

Prospectus 課程概覽 2025/26

LEARN TO LEAD LEAD TO CHANGE



p.	04	關於香港青年協會領袖學院
		ABOUT THE HKFYG LEADERSHIP INSTITUTE

- p. 06 營舍及設施 LODGE AND FACILITIES
- p. 08 領袖發展進程 LEADERSHIP DEVELOPMENT PIPELINE
- p. 10 常見問題 FREQUENTLY ASKED QUESTIONS
- p. 11 中學學校伙伴計劃 SECONDARY SCHOOL PARTNERSHIP SCHEME
- p. 12 重點培訓主題
 MAJOR FOCI OF LEADERSHIP DEVELOPMENT



領袖課程及活動 LEADERSHIP TRAINING COURSES AND PROGRAMMES

- p. 14 領袖訓練營 LEADERSHIP TRAINING CAMPS

- p. 24 可持續發展領袖 SUSTAINABLE LEADERS

- p. 30 課程及活動概覧
 TRAINING COURSE AND PROGRAMME OVERVIEW
- p. 40 傑出學員 OUTSTANDING ALUMNI
- p. 42 關於香港青年協會 ABOUT HKFYG



香港青年協**會**

ABOUT THE HKFYG LEADERSHIP INSTITUTE

香港青年協會領袖學院(下稱「領袖學院」)致 力為本地培養和訓練新一代優秀青年人才,自 2000年起,至今已培訓逾 20 萬名青年領袖。

領袖學院為青年提供多元化培訓、交流項目,以及開拓視野的機會。此外,社會領袖、各界專家及學者亦與領袖學院秉持相同信念,與學員分享他們的寶貴經驗及領導睿智,啟發青年在社會各個領域上發揮領導角色。領袖學院更與政府部門、企業、學校及專業團體等合作,設計適切實用的學習項目,為社會建立全方位的人才庫。

建基於多年的培訓基礎並具備清晰的培訓階梯,領袖學院為高小、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。透過參與高質素的培訓計劃、跨文化交流及親身體驗,青年領袖將在本地、國家和國際層面上提升個人素養、公民意識、責任威,以及服務心志。

The HKFYG Leadership Institute (the Institute) is dedicated to creating a new generation of leaders for Hong Kong, with 200,000 having been trained since

The Institute provides diverse training and exchange programmes to broaden the horizons of young people, while also offering opportunities and platforms for them to meet established, renowned and distinguished leaders who speak and share their stories from different perspectives and industries. The Institute's leadership provision credentials are further strengthened by the numerous tailor-made external programmes the Institute sets up for various government bureaux, tertiary institutions and private corporations.

Built upon years of foundation, the Institute offers training for young people from senior primary schools to tertiary institutions to those in the workplace in four main themes, namely Resilient Leadership, Service Leadership, Sustainable Leadership, and Communicative and Collaborative Leadership. Young leaders will be engaged and involved in high-quality programmes, intercultural exchanges and hands-on experiences to enhance their personal attributes, civic awareness, sense of responsibility, and service mindset locally, nationally and globally.

略 願 景 STRATEGIC VISION

確保能夠聚集一群能幹及對香港有承擔的青年領袖,並 且已預備隨時服務社會。為了應對新時代的挑戰,領袖 學院持續為青年提供積極裝備、發揮所長的機會,帶領 香港邁向新高峰。

To ensure that Hong Kong can draw upon a pool of competent and committed young leaders who are ready and able to serve. To meet the challenges of a new era, the Institute equips young people with the capacity to better serve our society, leading Hong Kong towards new heights.

使 命 MISSIO

透過理論和練習提供前瞻性的領袖培訓服務,讓青年領 袖參與並投入高質素活動、跨文化交流及實踐經驗,提 升青年領袖的理解能力、公民意識及對國家與世界的服 務及責任感。

To build on pioneering leadership training through theory and practice. To engage, stimulate and involve young leaders in high-quality programmes, intercultural exchanges and hands-on experiences to enhance intellect, civic awareness, service mindset, and sense of responsibility locally, nationally and globally.

>200,000

青年領袖 YOUNG LEADERS NURTURED

>1,500,000

培訓時數
TRAINING HOURS

>90%

參與者推薦其他人參加 OF PARTICIPANTS RECOMMENDED OTHERS TO JOIN

>95%

本地中學參與 PARTICIPATION OF SECONDARY SCHOOLS

100%

大學參與 PARTICIPATION OF LOCAL UNIVERSITIES



LODGE AND FACILITIES

領袖學院位處北部都會區,是香港未來發展 的新引擎,並座落於別具歷史價值的前粉嶺 保育及優化設計,成為一所結合悠久歷史與 現代科技、專注培育香港青年人才的新地標。 室改建成的多功能活動室及多個共用空間, 適合進行會議、產品發布、教育、創業及培訓 活動,以及作為拍攝場地。

而全新落成的營舍樓高兩層,提供多元化的 訓練營,包括領袖訓練、生活體驗、歷奇活動 等,並可招待85位本地及來自世界各地的青 年領袖及訪問學人,為學員帶來課室以外的體 驗,有助他們建立社交網絡,以及學習尊重不 同文化的生活異同。

The Institute is located in the Northern Metropolis, serving as a new engine for Hong Kong's future growth. It is situated in the historic Former Fanling Magistracy, revitalised under "Batch III of Revitalising Historic Buildings Through Partnership Scheme". The premises seamlessly blend heritage with technology, which features a Digital Debate & Speaking Chamber, multi-function rooms fashioned from converted jail cells, common areas and a restaurant, offering a variety of multi-functional facilities for rent, making it an ideal venue for seminars, product-launch events, education, start-up and training activities; as well as filming. The Institute allows flexible arrangements and layouts to accommodate the optimal setting for different needs.

In addition, a brand-new two-storey Lodge offers a wide range of training camps, including leadership training, life experiences, and adventure-based activities. The Lodge can accommodate 85 local and visiting scholars and participants, providing opportunities for participants to develop closer ties and cross-cultural competence as they live, work and study together.



















評估潛能 EARLY ASSESSMENT

透過富趣味性的短期培訓,啟發及培養領袖潛能及素質,並提升晉升階梯,讓學生有更多機會增值自己。

Focusing on secondary school students by engaging them in a variety of short, fun-filled **taster programmes** to stimulate their interest in leadership skills development.

專業培訓

PROFESSIONAL TRAINING

透過**領袖基礎課程**,協助學生提升自省能力,反思領導角色,開拓視野。

Identifying and nurturing **fundamental leadership competencies** and building on capacities in potential leaders, to enable them to progress further.

3

行動及實踐

EXECUTION AND PRACTICE

提升自信心及社會承擔,加強青年 由自我領導到服務他人的心志,理 論與實踐並重。

Strengthening confidence and commitment so that they can **apply leadership in real-life situations.**

共同協作 COLLABORATION AND IMPACT CREATION

透過**伙伴協作**,共同創造社會效益, 一方面發揮青年回饋社會的熱忱, 另一方面作為其他青年的榜樣,以 生命影響生命。

Co-creating partnerships based on shared values and visions to both deepen impact and inspire upcoming young talents



反思與檢討

REFLECTION AND EVALUATION

檢視培訓成效,包括領導能力、個人成長,以及社會服務;優秀參加者將接受進階培訓,擴闊視野,全方位培育傑出的青年領袖。

Appraising impact gained intellectually and practically in terms of functionality, personal growth and giving back.





- 未有領袖崗位/領袖經驗
- 從未參加領袖訓練
- No leadership positions or leadership experience
- Never participated in leadership training



優秀領袖OUTSTANDING LEADERS

- 初級或中級領袖崗位
- 曾參與初階領袖培訓
- 希望繼續提升領袖技巧
- Junior or intermediate leadership position
- Previously participated in basic leadership training
- Desire to further enhance leadership skills



· 卓越人才 EXCEPTIONAL

- 中級領袖崗位
- 在不同方面有優秀成就

LEADERS

- 曾為本地、國家或國際層面創造 正面影響
- Intermediate leadership position
- Demonstrated outstanding achievements in various areas
- Created positive impact at local, national, or international levels

FREQUENTLY ASKED QUESTIONS







領袖學院的領袖訓練課程只 適合在校內有領袖崗位的學 生參加?

