pm-8:30pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	11-16歲 Aged 11-16
費用 Fee :	\$120
名額 Quota :	8名 8 Participants
負責同工 Staff Responsible :	嚴思敏 (YIM Sze-man)
備註 Notes :	1.請自備圍裙；Please bring your own apron; 2.費用包括材料費以及食物包裝盒。 The fee includes material costs and food packaging.



4503.2407/Y09



## 舞朋友 K POP訓練 K POP with Friends

潛能發展

透過K POP訓練活動，提升參與青年對K POP的興趣及藉此認識更多志同道合的朋友。

Through K POP training activities, the young participants can develop their interest in K POP and get to make more friends.

內容 Content :	K POP訓練及表演活動 K POP training and performance
日期 Date :	18/7、25/7、1/8、8/8、15/8、22/8/2024 (逢星期四 Every Thursday)
時間 Time :	5:00pm-6:30pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	12-18歲 Aged 12-18
費用 Fee :	\$40
名額 Quota :	8名 8 Participants
負責同工 Staff Responsible :	李振成 (LI Chun-shing)
備註 Notes :	1.活動擬申請地區青年活動； The activity plans to apply for regional youth activities; 2.另有表演活動，日期待定。 There will be other performances, the date is to be determined.

4503.2407/Y10



## 年少造作：卡通造型擴香石 Youth Creation: Cartoon Aromatherapy Stones

潛能發展

手作自家制卡通造型(熊BEAR BEAR、兔子、卡通公仔)擴香石，再加入淡香的精油，放鬆心情外，更提昇個人品味。

Create handmade cartoon-shaped (bear, rabbit, cartoon characters) aroma stones and add light-scented serum to relax yourself and romanticize your life.

內容 Content :	製作不同香味的熊熊擴香石 Making different scented bear aroma stones
日期 Date :	19/7、26/7、2/8、9/8/2024 (逢星期五 Every Friday)
時間 Time :	11:30am-12:30pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	11-16歲 Aged 11-16
費用 Fee :	\$ 80
名額 Quota :	6名 6 Participants
負責同工 Staff Responsible :	嚴思敏 (YIM Sze-man)
備註 Notes :	費用包括材料費 The fee includes material costs

4503.2407/Y11



## 義024義工服務計劃 Y 024 Volunteer Service Project

透過義工訓練及服務讓青少年能善用餘暇，了解社區內不同人士的需要及提供合適的服務，培養服務他人和互助互愛的精神。

Through volunteer training and services, young people can make good use of their spare time, understand the needs of different people in the community and provide services, and cultivate the spirit of serving others, helping each other and loving each other.

**內容 Content :** 義務工作基本認識、不同社會服務實務技巧訓練、走訪區內社福機構及進行義工服務

Develop basic understandings of voluntary work, engage in training in different practical skills, visits to social welfare organizations in the neighborhood.

**日期 Date :** 20/7、27/7、3/8、10/8、17/8/2024 (逢星期六 Every Saturday)

**時間 Time :** 2:30pm-9:30pm (20/7/2024) ; 2:30pm-5:30pm

**地點 Venue :** 佐敦會所及其他場地 Jordan Centre and other venues

佐敦會所及其他場地 Jordan Centre and other venues

4503.2407/Y12

**對象 Target :** 16-24歲 Aged 16-24

**費用 Fee :** \$10

**名額 Quota :** 16名 16 Participants

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

**備註 Notes :** 活動擬申請地區青年活動 The activity plans to apply for regional youth activities



## Bushcraft 野趣日 Bushcraft Adventure Day

挑戰自我

利用野外環境、定向活動，學習不同的生活知識以及應變能力。

Immerse in the nature and engage in orienteering activities to learn various life skills and enhance adaptability.

**內容 Content :** 戶外定向活動、園野烹飪、札營燈架DIY等等

Outdoor orienteering activities, outdoor cooking, DIY campfire lamp stands, etc.

