



香港青年協會領袖學院
The HKFYG Leadership Institute



中學生暑期課程

SUMMER PROGRAMMES

For Secondary School Students

2025



提升未來技能迎接挑戰

Empowering with Future Skills Getting Ready for Challenges

暑期學校 Summer School

英語媒體創作達人 暑期學校 Summer School for NextGen English Influencers

如何讓你的聲音激發熱情，促進彼此理解？在數碼時代，能有效溝通並具備策略思維，已成為新世代領袖必備的核心技能。這個密集式的英語暑期學校將提供四大關鍵技能培訓：敘事能力、多媒體技術使用、研究技能，以及英語演講能力的掌握。釋放你的潛能，成為新一代英語媒體創作大師！

How can your voice ignite passion and foster understanding? Effective communication and strategic thinking are core skills for young NextGen leaders looking to make a mark in the digital landscape. This intensive summer school will equip you with four key skill sets: storytelling ability, multimedia technical proficiency, research skills, and mastery of English presentation. Unlock your potential and become the NextGen English influencer!

環球青年領袖 暑期學校 Summer School for Global Leadership - Eco-Adventures for Sustainability

想成為未來的環球領袖嗎？想知道如何透過本港獨有的旅遊資源探索可持續發展旅遊的可能性？立即參加6日5夜環球青年領袖暑期學校！你將會聯同來自世界各地的學生一同跳出課室，探討可持續旅遊的發展！

Do you want to become a global leader of the future? Are you interested in exploring the possibilities of sustainable tourism through Hong Kong's unique travel resources? Join the 6-day, 5-night Summer School now! You will have the opportunity to step outside the classroom and discuss the development of sustainable tourism with students from around the world!

青年外交暑期學校 Summer School for Young Diplomats

藉外交事務作為切入點，透過增加青年對國際認知、外交事務知識及發展機遇等方面的理解，建構香港青年多元公民身分，同時訓練參加者的思辨能力，協助他們掌握國家處理對外關係的原則、國家事務的最新形勢，以及全球化下瞬息萬變的時局分析。

Deploying foreign affairs as an entry point, the School aims to construct a diverse citizen identity for Hong Kong young people through enhancing their understanding towards global knowledge, foreign affairs and future opportunities. It also nurtures participants' critical thinking abilities which will assist them in grasping the principles of how to handle external relationships among nations, the most updated trends of national affairs and the analysis of current affairs amid globalisation.

旗艦項目 Flagship Programme

2025《香港200》 領袖計劃 "Hong Kong 200" Leadership Project 2025

《計劃》自2006年舉行，即將踏入第18屆，過去共接近400間中學參與，至今已培育3,400名「願意為香港未來添上一筆」的政、商、社及學生領袖。今年度學員將活用人工智能，挑戰讓現有社會服務的效能翻倍。培養對自己、對人對事的發問及解難能力之餘，找出成長路上的盲點，帶領團隊解決分歧走向共贏，並於現實社會實踐改變！

Since 2006, the Project is entering its 18th edition, with nearly 400 secondary schools participating over the years. A total of 3,400 emerging leaders across government, business, civil society, and student sectors have been nurtured - all committed to brushing colours into Hong Kong's future. This year, participants will harness the power of artificial intelligence to double the effectiveness of existing social services. Along the way, they will sharpen their ability to question, challenge, and solve problems for self-growth, interpersonal relationships, and societal issues. By identifying blind spots in their personal growth and leading their teams through disagreement toward shared solutions, they will bring real changes into the world.

抗逆領袖 Resilient Leadership

學生領袖體驗活動—— 囚室解難

Student Leadership Taster Programmes - Team Problem-Solving Challenge in Jail Cell

參加者需完成個人解難能力評估及團隊囚室逃脫挑戰，過程中學習創意解難理論與實踐技巧，同時加深認識個人解難風格及團隊協作模式。

Participants undertake individual problem-solving assessments and team-based jail cell escape challenges. Through these experiences, they learn creative problem-solving theories and practical techniques whilst discovering their personal problem-solving style and team dynamics.

學生領袖體驗活動—— 心感領導

Student Leadership Taster Programmes - Empathetic Leadership

本課程將探討情緒抗逆力及人際溝通理論，透過體驗活動及小組學習活動，協助參加者加強情緒適應力及人際溝通能力。參加者將會透過案例分析及回顧社交互動情境，連結自我的情緒歷程，找出過往固有的溝通模式，裝備學員成為情理並備的領袖。

This programme will explore theories of emotional resilience and interpersonal communication. Through experiential activities and group learning tasks, participants will be supported with enhancing their emotional adaptability and communication skills. They will analyse case studies and review social interaction scenarios, connecting with their emotional journeys to identify ingrained communication patterns. The aim is to equip participants with the skills to become emotionally intelligent and well-prepared leaders.