Are the leadership training programmes offered by the Institute only suitable for students who hold leadership positions in school?



領袖學院提供領袖訓練課程供**所有學生**參加,由具潛質領袖 至卓越領袖,領袖學院均設有不同主題及程度的領袖訓練課 程,詳情可參考課程概覽內的課程分類。

The Institute offers leadership training courses for all students with potential and exceptional leadership capabilities. These courses cover various themes and different levels. Details can be found in the prospectus.

如學生已經成為總領袖生、 學生會會長、學會會長或社 長等主要領袖崗位,他們還 需要接受領袖訓練嗎?

Do students who are head prefects, or presidents of student unions, societies, or clubs still require leadership training?



需要。由於缺乏經驗,而新冠疫情亦減少了學生的領袖培訓 機會,因此學生在擔任主要領袖崗位期間會遇到不同的挑戰 和問題。領袖學院特別為擔任主要領袖崗位的學生提供「中 學生領袖訓練證書課程」,結合理論知識及實踐經驗,培養 他們的領導能力、溝通技巧和團隊合作能力,使他們成為優 秀的領袖。領袖學院亦可為學校設計度身訂造的課程,為擔 任主要領袖崗位的學生提供專項的領袖訓練。

Certainly. The pandemic has limited the opportunities for leadership training, presenting challenges for inexperienced students in key positions. The Institute's "Student Leaders Training Certificate Course" is specially designed for student leaders, aiming to enhance their leadership, communication, and teamwork skills through a blend of theory and practice. Moreover, the Institute provides customised courses for schools to further support these student leaders.



學生於領袖訓練中學到的技能是 否只適用於學校情境內?

Are the leadership training skills taught only applicable in school settings?

> 領袖學院的願景是希望裝備青年在未來承擔領袖角色領創新天,因此, 領袖學院提供的領袖訓練課程不只是為應付學生現時的領導能力訓練需

要,更重要是將來可運用於不同公司及團體,讓青年能發揮所長。



The vision of the Institute is to prepare young people for future innovative leadership roles. Therefore, the leadership training courses offered by the Institute are designed to meet students' current needs and to be applied in various companies and organisations, enabling young people to leverage their strengths.



若校長或老師於課程概覽中未能找到 合適課程給學生,領袖學院可以度身 訂造合適課程給學校嗎?

Can the Institute customise courses for schools if principals or teachers cannot find suitable courses in the prospectus?



可以, 領袖學院至今已經為超過100間學校度身訂造不同類型的領袖訓練 計劃及課程。領袖學院非常歡迎學校與我們商討課程內容。

Yes, the Institute has so far customised leadership training programmes for over 100 schools and is open to further collaboration with schools on course content design.



透過成為領袖學院的合作伙伴學校,不僅可享有專屬優惠及彈性安排,更能共同開發切合學生需 要的個性化課程。學院會因應不同學校的特色和發展方向,提供度身訂造的培訓內容,確保每位 學生都能在最適切的環境下發掘潛能、培養領導才能。

立即加入學院的學校伙伴網絡,攜手培育新一代卓越領袖,為學生開拓更廣闊的發展空間。

By becoming a Partner School of the Institute, schools gain access to exclusive privileges and flexible arrangements, nised based on each school's distinctive characteristics and development goals, ensuring that every student can uncover their potential and cultivate leadership abilities in an optimal environment

Joining the school partnership network opens doors to nurturing the next generation of exceptional leaders and creating boundless opportunities for student growth and development.

尊享優惠 **EXCLUSIVE OFFERS**

TAILOR-MADE PROGRAMMES

度身訂造課程

專屬伙伴折扣優惠

特定學生推薦名額

STUDENT NOMINATION QUOTAS*

試驗全新課程 TRIAL PROGRAMMES*

獎學金及免費試堂名額 SCHOLARSHIP AND FREE TRIAL QUOTAS*

*優惠受條款及細則約束

透過WhatsApp查詢中學學校伙伴計劃 Learn more about secondary school partnership scheme (C) (852) 6796 7693





RESILIENT LEADERS

青年將學習如何提升全健思維,達到自我領導效果。通過情景模擬及技巧練習,他們更能強化敏捷領導力,帶領導團隊轉危為機。

Young people will be able to develop their wellness and self-leadership by adjusting their mentality with tools. They will be further strengthened by capacity building through skills training simulation and practice so as to lead the team and turn adversity into opportunity with agility.

SERVICE LEADERS

鼓勵青年主動服務別人,建立同理心,了解社會需要,創建一個包容性強的社會。

Encouraging greatness in others and a sense of community, young people are motivated to take the lead to serve others with empathy and understand social needs, thus co-creating a more inclusive society.

SUSTAINABLE LEADERS

透過訓練及推動青年參與可持續發展,增加他們對香港、內地,以至環球各地可持續發展的認識和挑戰,並提供平台讓青年創造社區,為未來建設可持續社會。

By training and engaging young people in sustainable development, it can encourage the youth to understand its challenges in Hong Kong, the Mainland and globally, and provide a platform for them to create communities and build a sustainable society for the future.

COMMUNICATIVE AND COLLABORATIVE LEADERS

迎向人工智能年代,人際技巧更見重要。青年需裝備良好的溝通協作技能及慎思明辨能力,不但在未來職場中把握優勢,更可協力發揮創意,解決社會問題,創造正面改變。

Interpersonal intelligence is critical in the age of artificial intelligence. Equipping young people with communication, collaboration critical thinking skills will give them an edge in the future workplace with higher value, enabling them to engage in creative social problem-solving for positive change.

溝通協作 領袖

可持續發展

抗逆

領袖

服務

領袖

領袖

9. 14 領袖訓練營 LEADERSHIP TRAINING CAMPS

TRAINING COURSES AND PROGRAMMES

p. 16 旗艦項目 FLAGSHIP PROGRAMMES

p. 18 抗逆領袖 RESILIENT LEADERS

p. 22 服務領袖 SERVICE LEADERS

p. 24 可持續發展領袖 SUSTAINABLE LEADERS

p. 26 溝通協作領袖 COMMUNICATIVE AND COLLABORATIVE LEADERS

p. 28 國民及價值觀教育
NATIONAL AND VALUES EDUCATION

課程及活動概覧 TRAINING COURSE AND PROGRAMME OVERVIEW



LEADERSHIPINSTITUTE.HK 課程詳情及報名 DETAILS AND APPLICATION



WHATSAPP 查詢 (S) (852) 6796 7693

重

培

主

題

MAJOR FOCI OF LEADERSHIP DEVELOPMENT

Leadership Training Courses and Programmes

LEADERSHIP TRAINING CAMPS



訓練營提供不同的活動項目模擬現實生活中所面對的情景, 使參加者從過程中學習面對壓力從而提升抗逆力。參加者亦 需要利用個人及團隊能力克服困難,加強與人合作的技巧及 團隊精神,使他們可以多方面發展。最後,透過反思學生更 能了解自己的價值觀及能力,增強自身發展的推動力。

The training camp offers various activities that simulate real-life scenarios, allowing participants to learn how to cope with pressure and enhance their resilience. Participants also need to leverage individual and team skills to overcome challenges, strengthening their collaboration skills and team spirit for well-rounded development. Finally, through reflection, participants will gain a better understanding of their values and abilities, boosting their motivation for personal growth.