**日期 Date :** 活動簡介 Briefing Session : 20/7/2024 (星期六 Saturday)

戶外日 Outing Day : 27/7/2024 (星期六 Every Saturday)

**時間 Time :** 活動簡介 Briefing Session : 7:30pm-8:30pm

戶外日 Outing Day : 9:00am-5:00pm

**地點 Venue :** 營地燒烤區 Campfire BBQ area

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

**對象 Target :** 11-15歲 Aged 11-15

**費用 Fee :** \$100

**名額 Quota :** 6名 6 Participants

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

**備註 Notes :** 參加者需自備車費 Participants need to bring their own transportation expenses



4503.2407/Y13

## 青年手作·環氧樹脂實用品手作體驗

潛能發展

Youth Handicrafts · Epoxy Resin Practical Crafts Experience

以環氧樹脂藝術(AB膠)製作生活日常用品，除可學以致用外，過程中可以訓練耐性和舒壓。

Create daily items using epoxy resin art (AB glue). Participants can acquire practical skills and relax while enhancing tolerance and stress relief.

**內容 Content :** 環氧樹脂系列: 黃鴨錢箱、人名座等小手作 Epoxy resin series: yellow duck cash box, name holder and other small handicrafts

**日期 Date :** 22/7、29/7、5/8、12/8/2024 (逢星期一 Every Monday)

**時間 Time :** 11:30am-12:30pm

**地點 Venue :** 佐敦會所 Jordan Centre

**對象 Target :** 11-16歲 Aged 11-16

**費用 Fee :** \$100

**名額 Quota :** 6名 6 Participants

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

**備註 Notes :** 費用包括材料費 The fee includes material costs

4503.2407/Y14



## 佐敦「歌」星 Jordan' s Singer

培養青少年對音樂及歌唱興趣，發掘專長。

Cultivate young people's interest in music and singing, and explore their strengths.

內容 Content :	學習基本流行曲歌唱技巧 Learn about basic pop singing techniques
日期 Date :	23/7、30/7、6/8、13/8、20/8/2024 (逢星期二 Every Tuesday)
時間 Time :	2:30pm-4:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	12-18歲 Aged 12-18
費用 Fee :	\$50
名額 Quota :	5名 5 Participants
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)
備註 Notes :	此活動擬申請民政事務總署-青年發展計劃津助，如活動最後未能獲批，費用或有所調整

This activity plans to apply for the Home Affairs Department-Youth Development Program subsidy. If the activity is not approved in the end, the fee may be adjusted



4503.2407/ Y15HAD



## 佐敦Busking Jordan' s Busking

培養青少年對音樂的興趣，發掘專長。

Cultivate young people's interest in music and explore their strengths.

內容 Content :	學習基本街頭音樂表演隊伍所需要的技巧 Learn basic busking techniques as a team
日期 Date :	23/7、30/7、6/8、13/8、20/8/2024 (逢星期二 Every Tuesday)
時間 Time :	4:15pm-5:45pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	12-24歲 Aged 12-24
費用 Fee :	\$50
名額 Quota :	3名 3 Participants
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)
備註 Notes :	此活動擬申請民政事務總署-青年發展計劃津助，如活動最後未能獲批，費用或有所調整

This activity plans to apply for the Home Affairs Department-Youth Development Program subsidy. If the activity is not approved in the end, the fee may be adjusted



4503.2407/Y16HAD



## 佐敦「鼓」星 Jordan' s Drummer

培養青少年對音樂及爵士鼓的興趣，發掘專長。

Cultivate young people's interest in music and drumming and explore their strengths.