學生領袖體驗活動——

AI 領袖入門

Student Leadership
Taster Programmes -
Intelligent Leadership for
the Future

本工作坊旨在講解生成式人工智能（Generative AI）和大語言模型（LLMs），並提供實用操作指南和激發參加者探索創新應用的潛能。參加者將通過實踐項目開發定制化應用程式，掌握高效提示詞設計。工作坊將展現如何將AI融入日常學習，為生產力和創意挑戰提供智能化解決方案，並探討AI倫理框架。

The workshop is designed to demystify generative AI and large language models (LLMs), providing practical operational guidance while inspiring participants to explore innovative applications. Through hands-on projects, attendees will develop customised applications and master the core skills of effective prompt design. The workshop demonstrates how to seamlessly integrate AI into daily learning, delivering intelligent solutions for productivity and creativity challenges. It also includes discussions on ethical frameworks, equipping participants with principles to navigate AI's ethical dilemmas.

學生領袖體驗活動——

靜思領行

Student Leadership
Taster Programmes -
Wellness Generation and
Mindfulness

課程引導參加者探索全健思維及靜觀練習，掌握四種正念修習方法，學習準確表達個人感受，從而提升自我覺察及領導能力。

This programme guides participants through wellness concepts and mindfulness practices, teaching four core mindfulness techniques whilst developing their ability to express emotions effectively, enhancing self-awareness and leadership capabilities.

學生領袖體驗活動——

新派歷奇

Student Leadership
Taster Programmes -
Adventure-Based Training

透過創新設計的歷奇活動，參加者將面對團隊協作、解難及溝通挑戰。在不同情境中實踐團隊合作技巧，深入了解團隊成功要素及個人協作風格。

Through innovatively designed adventure activities, participants face challenges in teamwork, problem-solving and communication. They practise collaborative skills in varied scenarios whilst gaining insights into team success factors and personal collaboration styles.

學生領袖體驗活動——

自我放大鏡

Student Leadership
Taster Programmes -
The Self Mirror

PD性格透視®活動旨在幫助參加者深入瞭解自己的性格特徵及其對人際關係的影響。活動包括性格測試、小組討論和專家分享，促進自我認識與互相理解，有助改善溝通技巧，增強團隊合作。透過實踐活動，參加者將提升應對能力，營造良好合作氛圍，增進人際關係。

The PD Personality Perspective® activity is designed to help participants gain a deeper understanding of their personality traits and their impact on interpersonal relationships. The session includes personality assessments, group discussions, and expert sharing, fostering self-awareness and mutual understanding to improve communication skills and enhance teamwork. Through interactive exercises, participants will strengthen their ability to navigate challenges, create a positive collaborative atmosphere, and build stronger relationships.

服務領袖

Service Leadership

學生領袖體驗活動——

公共政策入門班

Student Leadership
Taster Programmes-
Public Policy Introductory
Class

本課程介紹公共政策的基礎概念及分析框架，透過真實案例研究，讓參加者掌握政策制定過程、持份者分析及政策評估方法，培養對公共事務的分析能力。

This course introduces fundamental concepts and analytical frameworks in public policy. Through real-world case studies, participants will learn about policy-making processes, stakeholder analysis and policy evaluation methods, developing their analytical capabilities in public affairs.

青年立法會——

議政訓練證書課程

Youth LegCo -
Policy Training
Certificate Course

本證書課程透過模擬立法會運作，培養參加者的議政能力。學員將學習多角度分析政策議題、理性討論技巧及建議表達方法。課程特設循序漸進的演講及辯論訓練，強化參加者的公共政策討論能力及議政素養。

This certificate programme develops participants' policy discussion capabilities through simulated legislative council proceedings. Participants will master multi-perspective policy analysis, rational discussion techniques and constructive proposal presentation. Progressive training in public speaking and debate strengthens participants' public policy discussion skills and legislative literacy.

學生領袖體驗活動—— 無障礙體驗及解難

Student Leadership
Taster Programmes -
Accessibility Experience and
Problem Solving

本課程讓參加者親身體驗輪椅使用者的日常挑戰，並運用STEM方法設計創新解決方案。透過親身經歷和設計思維，培養同理心並發展實用的輔助科技概念。

This course enables participants to experience first-hand daily challenges faced by wheelchair users, then develop innovative solutions using STEM approaches. Through experiential learning and design thinking, participants develop empathy while creating practical assistive technology concepts.

學生領袖體驗活動—— 活動設計及執行者

Student Leadership
Taster Programmes -
Programme Designer and
Executive

本課程將探討活動策劃及執行的重點原理，透過親身體驗、實戰演練及即時回饋，協助參加者了解活動設計要領及管理技巧。學員將在模擬環境中實踐帶領技巧，從小組活動以至小型項目策劃，確立活動管理能力的基礎。

This course examines key aspects of event planning and execution. Through lived experience, hands-on practice and immediate feedback, participants master event design principles and management techniques. Participants develop elementary event management capabilities through practical leadership exercises, ranging from small-group facilitation to small-scale project planning.