- 創意活動
- 溝通活動
- 團隊挑戰
- 夜行
- Creativity Training
- Communication Training
- Team Challenge
- Night Walk



「戶外教育營計劃」

"Outdoor Education Camp Scheme" of Education Bureau















包班 Group Booking

領袖課程及活動

Leadership Training Courses and Programmes

FLAGSHIP PROGRAMMES



本計劃致力培育具明辨思維及社會使命感的青年領袖,透過全方位培訓、資源支援及發展平台,裝備新一代領袖推動社會發展。

The programme aims to cultivate young leaders with critical thinking and a sense of social mission. Through comprehensive training, resource support, and development platforms, it equips the next generation of leaders to drive social development.

- 領袖體驗營(2日1夜)
- 通用技能培訓
- 專業人脈建立
- 領導才能發展
- 項目策劃實戰
- 社會創新工作坊
- Leadership Experience Camp (2 days and 1 night)
- General Skills Training
- Professional Networking
- Leadership Development
- Project Planning Practices
- Social Innovation Workshops

2025 《香港200》

領袖計劃

"Hong Kong 200" Leadership Project









廣東話 Cantone



現任或曾擔任校內或校外領袖崗位的中四至中六學生 S4-S6 students with current or former holders of leadershi positions within and/or outside schools



2025年7-8月 July-August 202













Leadership Training Courses and Programmes

RESILIENT LEADERS



課程旨在培養學生的領導能力、溝通技巧和團隊合作能力,使他們成為優秀的領袖。課程結合理論知識和實踐經驗,通過討論、角色扮演、小組項目研習和案例研究等方式,讓參加者能與不同學校的學員互動。課程亦培養參加者自信、責任威和解決問題的能力,以應對未來的挑戰。

The programme aims to cultivate students' leadership abilities, communication skills, and teamwork capabilities, enabling them to become outstanding leaders. This training programme combines theoretical knowledge with practical experience, providing opportunities for participants to interact with their peers through discussions, role-play, group projects and case studies. The goal is to foster participants' development of confidence, responsibility and problem-solving skills to tackle future challenges.

- 掌握領導理論與實務
- 發展溝通協調技巧
- 建立團隊管理能力
- 培養決策與解難思維
- Master leadership theory and practice
- Develop communication and coordination skills
- Build team management capabilities
- Foster decision-making and problem-solving mindset

學生領袖訓練 證書課程

Student Leaders Training Certificate Course



廣東話 Cantonese



領袖生團隊領袖、學生會領袖或學會 / 社領袖 Student leader of the leadership team /



2025年10月 October 202



26 小時 26 hours





學生領袖 基礎課程

The Foundation Course for Student Leaders

- 領袖特質培養
- 溝通技巧訓練
- 活動策劃工作坊
- 團隊建立活動
- 實境解難訓練
- Leadership qualities development
- Communication skills training
- Event planning workshops
- Team building activities
- Real-case problem solving

本課程是一個專為中學校內具領袖崗位的學生領袖而設的全新領 袖培訓計劃,旨在培養學生的領袖力、溝通技巧、解難能力、活 動籌備能力和團隊合作能力,使他們成為優秀的領袖。而且課程 結合理論知識和實踐經驗,讓參加者能與不同學校的學員互動, 培養參加者自信、責任感和解決問題的能力,以應對未來的挑 戰。此為《中學領袖訓練證書課程》的先導課程,為培訓學生成 為未來的傑出領袖而設。

This course is a brand-new leadership training program designed for student leaders in secondary schools. It aims to cultivate students' leadership abilities, communication skills, problem-solving skills, event planning capabilities, and teamwork skills, enabling them to become outstanding leaders. The program combines theoretical knowledge with practical experience, allowing participants to interact with peers from different schools. It also fosters participants' confidence, sense of responsibility, and problem-solving abilities to prepare them for future challenges. This course is the pilot course for the "Student Leaders Training Certificate Course", which is designed to train students to become outstanding leaders in the future





在瞬息萬變的時代,升學及職涯規劃的重要性日益提高。冬季學 校以多個職涯主題為導向,涵蓋熱門領域如醫學、人工智能和金 融科技等,透過專業技能培訓、模擬面試及小組合作項目,裝備 學生掌握實用技能及前瞻視野。課程著重培養批判性思維、創新 能力及自信心,助學生在升學及未來發展中脫穎而出,為未來開 拓更多可能性。

In an ever-changing era, preparing for further studies and career planning has become increasingly important. The winter school offers career-oriented programmes across popular fields such as medicine, artificial intelligence, and fintech. Through professional skills training, mock interviews, and collaborative projects, students are equipped with practical skills and forward-looking perspectives. The courses focus on fostering critical thinking, innovation, and confidence, enabling students to excel in their academic and career development while unlocking more possibilities for the future.

- 專題講座及研討
- 實地考察及交流
- 成果展示發表
- Lectures and seminars
- Field visits and exchanges
- Project showcase

未來職人 冬季學校

Winter School for **Future Professionals**



領袖生隊長 / 幹事 ; 學生會 / 社 / 學會幹事 Prefect Team Leader / Committee; Committee of Club / House / Student Union



2026年2月 February 2026



原價 HK\$1,000;早鳥優惠 HK\$850 Original Price HK\$1,000; Early Bird Offer HK\$850

Public Class















Public Class

領 袖 課 程 及活動



Leadership Training Courses and Programmes

SERVICE **LEADERS**

活動設計及執行者

Programme Designer and Executive

LV1

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. Learners develop elementary event management capabilities through practical leadership exercises, ranging from small group facilitation to small-scale project planning.

- 了解活動設計原理
- 發展項目管理技巧
- 培養帶領小組能力
- 學習熱身活動及小型活動策劃
- 實踐活動執行技巧
- Grasp event design principles
- Develop project management skills
- Build group facilitation abilities
- Learn warm-up exercise and small-scale event planning
- Practise event execution techniques



中二至中四 S2-S4



\$ HK\$400

LV2

本課程深入探討活動策劃及執行的關鍵環節, 透過案例分析、實戰演練及即時回饋,協助參 加者掌握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,從小組活動以至大 型項目策劃,建立全方位活動管理能力。

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

- 掌握活動設計原理
- 發展項目管理技巧
- 培養帶領小組能力
- 學習大型活動策劃
- 實踐活動執行技巧
- Master event design principles
- Develop project management skills
- Build group facilitation abilities
- Learn large-scale event planning
- Practise event execution techniques



S3-S6





廣東話











Leadership Training Courses and Programmes

SUSTAINABLE LEADERS



環球青年領袖暑期學校: 可持續發展

Summer School for Global Leadership - Sustainability

暑期學校匯聚本地及海外青年,透過工作坊、講 座、實地考察及專題研習,探討可持續發展的可 能性。參加者將發掘自身作為未來環球領袖的 角色, 並提出創新可行的可持續發展方案。

This cross-cultural programme brings together local and overseas youth to explore the possibilities of sustainable development through workshops. lectures, field visits and project work. Participants discover their role as future global leaders whilst developing innovative, feasible solutions for sustainability challenges.



升中三至中六



2025年7月28日-8月2日



專題講座及研討

領袖技能工作坊

實地考察及交流

• 可持續發展專題匯報

Thematic lectures and seminars

Sustainability capstone project

 Leadership skills workshops Field visits and exchanges





\$

Public Class

Seek Our Ways 社創計劃

"Seek Our Ways" Ideation Programme

社會未來,等你探索!由恒生銀行全力支持、青協領袖學院主辦的《Seek Our Ways社創計劃》,帶領青年探索三大社會主題:「環境與可持續發展」、「推 廣全民運動」及「樂齡健康」。透過一系列社會創新體驗,包括與各界社會 領袖對談、到訪社企及初創公司認識營商新思維、參加訓練營接受資深導師 全方位指導,藉此激發參加者無限創意,構想創新點子,協助解決社會不同 議題,為可持續未來創造更多可能。

Supported by Hang Seng Bank and organised by The HKFYG Leadership Institute, "Seek Our Ways" Ideation Programme is your gateway to exploring three major community themes: "Environment and Sustainable Development", "Promoting Sports for All" and "Elderly and Wellness". Participants will be guided to create their own social innovation projects through training including dialogue with leaders, company visits and mentorship sessions. Gain practical experiences in social innovation, and the future of society is yours to explore!