內容 Content :	學習基本爵士鼓演奏技巧 Learn basic jazz drumming techniques
日期 Date :	24/7、31/7、7/8、14/8、21/8/2024 (逢星期三 Every Wednesday)
時間 Time :	2:30pm-4:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	12-18歲 Aged 12-18
費用 Fee :	\$50
名額 Quota :	4名 4 Participants
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)
備註 Notes :	此活動擬申請民政事務總署-青年發展計劃津助，如活動最後未能獲批，費用或有所調整

This activity plans to apply for the Home Affairs Department-Youth Development Program subsidy. If the activity is not approved in the end, the fee may be adjusted



4503.2407/Y17HAD



## 佐敦「結他」星 Jordan's Guitarist

培養青少年對音樂及木結他的興趣，發掘專長。

Cultivate young people's interest in music and guitar, explore their strengths.

內容 Content :	學習基本木結他演奏技巧 Learn basic wooden guitar techniques
日期 Date :	24/7、31/7、7/8、14/8、21/8/2024 (逢星期三 Every Tuesday)
時間 Time :	4:15pm-5:45pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	12-18歲 Aged 12-18
費用 Fee :	\$50
名額 Quota :	6名 6 Participants
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)
備註 Notes :	此活動擬申請民政事務總署-青年發展計劃津助，如活動最後未能獲批，費用或有所調整

4503.2407/Y18HAD



This activity plans to apply for the Home Affairs Department-Youth Development Program subsidy. If the activity is not approved in the end, the fee may be adjusted

## 慢遊•油尖旺 Walking•Yau Tsim Mong

讓參與之青少年身體力行，從不同的角度去認識社區，增加對社區的歸屬感。

Let the young people understand the community from different perspectives and enhance their sense of belonging to the community.

內容 Content :	城市散步、社區導賞 City walks, community tours
日期 Date :	25/7、1/8、8/8、15/8、22/8/2024 (逢星期四 Every Thursday)
時間 Time :	11:00am-12:30am
地點 Venue :	油尖旺區 Yau Tsim Mong District
集散地點 Drop-off & Pickup :	佐敦會所 Jordan Centre
對象 Target :	11-15歲 Aged 11-15
費用 Fee :	\$10
名額 Quota :	10名 10 Participants
負責同工 Staff Responsible :	李振成 (LI Chun-shing)
備註 Notes :	活動擬申請地區青年活動

4503.2407/Y19HAD



The activity plans to apply for regional youth activities

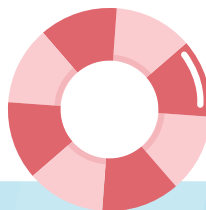
## 健康活動齊齊做 Healthy Activity Together

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。

Through different physical fitness activities, participants can stretch their body and mind and equip themselves to meet future challenges.

內容 Content :	學習不同的體適能活動 Different physical fitness activities
日期 Date :	25/7、1/8、8/8、15/8、22/8/2024 (逢星期四 Every Thursday)
時間 Time :	2:30pm-4:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	12-18歲 Aged 12-18
費用 Fee :	\$10
名額 Quota :	8名 8 Participants
負責同工 Staff Responsible :	李振成 (LI Chun-shing)

4503.2407/Y20



## 義工服務齊齊做 Volunteer Services Together

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。

Conduct 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 : 手工藝及繪畫等藝術創作活動

Art creation activities such as handicrafts and painting

4503.2407/Y21

日期 Date :

19/9、20/7、26/7、27/7/2024 (逢星期五、六 Every Friday & Saturday)

時間 Time :

4:00pm-5:30pm / 10:30am-12:30pm (27/7)

地點 Venue :

佐敦會所 Jordan Centre

對象 Target :

16-24歲 Aged 16-24

費用 Fee :

\$10

名額 Quota :

8名 8 Participants

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



## 關懷社區

## 與風共舞-滑浪風帆繽紛日 Dancing with the Wind - Windsurfing Fun Day

向透過學習滑浪風帆的基礎技巧，讓參加者發展多元水上活動的興趣，以提升喜樂感及結交新朋友。

Through learning basic skills of windsurfing. Let participants develop their interests in various water sports, have fun and make new friends.