可持續發展領袖 Sustainable Leadership

學生領袖體驗活動—— 模擬城市的命運

Student Leadership
Taster Programmes -
The Destiny of the Sim-City

本工作坊透過模擬城市管理情境，讓參加者探索不同價值觀與政策法則的互動關係。學員將培養系統性思考方法，學習政策分析技巧，並透過決策模擬練習發展多角度思維。課程著重培養批判性思考，同時探討全球公民的社會責任。

This workshop uses city management simulations to explore the interplay between different value systems and policy principles. Participants develop systematic thinking methods, policy analysis skills, and multi-perspective reasoning through decision-making exercises. The programme emphasises critical thinking development while examining social responsibilities of global citizenship.

學生領袖體驗活動—— 世界公民入門班

Student Leadership
Taster Programmes -
Global Citizen Rookies

本課程透過互動工作坊，培養參加者的國際視野及全球公民意識。課程內容涵蓋環球議題探討、跨文化理解、可持續發展概念，以及世界公民的基本素養，協助學員建立國際思維。

This interactive workshop series develops participants' global perspectives and global citizenship awareness. The programme covers global issues exploration, cross-cultural understanding, sustainable development concepts, and fundamental global citizenship competencies to help participants establish international mindsets.

學生領袖體驗活動—— 2023 SDGs Game

Student Leadership
Taster Programmes -
2023 SDGs Game

本工作坊透過創新的桌上遊戲體驗，引導參加者認識聯合國可持續發展目標 (SDGs)。參加者將通過互動遊戲和小組討論，深入了解17個永續發展目標，反思個人價值觀，並制定具體行動計劃，實踐可持續發展理念。

This workshop uses innovative board game experiences to introduce the United Nations Sustainable Development Goals (SDGs). Through interactive gameplay and group discussions, participants explore the 17 SDGs, reflect on personal values, and develop concrete action plans to implement sustainable development principles.

溝通協作領袖 Communicative and Collaborative Leadership

學生領袖體驗活動—— 演說教室 (中文) / (英文)

Student Leadership
Taster Programmes -
Speaking Studio
(Cantonese) / (English)

本工作坊旨在提升參加者的公開演說技巧及台前表現。在指導及實戰訓練下，參加者將掌握演講稿撰寫、聲音運用及具影響力的表達技巧，培養參加者自信，強化與觀眾的連繫，並塑造個人獨特而專業的演說風格。

This workshop is designed to enhance participants' public speaking skills and stage presence. Through guidance and practical training, participants will learn the art of speech writing, effective vocal delivery, and presentation techniques. The programme will empower participants to speak with confidence, connect with their audience, and develop a distinctive and professional presentation style.

學生領袖體驗活動—— 團隊溝通挑戰半日營

Student Leadership
Taster Programmes -
Team Communication
Half-day Camp

本半日營透過一系列互動團隊挑戰，培養參加者的團隊協作精神及溝通技巧。活動設計著重實踐體驗，通過趣味性任務提升表達能力、傾聽技巧及團隊默契。

This half-day camp features interactive team challenges designed to develop teamwork spirit and communication skills. Through experiential learning activities, participants enhance their expression abilities, listening skills and team synergy via engaging tasks.

為香港未來添上一筆

Brushing Colours into Hong Kong's Future

香港青年協會領袖學院致力培育新一代優秀青年人才，自2000年起，學院至今已培訓逾20萬名青年領袖。學院現時坐落於別具歷史價值的前粉嶺裁判法院，保留了前殖民時期建築的優雅，並融入了現代科技，為訪客帶來互動體驗。學院建基於多年的培訓基礎並具備清晰的培訓階梯，為高小、中學、大專，以至行政領袖提供訓練課程。課程圍繞四大主題，包括抗逆領袖、服務領袖、可持續發展領袖，以及溝通協作領袖。通過精心策劃的多元培訓，進一步裝備青年在未來承擔領導的角色，並「為香港未來添上一筆」，在香港、國家和國際層面領創新天。

The HKFYG Leadership Institute is dedicated to creating a new generation of leaders, with over 200,000 having been trained since 2000. Located at the revitalised historic Former Fanling Magistracy, the Institute combines the heritage of a graceful colonial building with immersive and interactive technology. It also provides training for young people from senior primary schools to tertiary institutions and for those in the workplace in four main themes, namely Resilient Leadership, Service Leadership, Sustainable Leadership and Communicative and Collaborative Leadership. Through our meticulously designed curriculum, young leaders are empowered to take up leadership roles and make wonders locally, nationally, and globally.

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