• 主題講座及研討會

• 領袖技能工作坊

• 實地考察及交流 專家導師諮詢會面

• 提案游說比賽

Thematic lectures and seminars

Leadership skills workshops

Field visits and exchanges

Consultation sessions with mentors

Pitching competition





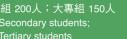
中一至中六、大專



2025年11月至2026年5月 November 2025 - May 2026











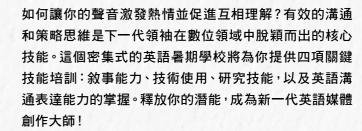




COMMUNICATIVE AND COLLABORATIVE LEADERS

英語媒體創作達人 暑期學校

Summer School for NextGen English Influencers



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 programme will equip you with four key skill sets: storytelling ability, technical proficiency, research skills, and mastery of English communication. Unlocking your potential and becoming the NextGen English influencer!



升中三至中六 Promoting to S3-S6

2025年7月16-19日 16-19 July 2025

4 days 3 nights

\$

- 專題講座及研討會
- 實地考察及交流
- 自媒體成果展示發表

公眾班 Public Class

- Lectures and seminars
- Field visits and exchanges
- Self-media project showcase

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.

- 專題講座及研討
- 實地考察及交流
- 24小時外交挑戰賽
- Lectures and seminars
- Field visits and exchanges
- 24-hour Diplomatic Challenge







升中三至中六 Promoting to S3-S6



2025年8月14-16日 14 - 16 August 2025







識法守法代言人

Learning to be a Law Expert

regarding the law and compliance. Through lectures by practicing lawyers, guided tours conducted by cultural conservation ambassadors, and interactive workshops led by professional social workers, participants will gain a inclusive understanding of the nature of the Constitution and the Basic Law, as well as the daily application of law. These activities will stimulate participants' interest and help them establish the connection between national and self-awareness.

- 現行法制的核心概念
- 文化保育大使帶領參加者代入法庭角色,體驗昔日裁判法
- · Cultural conservation ambassadors guide participants in role-playing court scenarios, allowing them to experience the operations of the former magistracy and understand local historical context.
- Professional social workers conduct interactive workshops to explore common youth crimes and assist participants in examining personal values."



125 人 125 people



\$360 per head (lunch excluded)

日營 Day Camp

本課程旨在提升青少年的法律意識與守法意識。透 過香港執業律師的講座、文化保育大使的導賞和專 業社工的互動工作坊,參加者將深入了解《憲法》 和《基本法》的重要性,並探索法律在日常生活中 的應用,幫助他們建立正確的價值觀和自我認知。

This course aims to enhance the awareness of youths

• 香港執業律師提供《憲法》及《基本法》講座,認識香港

- 院的運作,了解本土歷史
- 專業社工進行互動工作坊,探索常見青年罪行,探索個人 價值觀
- · Lectures on the Constitution and the Basic Law provided by practicing lawyers, focusing on the core concepts of Hong Kong's current legal system.



每人\$360 (不包括午餐)



廣東話



中一至中六



8 小時

Group Booking

宿營 Overnight Camp

本宿營旨在提升青少年的法律意識與個人價值觀。除了 設有香港執業律師的講座、文化保育大使的導賞和專 業社工的互動工作坊,更強調體驗學習的價值。參加 者將通過「社區法庭」活動,分別扮演不同角色並針 對不同個案提出意見,讓他們在陪審員的評論下進行 深入思考。透過個人分享、小組討論及導師的解說,參 加者將反思學習成果,並將所學聯繫到日常生活中,以 法制教育訓練參加者的溝通技巧,增進對他人想法及社 會公義的理解。

This camp aims to raise the legal awareness and personal values of youths. In addition to lectures by practicing lawyers, guided tours by cultural conservation ambassadors, and interactive workshops led by professional social workers, it places a strong emphasis on the value of experiential learning. Participants will engage in the "Community Court" activity, where they will assume different roles and present opinions on various cases, allowing for in-depth reflection based on juror feedback. Through personal sharing, group discussions, and instructor debriefing, participants will reflect on their learning outcomes and connect their insights to daily life. This legal education training could train the communication skills of the students and deepen their understanding of others' perspectives and social justice.

- 「社區法庭」活動,參加者針對不同個案提出意見
- 陪審員對參加者的觀點進行評論,配以個人分享及小組討 論,促進深入思考
- 香港執業律師提供《憲法》及《基本法》講座
- 文化保育大使帶領角色扮演,體驗昔日裁判法院的運作
- 專業社工進行互動工作坊,探索青年罪行及個人價值觀
- 設計短期個人目標及實踐方案
- The "Community Court" activity allows participants to present opinions on various cases, with jurors providing feedback, supplemented by personal sharing and group discussions to encourage in-depth reflection
- Lectures on the Constitution and the Basic Law are conducted by practicing lawyers from Hong Kong.
- Cultural conservation ambassadors lead role-playing activities to experience the operations of historical courts.
- Professional social workers facilitate interactive workshops to explore youth crime and personal values.
- · Participants design short-term personal goals and practical plans.









Leadership Training Courses and Programmes

領袖課程及活動

課

程

及

活

動

根处

題見

Training Courses and Programmes

TRAINING COURSE AND PROGRAMME OVERVIEW

		Ц	/ 日找	i必請以 SEL	.r-aware	INESS /					31
課程名稱 Programme Name	簡介 Introduction	對象 Target	日期 Date	課程時數 Duration	課程人數 Capacity	價錢 Fee	語言 Language	公眾班 Public class	包班 Group booking	到校培訓 On-site training	營宿項目 Lodge training
未來職人講座 Future Skills School Talk	透過互動活動探討科技發展趨勢,啟發青年思考未來職業選擇及所需技能,從而在生涯規劃中建立創新思維。 Through interactive activities, this talk explores technology trends and inspires youth to consider future career paths and essential skills, helping them develop innovative thinking in their career planning.	中一至 中六 S1-S6	自訂 Customise	1小時 1 hour	30-500	HK\$3,000 (每講座) (per talk)	廣東話 Cantonese		•	•	
預備個人履歷表 工作坊 CV Preparation Workshop	本工作坊教授現代履歷表的撰寫技巧,涵蓋不同行業的履歷格式和要求。參加者將學習如何突出個人優勢,創作具競爭力的專業履歷。 This workshop teaches modern CV writing techniques, covering various industry formats and requirements. Participants will learn how to highlight personal strengths and create competitive professional CVs.	中四至 中六 S4-S6	自訂 Customise	3小時 3 hours	40	歡迎學校協 商課程收費 Negotiable course fee for customised classes	廣東話 / 英語 Cantonese / English		•	•	•
領袖特質測試 Leadership Potential Test	通過互動評核活動,了解個人領袖特質及「3C」核心技能水平;溝通能力(Communication)、團隊協作(Collaboration)和創意解難(Creative Problem Solving)。完成測試後,參加者將獲得個人分析報告,確立發展方向,並可按需要參與相關培訓課程。 Through interactive assessment activities, participants discover their leadership traits and "3C" core competencies: Communication, Collaboration, and Creative Problem Solving. Upon completion, participants receive a personalized analysis report to identify development areas and can pursue relevant training programs based on their needs.	中一至 中六 S1-S6	自訂 Customise	2小時 2 hours	50-150	實體Physical: HK\$150 網上Online: HK\$100	廣東話 Cantonese		•	•	•
W世代 M思維 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.	中一至 中六 S1-S6	25年2月 February 2025	3小時 3 hours	30	HK\$280	廣東話 Cantonese	•	•	•	
商務及社交禮儀 工作坊 Business and Social Etiquette Workshop	本工作坊教授現代商務及社交場合的專業禮儀,包括國際社交禮節、商務會面禮儀及餐桌禮儀等。透過實踐練習,培養得體優雅的專業形象。 This workshop covers professional etiquette for modern business and social settings, including international protocol, business meeting conduct, and dining	中二至 中六 S2-S6	自訂 Customise	3小時 3 hours	40	歡迎學校協 商課程收費 Negotiable course fee for customised classes	廣東話 / 英語 Cantonese / English		•	•	•

etiquette. Through practical exercises, participants develop a polished and professional image.