內容 Content :

與康文署或香港滑浪風帆會合辦「初級滑浪風帆訓練」課程，經教練評核合格後，參加者便可於五個政府水上活動中心租用滑浪風帆器材自選練習時間

"Basic Windsurfing Training" course is co-organized with the Leisure and Cultural Services Department or the Hong Kong Windsurfing Association. After passing the instructor's assessment, participants can rent windsurfing equipment at five Government Water Sports Center and practice at their available timeslot.

日期 Date :

27/7、28/7/2024 (星期六、日 Saturday & Sunday)

4503.2406/Y22

時間 Time :

9:00am-5:00pm

地點 Venue :

大美督 / 聖士提反灣水上活動中心 (待定)

集散地點 Drop-off & Pickup : Tai Mei Tuk/ St. Stephen's Beach Water Sports Centre (to be confirmed)

對象 Target :

14-24歲 Aged 14-24

費用 Fee :

\$380

名額 Quota :

5名 5 Participants

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

備註 Notes :

參加者能穿着衣服游泳最少50米

Participant must be able to swim with clothes on for at least 50 meters



## 新手化妝班-夏日篇 Makeup Class-Summer

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。

Learn about makeup skills and encourage participants to practice self-care.

內容 Content :

教授參加者化出適合夏日的妝容 Teach participants about makeup in summer

日期 Date :

1/8、8/8、15/8/2024 (逢星期四 Every Thursday)

時間 Time :

3:00pm-4:00pm

地點 Venue :

佐敦會所 Jordan Centre

對象 Target :

13-18歲 Aged 13-18

費用 Fee :

\$60

名額 Quota :

8名 8 Participants

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

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 allergy, 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.

4503.2408/Y23






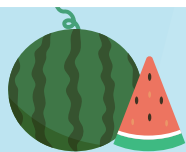
## 大澳導賞遊 Tai O Guided Tour

擴闊對香港不同地方的認識，提升對大自然保育的意識。

Broaden the understandings of different places in Hong Kong and raise awareness of nature conservation.

內容 Content :	遊覽及認識大澳的景點及歷史 Visit and learn about the attractions and history of Tai O	
日期 Date :	3/8/2024 (星期六 Saturday)	
時間 Time :	10:00am-5:00pm	
地點 Venue :	大澳 Tai O	
集散地點 Drop-off & Pickup :	東涌港鐵站 Tung Chung MTR Station	
對象 Target :	12-18歲 Aged 12-18	
費用 Fee :	\$50	
名額 Quota :	16名 16 Participants	
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming) 請自備午餐及交通費用 Please bring your own lunch and transportation expenses	

4503.2407/Y24



## 新手美甲班-夏日篇 Nail Art Class-Summer

學習美甲技巧，發掘青少年的藝術潛能。

Learn about nail art skills and discover the artistic potential of teenagers.

內容 Content :	教授參加者制作夏日主題的美甲 Teach participants how to make summer themed nail art	
日期 Date :	5/8/2024 (星期一 Monday)	
時間 Time :	3:00pm-4:00pm	
地點 Venue :	佐敦會所 Jordan Centre	
對象 Target :	13-18歲 Aged 13-18	
費用 Fee :	\$30	
名額 Quota :	8名 8 Participants	
負責同工 Staff Responsible :	趙泳茵 (CHIU Wing-yan)	


潛能發展

4503.2408/Y26

## Wow! War!

發展青少年對室內射擊對戰的興趣，以及提升青少年的合作技巧。

Develop teenagers' interests about wargame and improve their cooperation skills.