課程名稱 Programme Name	簡介 Introduction	對象 Target	日期 Date		課程人數 Capacity			公眾班 Public class	包班 Group booking	到校培訓 On-site training	營宿項目 Lodge training	課程名稱 Programme Name	簡介 Introduction	對象 Target	日期 Date		課程人數 Capacity		語言 Language	公眾班 Public class	包班 Group booking	到校培訓 On-site training	營宿項目 Lodge training
囚室解難 Team Problem- Solving Challenge – 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.	中六	25年2月 February 2025	3小時 3 hours	48	HK\$350	廣東話 Cantonese	•	•		•	面試技巧工作坊 Interview Skills Workshop	本工作坊全面提升面試應對能力,從前期準備到現場表現,為參加者建立完整的面試戰略。通過實戰模擬,掌握STAR方法及故事敘述技巧,展現個人價值。 This comprehensive workshop enhances interview performance through preparation and execution strategies. Using mock interviews, participants master the STAR method and storytelling techniques to demonstrate their personal value.	中四至 中六 S4-S6	自訂 Customise	3小時 3 hours	30	商課程收費 Negotiable	廣東話 / 英語 Cantonese / English		•	•	•
法院解碼 Court Decode	在前粉嶺裁判法院進行的互動解謎遊戲,參加者需在限時內完成一系列挑戰任務。透過團隊合作解開法庭之謎,學員管捷創意解難技巧,同時培養領導才能和溝通技巧。 An interactive mystery-solving game set in the former Fanling Magistrates' Court. Participants work in teams to complete challenges within a time limit. Through solving court mysteries, participants develop creative problem-solving skills while enhancing their	中六	25年2月 February 2025	3小時 3 hours	48	HK\$400	廣東話 Cantonese	•	•		•	團隊溝通挑戰 半日營 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.	中一至 中六 S1-S6		3小時 3 hours	40	HK\$330	廣東話 Cantonese	•	•		•
	leadership and communication abilities.											演說教室 Speaking Studio	本工作坊專注培養演說技巧及 台前表現能力,讓參加者掌握 演講稿撰寫方法、聲音運用技 巧及台風訓練。透過實戰練	中六	· 25年暑假 · 25年10月 · 26年2月 · Summer 2025		30	HK\$280	廣東話 Cantonese	•	•	•	•
		3	/ 溝通技	巧 COMI	MUNICATIO	ON SKILLS	1						習,學員將建立公眾演說的自信心,發展個人演說風格。 This workshop focuses on developing speaking techniques and stage presence, enabling		October 2025 February 2026								
課程名稱 Programme Name	簡介 Introduction	對象 Target	日期 Date		課程人數 Capacity		語言 Language	公眾班 Public class	Group	到校培訓 On-site training	Lodge		participants to master speech writing, voice projection, and presentation skills. Through practical exercises, learners build public speaking confidence and develop their personal presentation style.										
恒常英語演說 培訓 Regular Public Speaking Training	本系列課程提供全面的英語演說培訓,涵蓋專業演說技巧、說服力訓練及台前表現。通過系統化練習,參加者將提升英語口語表達能力,建立自信,掌握在不同場合的專業演說技巧。 This comprehensive training series covers professional speaking techniques, persuasive communication, and stage presence in English. Through systematic practice, participants enhance their English oral expression, build confidence, and master professional speaking skills for various contexts.	中六		歡迎學校 協商課程 時數 Customised course hours		歡迎學校協商課程收費 Negotiable course fee for customised classes			•	•		LEGO® SERIOUS PLAY®	運用LEGO®積木作為創意思維工具,透過動手建構將抽象概念具體化。參加者能以生動有趣的方式表達想法,促進深度交流和互相理解。 Using LEGO® bricks as creative thinking tools, participants transform abstract concepts into tangible models. This hands-on approach enables vivid idea expression, facilitating deep dialogue and mutual understanding.	中六	自訂 Customise	3小時 3 hours	40				•	•	•
英語演說訓練 工作坊 English Public Speaking Workshop	本工作坊專注提升英語演說技巧,從講稿撰寫到台風展現,全方位培養公眾演說能力。透過實戰練習,建立自信,掌握專業演說技巧。 This workshop focuses on developing English public speaking skills, from speech writing to stage presence. Through practical exercises, participants build confidence and master professional speaking techniques.	中六	自訂 Customise	3小時 3 hours	30	歡迎學校協 商課程收費 Negotiable course fee for customised classes			•	•	•	SCOLAR Gen-Z Communication Studio 2025/26	本計劃旨在為青年打造一個多元化的英語溝通訓練平台。透過系統化的英語溝通訓練,提升溝通技巧、邏輯思維和同理心領導力。 This Programme aims to provide the platform that enables young people to take action to unlock opportunities through structured and diverse training to hone young people's communication skills, with a view to empowering them and equipping them with effective communication, logical reasoning and empathetic leadership.	中六學生 · 英文科 老師 · S1-S6 Students · English Language Teachers	Year around	1	1	費用全免 Free of charge		•			