內容 Content :	室內射擊對戰 Indoor wargame	
日期 Date :	8/8/2024 (星期四 Thursday)	
時間 Time :	2:30pm-5:30pm	
地點 Venue :	紅磡Impact Force CQB Hung Hom Impact Force CQB	
集散地點 Drop-off & Pickup :	佐敦會所 Jordan Centre	
對象 Target :	14-24歲 Aged 14-24	
費用 Fee :	\$80	
名額 Quota :	16名 16 Participants	
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)	
備註 Notes :	<p>1.此活動擬申請民政事務總署-青年發展計劃津助，如活動最後未能獲批，費用或有所調整；</p> <p>This activity plans to apply for the Home Affairs Department-Youth Development Program subsidy. If the activity is not approved in the end, the fee may be adjusted;</p> <p>2.參加者須穿著長運動褲及合適運動服裝，自備水樽。</p> <p>Participants must wear long sweatpants and suitable sportswear, and bring water bottle.</p>	

挑戰自我

4503.2408/Y27HAD

潛能發展

## 飾物製作班-夏日篇 Accessories Making Class-Summer

透過創作飾物，讓參加者可以發揮創意，提昇審美。

By making accessories, participants can unleash their creativity and enhance aesthetics.

內容 Content :	教授參加者制作夏日主題的飾物 Teach participants how to make summer themed ornaments
日期 Date :	12/8、19/8/2024 (逢星期一 Every Monday)
時間 Time :	3:00pm-4:00pm
地點 Venue :	佐敦會所 Jordan Centre
對象 Target :	13-18歲 Aged 13-18
費用 Fee :	\$40
名額 Quota :	8名 8 Participants
負責同工 Staff Responsible :	趙泳茵 (CHIU Wing-yan)

4503.2408/Y28



挑戰自我

## 可能係世界上最有意義嘅宿營活動 Probably the Most Meaningful Camp in the World

透過挑戰自我的活動，提升青少年的解難能力及抗逆能力。

Through self-challenging activities, we enhance young people's problem-solving abilities and resilience.

內容 Content :	歷奇及團體活動、夜行 Adventure and group activities, night tours
日期 Date :	15/8-16/8/2024 (星期四至五 Thursday to Friday)
時間 Time :	2:00pm-翌日1:00pm 2:00pm to 1:00pm next day
地點 Venue :	賽馬會西貢戶外訓練營 (暫定) Jockey Club Sai Kung Outdoor Training Camp (to be confirmed)

4503.2408/Y29HAD



集散地點 Drop-off & Pickup :	佐敦會所 Jordan Centre
對象 Target :	14-24歲 Aged 14-24
費用 Fee :	\$30
名額 Quota :	16名 16 Participants
負責同工 Staff Responsible :	張學銘 (CHEUNG Hok-ming)
備註 Notes :	此活動擬申請民政事務總署-青年發展計劃津助，如活動最後未能獲批，費用或活動內容會有所調整

This activity plans to apply for the Home Affairs Department-Youth Development Program subsidy. If the activity is not approved in the end, the fee or content will adjusted

挑戰自我

## 大嶼山上的咸蛋黃 Egg Yolk on Lantau Island

從參與富挑戰性的活動中，學習多角度欣賞、觀察、發掘和感受身邊的每一項細節及人和事，分享正向生活態度。

By participating in challenging activities, participants learn to appreciate, observe, discover and feel every detail about the people and events around them from different perspectives, share a positive attitude towards life.

內容 Content :	兩日一夜宿營及團隊活動 Two days and one night camping and group activities
日期 Date :	23/8-24/8/2024 (星期五至六 Friday to Saturday)
時間 Time :	2:00pm-翌日2:00pm 2:00pm to 2:00pm next day
地點 Venue :	賽馬會銀礦灣營 Jockey Club Silvermine Bay Camp
集散地點 Drop-off & Pickup :	中環港外線6號碼頭 Central Ferry Pier NO.6
對象 Target :	16-24歲 Aged 16-24
費用 Fee :	\$60
名額 Quota :	16名 16 Participants
負責同工 Staff Responsible :	李振成 (LI Chun-shing)
備註 Notes :	活動擬申請地區青年活動 The activity plans to apply for regional youth activities

4503.2408/Y30