34	4	[] /	協作能力	COLLAB	ORATIVE S	SKILLS /					課程名稱 Programme Name	簡介 Introduction	對象 Target	日期 Date		課程人數 Capacity		語言 Language	Public		On-site	營宿項目 Lodge training	
課程名稱 Programme Name	簡介 Introduction	對象 Target	日期 Date		課程人數 Capacity		語言 Language	公眾班 Public class		On-site	營宿項目 Lodge training	北區定向 North District Orienteering	本課程結合地圖導航和策略規劃,參加者需要運用團隊智慧,完成各個檢查點的挑戰任務。活動設有計分制度,鼓勵參加者制定最佳路線和策略。	中一至 中六 S1-S6	自訂 Customise	3小時 3 hours	80	歡迎學校協 商課程收費 Negotiable course fee for customised classes	廣東話 Cantonese		•		•
高低結構歷奇 High and Low Ropes Adventure- Based Training	課程結合全新冒險高塔及創新 團隊挑戰活動,讓參加者在突 破自我極限的同時,建立抗逆 力與自信心。透過完成不同項 時期,與自信心。透過完成不同項 目,學員將掌握成功團隊 素,提升解難及溝通能力。	中六	25年2月 February 2025		48	HK\$450	廣東話 Cantonese	•	•		•		This programme combines map navigation and strategic planning, where participants use collective wisdom to complete checkpoint challenges. A scoring system encourages teams to develop optimal routes and strategies.										
	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.											法院歷奇 Court Adventure	本課程結合法院環境與團隊挑戰,透過創新設計的任務,培養參加者的團隊合作精神、解難能力及溝通技巧。活動在真實法院場景中進行,令學習更具意義。 This programme combines the court environment with team challenges, developing participants' teamwork	中六	自訂 Customise	2小時 2 hours	80	歡迎學校協 商課程收費 Negotiable course fee for customised classes	廣東話 Cantonese		•		•
新派歷奇 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。	中六	25年2月 February 2025		48	HK\$450 (HK\$500 連午餐 lunch included)	廣東話 Cantonese	•	•	•	•		spirit, problem-solving abilities and communication skills through innovatively designed tasks. Activities take place in authentic court settings for meaningful learning.										
	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.											黑夜潛行 Sneaking in the Dark	參加者需運用戰略思維並進行個人突破,並完成一系列特別任務。活動著重團隊協作,增加參加者的同理心及覺察別人需要的能力,培養領導才能及溝通能力。 This programme requires participants to employ strategic thinking and drive personal breakthroughs and		自訂 Customise	3小時 3 hours	50	歡迎學校協 商課程收費 Negotiable course fee for customised classes			•		•
地壺球 Floor Curling	透過趣味性的地壺球運動,培養團隊合作精神及策略思維。 參加者將學習基本技巧、比賽規則及戰術運用。 Through engaging floor curling activities, participants develop	中六	自訂 Customise	3小時 3 hours	40	歡迎學校協 商課程收費 Negotiable course fee for customised classes			•		•		complete a series of special tasks in the dark. The experience emphasises teamwork, enhances empathy and awareness of others' needs, and cultivates leadership and communication skills.										
	teamwork and strategic thinking. Learn fundamental techniques, competition rules and tactical applications.													5	/ 服務	學習 SER	VICE LEA	RNING /					
芬蘭木棋 Mölkky	探索源自芬蘭的趣味投擲遊戲,結合策略思維與運動技巧。參加者將學習遊戲規則、 計分方法及戰術運用。	中六	自訂 Customise	3小時 3 hours	40	商課程收費 Negotiable course fee	廣東話 Cantonese		•		•	課程名稱 Programme Name	簡介 Introduction	對象 Target	日期 Date		課程人數 Capacity			Public	Group		營宿項目 Lodge training
	Explore this engaging Finnish throwing game that combines strategic thinking with physical skills. Learn game rules, scoring systems and tactical approaches.					for customised classes						公共政策入門班 Public Policy Introductory Class	本課程介紹公共政策的基礎 概念及分析框架,透過掌握 案例研究,讓參加者資 實制定過程、持份者分析及 政策評估方法,培養對公共	中六 S4-S6	· 25年暑假 · 25年10月 · 26年2月 · Summer 2025 · October 2025	3 hours	30	HK\$280	廣東話 Cantonese	•	•	•	
團隊挑戰—— 跨海大橋 Team Challenge — Sea Bridge	本活動要求團隊運用有限資源,合力設計並建造一座跨海大橋。透過工程挑戰,培養團隊合作精神,提升解難能力,並學習資源管理。 In this activity, teams must design and construct a sea bridge using limited resources. Through this engineering challenge, participants	中六	自訂 Customise	3小時 3 hours	50	歡迎學校協 商課程收費 Negotiable course fee for customised classes	廣東話 Cantonese		•	•	•		事務的分析能力。 This course introduces fundamental concepts and analytical frameworks in public policy. Through real-world case studies, participants learn about policy-making processes, stakeholder analysis and policy evaluation methods, developing their analytical capabilities in public affairs.		• February 2026	S							
	develop teamwork spirit, enhance problem-solving abilities, and learn resource management.											青年立法會—— 議政訓練證書課程 Policy Training Certificate		中六	・25年7月 ・26年3月 ・July 2025	15小時 15 hours	30	原價 Original Price: HK\$750	廣東話 Cantonese	•			•
戶外烹飪 Outdoor Cooking	本活動由學員自行制定餐單,並於導師陪同下購買食材,學員將學習如何善用有限資源來烹調食物。活動強調團隊協作,培養領導才能,並透過實戰挑戰提升解難能力。 This programme allows participants to design their own menus, purchase ingredients under the guidance of an instructor, and learn how to make use of limited resources in cooking. Emphasising teamwork, the experience fosters leadership skills and enhances problem-solving abilities through hands-on challenges.	中六	自訂 Customise	5小時 5 hours	80	歡迎學校協 商課程收費 Negotiable course fee for customised classes	廣東話 Cantonese				•	Programme	題、连往的調子以及建政任建 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. Learners 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.		• March 2026			早鳥優惠 Early Bird Offer: HK\$700 特別優惠 Special Offer: HK\$650					

課程名稱 Programme Name	簡介 Introduction	對象 Target	日期 t Date		課程人數 Capacity		語言 Language	公眾班 Public class	包班 Group booking	到校培訓 On-site training	營宿項目 Lodge training				6	/ 法律	知識 LE	GAL LITER	RACY /					37
無障礙體驗 及解難 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	中六	自定 Customise	3小時 3 hours	30	HK\$600	廣東話 Cantonese	•	•	•	•		課程名稱 Programme Name	簡介 Introduction	對象 Target	日期 Date		課程人數 Capacity		語言 Language	公眾班 Public class	包班 Group booking 到校培訓 On-site training	營宿項目 Lodge training	
	技概念。 This course enables participants to experience firsthand 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.							恒常模擬法庭 培訓 Regular Mooting Training	供系統化的法律知識及訟辯	中四至 中六 S4-S6	歡迎學校協 商課程日期 Customised class schedule	協商課 程時數		歡迎學校協 商課程收費 Negotiable course fee for customised classes			•							
跨代溝通體驗 工作坊 Cross-Generation Communication and Experience Workshop	本工作坊透過模擬體驗活動,讓 參加者親身感受長者的身體限 制,特別是視力及手部活動能力 的改變。通過體驗、反思討論及 經驗分享,培養跨代同理心,建 立有效的跨代溝通技巧,並將所 學應用於日常生活中。	中六	自定 Customise	3小時 3 hours	30	HK\$600	廣東話 Cantonese	•	•	•	•			advocacy skills. Participants learn case analysis, legal research methods and courtroom techniques while exploring the intersection of law and social issues. Through moot court simulations, students practice legal argumentation and persuasive advocacy.										
	This workshop uses simulation activities to help participants experience physical limitations faced by elderly people, particularly changes in vision and manual dexterity. Through experiential learning, reflective discussions and sharing sessions, participants develop intergenerational empathy and effective communication skills that can be applied in daily life.												模擬法庭案件 體驗 Moot Court Case Experience		中二至 中六 S2-S6	自定 Customise	3小時 3 hours		原價 Original Price: HK\$300 特別優惠* Special Offer: HK\$280	廣東話 Cantonese		•		•
證書課程 Introductory Volunteer Leaders Certificate Programme	本證書課程為有志投身義務工 中一至作的人士提供全面投身,著重 中六 服務前的充分準備及服務後的 S1-S6 深入反思。課程內容包括義工 領袖技巧培訓、服務策劃與執行、實地服務體驗,以及結構性反思討論,協助參加者建立 服務領袖才能。	中六 Customise	自定 Customise	15小時 15 hours	30	原價 Original Price: HK\$600 早鳥優惠 Early Bird Offer: HK\$550	廣東話 Cantonese		•	•				cases from various perspectives, present legal arguments, and receive feedback from a mock jury. Learning is reinforced through personal reflection, group discussion and instructor debriefing, helping participants connect legal concepts to daily life.										
	This foundation certificate programme provides comprehensive					特別優惠* Special Offer: HK\$500									7	/ 全球	说野 GL	.OBAL VIS	ION /					
	training for aspiring volunteer leaders, emphasising thorough pre-service preparation and post-service reflection. The curriculum covers volunteer leadership skills, service planning and implementation, hands-on service experience, and structured												課程名稱 Programme Name	簡介 Introduction	Target		Duration	課程人數 Capacity	Fee	語言 Language	公眾班 Public class	Group	On-site	營宿項目 Lodge training
	reflective discussions to develop participants' service leadership capabilities.												世界公民入門班 Global Citizen Rookies	本課程透過互動工作坊形式, 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、	中六		6 小時 (共2課) 6 hours (2 lessons	30	HK\$600	廣東話 / 英語 Cantonese / English	•	•	•	•
社區地圖 Community Map	透過搜集基本資料、實地觀察社區及訪問社區人士,讓參加者連結社區內的市民,了解其獨有風光,並讓他們嘗試解決社會持續發展。 Through collection of basic information, on-site community observation and interviews with community stakeholders, the course aims to connect participants with citizens within the community to understand its unique characteristics.	中六	自訂 Customise	4小時 4 hours	40	歡迎學校協 商課程收費 Negotiable course fee for customised classes			•		•			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 world citizenship awareness. The programme covers global issues exploration, cross-cultural understanding, sustainable development concepts, and fundamental global citizenship competencies to help learners establish international mindsets.		October 2025 February 2026	in total)							
	They are also encouraged to propose ideas to tackle social issues and build networks, promoting the sustainable development of civil society.								跨文化交流及 義工服務 Cross-Cultural	本計劃結合跨文化學習與社區 服務,讓參加者透過實地探訪 少數族裔社群,深入了解多元	中六	· 25年暑假 · 25年10月 · 26年2月	3小時 3 hours	30	HK\$350	廣東話 Cantonese	•	•						
初階義工領袖 證書課程 Advanced Voluntary Service Practice	本計劃為參加者提供結構性的義工服務機會,通過實地探訪及服務,深入了解社區需求。參加者將接受專業培訓,學習與不同群體互動。 This programme offers structured volunteer opportunities through site visits and services, providing deep insight into community needs. Participants receive professional training in engaging with diverse groups.	中六	自訂 Customise	4小時 4 hours	40	歡迎學校協 商課程收費 Negotiable course fee for customised classes			•		•		Experience and Voluntary Service	文化。學員將與少數族裔青年 領袖協作,共同策劃及推行社 區服務項目,培養文化敏感度 並實踐服務領袖精神。 This programme integrates cross-cul- tural learning with community service, enabling participants to understand cultural diversity through direct engagement with ethnic minority communities. Learners collaborate with ethnic minority youth leaders to plan and implement community service projects, developing cultural sensitivity while practising service leadership.		Summer 2025 October 2025 February 2026								

/ 可持續發展 SUSTAINABILITY /

課程名稱 Programme Name	簡介 Introduction	對象 Target	日期 Date		課程人數 Capacity		語言 Language	Public	包班 Group booking	On-site	營宿項目 Lodge training	課程名稱 Programme Name	簡介 Introduction	對象 Target	日期 Date		課程人數 Capacity		語言 Language	Public		On-site	營宿項目 Lodge training
「一帶一路 倡議」 101 Belt and Road 101	本課程由專業人士深入淺出講解「一帶一路」倡議的發展現況和機遇。透過互動教學方式,參加者將了解中國參與國際事務的重要成就,以及「一帶一路」對區域發展的深遠影響。 This programme features expert analysis of the Belt and Road Initiative's current developments and opportunities. Through interactive learning, participants explore China's achievements in international affairs and the initiative's significant impact on regional development.	中六	自定 Customise	1.5小時 1.5 hours	50-80	HK\$1,000 (毎講座) (per talk)	廣東話 Cantonese		•	•		2030 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 UN 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.	中六	・25年暑假 ・25年10月 ・26年2月 ・Summer 2025 ・October 2025 ・February 2026	3 hours	30	HK\$350	廣東話 Cantonese	•	•	•	
模擬青年國際 會議 Mock Youth International Conference	本模擬會議在數碼演講廳進行,參加者將扮演不同國家代表,體驗國際外交與決策過程。透過結構式辯論、政策討論及跨文化交流,學員將培養國際視野、公共演說技巧及外交談判能力。課程旨在培育具國際觸覺及責任感的世界公民。 This simulation conference, conducted in a digital chamber, enables participants to represent different UN member states and experience international diplomacy and decision-making processes. Through structured debates, policy discussions and cross-cultural exchanges, delegates develop global perspectives, public speaking abilities and diplomatic negotiation skills. The programme aims to nurture globally aware and responsible world citizens.	中六	自定 Customise	4小時 4 hours	48	HK\$400	廣東話 Cantonese		•		•	前粉嶺裁判 法院導賞 Guided Tour of Former Fanling Magistracy	本導賞團由青年文化保育大使帶領,探索這座具歷史價值的前裁判法院建築。參觀者將了解建築的保育工作,認識新界司宗了解法院運運工作及審訊程序,加深對香港法治精神的認識。 Led by youth cultural heritage ambassadors, this tour explores the historical Former Fanling Magistracy. Visitors will learn about conservation efforts, discover the judicial development of the New Territories, and understand court operations and trial procedures through site visits, deepening their appreciation of Hong Kong's rule of law.	中六	自定 Customise	1小時 1 hours	40	原價 Original Price: HK\$80 特別優惠* Special Offer: HK\$50	廣東話 Cantonese	•	•		•
模擬城市的命運 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能力,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.	中六		3 hours	30	HK\$280	廣東話 Cantonese		•		•	2025文化保育 大使計劃 2025 Cultural Ambassador Programme	本計劃旨在培育對文化保育具熱忱的青年領袖,透過專業導賞培訓,讓他們探索社區歷史、發掘傳統文化習俗,並讓青年自主推廣社區文化保育。 This programme aims to cultivate passionate young leaders in cultural preservation. Through professional guided tour training, they will explore local history, uncover traditional cultural practices, and promote cultural conservation within their communities.	中六			40	費用全免, 須付訂金 \$500,完 成三次實習 導賞後 退還 Free of charge, a deposit of \$500 is required, refund upon completion of internship		•			
												「去去海廢走」 "Seashore Trash Hunting"	結合獨木舟活動與環保行動,參加者將親身體驗海洋保育工作。透過實地清理海岸廢物,提升環保意識,同時享受水上活動樂趣。 Combining kayaking adventure with environmental action, participants engage in hands-on marine conservation. Through coastal clean-up activities, participants raise environmental awareness while enjoying water sports.	中六		4小時 4 hours	30	歡迎學校協 商課程收費 Negotiable course fee for customised classes			•		•

PEONY SHAM

- · 香港大學醫科生 Medical Student, Faculty of Medicine, University of Hong Kong
 - · 2023傑出學生選舉年度傑出學生大獎得獎者 Winner of the Grand Prize, Student of the Year Awards 2023
 - · 2020「21世紀杯」全國英語演講比賽初中組全國冠軍 Champion, Junior Secondary Category, "21st Century Cup" National English Speaking Competition 2020

following training:

語演講比賽 The HKFYG English Public

Speaking Contest 2018-2023

- Sir Ti Liang Yang English Language Ambassadors Outreach Programme 2020
- 曾參加以下培訓 · 2018至2023香港青年協會英 · 2020楊鐵樑爵士英語大使計劃 · 2020《香港200》領袖計劃 "Hong Kong 200" Leadership Project 2020

非常感謝青協領袖學院提供的機會和體驗,透過參加「香港青年協會英語演講比賽」及其預備課程, 我能夠在公開演講中表達意見,並加強演講技巧;「楊鐵樑爵士英語大使外展計劃」讓我學習如何進 行英語教學,並透過多個義工機會運用我的英語技能服務他人;《香港200》領袖計劃則提供了全面的 領袖培訓,拓闊了我的視野,並增強了我服務社區的信心; Project for Hong Kong 更是非常有挑戰性的活 動,令我獲益良多!

I am very grateful for the many opportunities and exposure that The HKFYG Leadership Institute has offered me over the years. Through participating in the "Hong Kong Federation of Youth Groups English Public Speaking Contest" and taking its pre-contest training courses, I was able to find my voice in public speaking. The "Sir Ti Liang Yang English Language Ambassadors Outreach Programme" taught me how to conduct English teaching, and gave me multiple volunteering opportunities to serve others using my English skills. The "Hong Kong 200" Leadership Project gave me comprehensive leadership training, which broadened my horizons and enhanced my confidence to serve the community. The "Project for Hong Kong" was highly challenging yet equally rewarding, and I thoroughly enjoyed the experience!

ALEXANDER TSANG

- · 年利連律師事務所見習律師 Trainee Solicitor, Linklaters
- 香港大學法學專業證書畢業生 Graduate, PCLL, The University of Hong Kong
- · 劍橋大學法律系畢業生 Graduate, Faculty of Law, University of Cambridge
- 香港青年協會青年服務諮詢委員會委員 Member, Youth Service Advisory Committee, Hong Kong Federation of Youth Groups

Participated in the following training:

- 演講比賽
- The HKFYG English Public Speaking Contest 2015-2016
- 曾參加以下培訓 · 2015至2016香港青年協會英語 · 2017起楊鐵樑爵士英語大使計劃 Sir Ti Liang Yang English Language Ambassadors Outreach Programme
- · 2018《香港200》領袖計劃 "Hong Kong 200" Leadership Project 2018

參與領袖學院的活動是一場意外的驚喜: 還記得當初老師替我報名參加公 開演講比賽,幾個月後,我便拿着準備好的演講辭站在比賽房間,在腦海 中手忙腳亂地整理思緒。在整個過程中,我雖然有點膽怯,但卻激發更多 渴望。當學院提供機會讓我指導學生、主持活動及與199個陌生人交流時, 我毫不猶豫地接受了所有機會,漸漸將自己的潛力轉化為實際行動。無論 在領袖學院參加甚麼課程,一定要全心全意地投入,因為沒有地方比這裏更 能促進人與人之間的聯繫和成長。

Getting involved with the HLI was a happy accident. It began when my teacher signed me up to do some public speaking. Months later I found myself in a soundproof room, cue card in my shaking hand as I scampered to connect thoughts into expressible ideas. It was frightening, but I wanted more. Therefore, when opportunities arose for me to help coach younger kids, emcee at events, or meet 199 strangers and connect their ideas with mine - I leapt at all of them. Without quite realising it, I was connecting my own potential into expressible actions; whatever it is that you're hopping into at the HLI, lean into it and have fun - because no place connects people quite like the HKFYG.

KEVIN TONG

- ·香港作家 Hong Kong Writer
- · 傷癒有時心理輔導 創辦人 Founder, Wounder Healer Counseling



- 曾參加以下培訓 2009領袖培訓課程——新一代社會領袖 Leadership Development Programme – Leaders for the New Generation 2009
- 2010《香港200》 領袖計劃 "Hong Kong 200" Leadership Project 2010



領袖學院的課程令我學懂擁抱自己的不一樣,令我有信心成為自己想成為的模樣。不管是「領袖培訓課 程 — 新一代社會領袖」 還是《香港200》領袖計劃,都讓我有機會和不同背景的人交流和認識,這種 由心的溝通令我明白到不同人也有自己獨一無二的故事。帶着同理心出走、聆聽、思考,自然可以譜寫出 屬於自己的傳奇。

The courses at the Institute have taught me to embrace my uniqueness and have given me the confidence to become the person I aspire to be. I had the opportunity to interact and connect with people from diverse backgrounds, allowing me to understand that everyone has their own unique story. Carring empathy wherever I go, listening, and reflecting, I am able to write my own legendary tale.

> · 社企「綠行俠」業務發展總監 Business Development Director, Eco-Greenergy

領袖學院的領袖課程十分全面和充實,引導我成為一位能夠影響社會的 領袖,亦啟發了我於2014年創辦了一家環保社會企業。

The HKFYG Leadership Institute's programmes I participated in were comprehensive, insightful, and well-designed. They motivated me to think about how I could become a leader who could make a positive impact on society. This was the impetus that led me to establish an environmental social enterprise in 2014.

PEANN TAM

曾參加以下培訓 Participated in the following training:

• 2007《香港200》領袖計劃 "Hong Kong 200" Leadership Project



MAC CHAN

曾參加以下培訓 Participated in the following training:

• 2008《香港200》領袖計劃 "Hong Kong 200" Leadership Project 2008

- · 陳浩庭律師行主管律師 Principal, Mac Chan & Co., Solicitors
- · 屯門區議會委任議員 Appointed Member, Tuen Mun District Council
- · 青年發展委員會委員 Member, Youth Development Commission

感謝領袖學院的課程增進了令我畢生受用的領袖才能,同時亦讓我培養多角度思考, 多了解自己的社區和多關注社會的議題。《香港200》領袖計劃亦令我認識了一班志同 道合的朋友,希望200精神會繼續薪火相傳。

The Institute's courses have enhanced my leadership skills, which has a lasting positive impact on my life. These courses have not only provided me with a broader perspective and deeper insights into my community but have also instilled a sense of social awareness in me. Moreover, through the "Hong Kong 200" Leadership Project, I have connected with a supportive network of friends who share similar goals. I aspire for the legacy of the 200 to endure and inspire others in the future.

在中學的時候,《香港 200》領袖計劃給了我一個非常難得的機會,認識一群來自完全不同學校和背景但 同樣關小香港的同學,讓自己不再害怕去表達自己對香港社會的關注和擔憂,服務的信念亦由此變得更 加堅定。此外,通過領袖學院的不同培訓和實踐活動,我學懂了更開放地了解別人的思考角度和觀點,明 白不是所有人都有跟自己一樣的想法,因而變得更加能夠聆聽別人。在社交媒體發達、回音壁越來越強 化的今天,我更感恩領袖學院一直給我很好的機會,培養這種開放聆聽的素養。

During my time in secondary school, the "Hong Kong 200" Leadership Project provided me with a unique opportunity to connect with peers from diverse backgrounds who shared a common love for Hong Kong. I was encouraged to express my concerns for the HK society, and my service spirit had become stronger than ever. Through the Institute's training and experiential activities, I also learned to better appreciate different perspectives and be a more open-minded listener, which is ever more important in this social media era full of echo chambers.

HENRY KEUNG

- ·螞蟻國際Alipay+跨境遊用戶增長負責人 User Growth Team Leader, Alipay+, Ant International · 凝動香港體育基金董事會成員 Board Member, InspiringHK Sports Foundation
- · 創行香港董事會成員 Board Member, Enactus Hong Kong

following training:

- Participated in the Student Leaders Training Certificate Course 2005
- 曾參加以下培訓 2005學會會長訓練證書課程 2006《香港200》領袖計劃 "Hong Kong 200" Leadership Project 2006
- ・2015-17青年創研庫教育與創新小組召集人 Convenor, Education & Innovation Group, Youth I.D.E.A.S. 2015-2017



The Hong Kong Federation of Youth Groups (HKFYG) was founded in 1960 and is now the city's largest youth service organisation. For the past six decades, it has been committed to serving the youth of Hong Kong by providing a variety of services, activities and programmes, which have an annual attendance of over six million. We encourage youth to reach their fullest potential, and with community support, we now have over 90 service units. We also have 12 core services, which include the Youth S.P.O.Ts, M21 Multimedia Services, Employment Services, Youth at Risk Services, Counselling Services, Parenting Services, Leadership Training, Volunteer Services, Education Services, Creativity Education and Youth Exchange, Leisure, Cultural and Sports Services, and Research and Publications. Our aim is to motivate young people to grow into responsible and dutiful citizens and we now have over 250,000 registered volunteers and over 500,000 registered members. We believe that our motto HKFYG · Here for You reaffirms our commitment and dedication to the young people of Hong Kong.



Prospectus 課程概覽 2025/26

香港青年協會領袖學院 THE HKFYG LEADERSHIP INSTITUTE

新界粉嶺馬會道302號香港青年協會領袖學院 The HKFYG Leadership Institute, 302 Jockey Club Road, Fanling, N.T.

© WhatsApp: (852) 2169 0255 (852) 6796 7693

@ 電郵 Email: info@leadershipinstitute.hk ■ 網站 Website: leadershipinstitute.hk

Facebook: facebook.com/leadershipinstitute.hk

Instagram : leadershipinstitutehk

In Linkedin: The HKFYG Leadership Institute

香港青年協會總辦事處

THE HONG KONG FEDERATION OF YOUTH GROUPS, HEAD OFFICE

香港北角百福道21號香港青年協會大樓21樓 2/F, The Hong Kong Federation of Youth Groups Building 21 Pak Fuk Road, North Point Hong Kong

© 電話 Tel: (852) 2527 2448 (852) 2528 2105 (852) 2528 2105 (852) 2528 2105 (852) 2528 2105 (852) 2527 2448 (852) 2527 2448 (852) 2527 2448 (852) 2527 2448 (852) 2527 2448 (852) 2527 2448

Facebook: facebook.com/HKFYG

青協·會員易 Member portal easymember.hk

支持媒體 Supporting Media **M21.hk** 《青年



